

Central Australia Chapter



PROSTATE SUPPORTER

Newsletter of the Prostate Cancer Support Groups of South Australia and Northern Territory

www.prostate.org.au

**FEBRUARY
2014**

Newsletters can also be read online at
www.pcagsa.org.au/pages/supporter.html

**Volume 7:
Number 1**

Engaging more with the community a key for 2014

The benefits of increased public support for prostate cancer awareness during 2013 need to be built on this year.

PCFA enjoyed a great boost in 2013 with major local supporters helping to bolster prostate cancer awareness and fundraising – from Channel 9 Telethon and 891 ABC Adelaide to the Metropolitan Fire Service and the United Fire Fighters Union of South Australia – and now we need to build on this strong base to reach even more people in the community.

One of the support group network's great communications tools – the Prostate Supporter newsletter – is also going to experience change this year. From this edition, the newsletter will be

published quarterly, with future editions in 2014 being published in May, August and November.

Prostate Supporter will continue to provide news on support group activities throughout South Australia

and the Northern Territory, and we look forward to receiving and publishing

valued contributions from all of our support group members.

• **CONTRIBUTIONS** from all Support Group members to the monthly Prostate Supporter newsletters are most welcome; please email items and images to Karyn Foster: karyn.foster@pcfa.org.au



A winning fundraiser held late last year was the 2013 Ahrens Wickets for Wine tournament, which raised an estimated \$19,000 for PCFA. The winning team in the fun-filled tournament was from Yalumba Winery, featuring (from left to right) Craig Hadden, Alan Langford, Toby Eggleton, Marc van Halderen, Ben Burgess and Chris Collins. For full details, turn to the story on Page 6 of this newsletter.

Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99
or visit the website www.prostate.org.au

Prostate Cancer Action Group

Men unite to start a new western suburbs group

Persistence pays off when it comes to fostering interest in a new prostate cancer support group, as David Merry from the Prostate Cancer Action Group reports.

FINALLY, the Western Suburbs Support Group is a reality, thanks to the persistent efforts of the Action Group.

The first Western Suburbs Prostate Cancer Support Group meeting for 2014 will be held at the Henley Beach Uniting Church meeting room at 7.30pm on Wednesday January 28. All are welcome, as this is an excellent opportunity through support group participation to be educated on prostate cancer concerns, life after treatment, updates on treatment procedures, living with advanced disease and access to an excellent library of wide topics and up-to-date information.

The small Western Suburbs group is friendly and welcoming, and is keen to incorporate new members. Meetings will close by 9pm. For more information, please phone Christine Cox on 8356 8650 or email candjcox@adam.com.au

GET INVOLVED TO BECOME A TRUE MAN OF ACTION

IF ANYONE is keen to be involved in hands-on activity publicising awareness of prostate cancer through public Awareness Night presentations, information activities at country shows, country field days, community barbecues and similar men's gatherings, then you are most welcome to join our small Action Group team. If you are interested, phone David Merry on 8270 2227 or Ian Fisk on 8296 3350, or 0407 963 355.

HEADING SOUTH - YET AGAIN

THE SOUTH-EAST Field Days will be held in Lucindale on March 21

COMING EVENTS

FEBRUARY MEETING: The Prostate Cancer Action Group SA holds its meetings in the upstairs meeting room at the Cancer Council SA building, 202 Greenhill Rd, Eastwood. The first meeting for 2014 starts at 5.30pm on Tuesday, February 11. Entry is via the rear stairway.

- For more information, visit the Action Group's dedicated website, with detailed archives containing newsletters, at www.pcagsa.org.au or make contact by phoning David Merry on 8270 2227, or email djmerry@adam.com.au

and 22 – and the Action Group has yet again booked a pavilion site at the field days venue. This is the third occasion that the Action Group has attended to ensure a strong PCFA presence.

This is an excellent community event, conducted in a very efficient manner by the local Lions Club. The average annual attendance has been in excess of 20,000 people.

Accommodation for members attending has been booked at Kingston, which is the closest that was available. Trestles and chairs have been arranged.

Jeff Roberts has discussed the possibility of assistance from the Limestone Coast Support Group and hopefully from Kingston and Naracoorte members.

By the time this article is printed, Jeff will have followed this matter up with both these groups.

TOP SPEAKERS BOOKED FOR FREE PUBLIC SEMINAR

DOCTOR Nick Brook – consultant urological surgeon at the Royal

Adelaide Hospital and Clinical Associate Professor in Surgery at the University of Adelaide since 2009 – is chairing a public seminar on Prostate Cancer on February 17, run by the Freemason's Foundation Centre for Men's Health.

The event will be held in the Grand Hall of the Freemasons Hall, 254 North Tce, Adelaide, from 6pm to 7.30pm.

Other speakers at this seminar will be PCFA CEO Dr Anthony Lowe, and Associate Professor Ganesh Raj, Urology Surgeon and Researcher, University of South Western Medical Centre, USA.

The Freemasons Foundation Centre for Men's Health was established as a joint venture between the University of Adelaide and the Freemasons Foundation in September 2007 with the vision to enable men to live longer, healthier and happier lives.

This will be an excellent session, and you are encouraged to come along. For more details, visit the website www.adelaide.edu.au/menshealth

Barossa Prostate Cancer Support Group

All revved up to provide a big show of support in 2014

Starting the year with a visit to an exclusive classic car collection will set the pace for some great Barossa support group activities, as co-ordinator Don Piro reports.

THE Barossa Valley Prostate Support Group will start 2014 by having its first meeting at Carl Lindner's Car Showroom, 55 Basedow Rd, Tanunda, on Tuesday February 18, from 2pm to 4pm. Carl has kindly invited us to look around to his showroom, have our meeting and enjoy his collection of Jaguar cars.

This meeting will include some planning for 2014 but events that are already on the calendar include the Kapunda Farm Fair on April 11 and 12, a barbecue fundraiser at the local Mitre 10 hardware store, and helping at the Wickets for Wine fundraiser at Chateau Tanunda in November.

Reflecting on 2013, a few notable things stood out. Members of the support group did quite a bit of travelling in their efforts to support greater awareness of prostate cancer. A few of us went to leadership training in Melbourne, while many more volunteered to help at the Country Roadshow in Berri, the Paskeville Farm Fair, the Survivorship Conference and Consumer Forum in Adelaide, as well as being involved in some areas of research.

At all of these events, different members shared travel and joined in the activities. We had a lot of fun doing them and learned something new about each other away from



Carl Lindner's car showroom in Tanunda houses one of Australia's most impressive collections of Jaguar cars.

the meetings, which helped to build closer connections in our relationships.

This, together with the other activities we generally get involved in between the meetings, has been of great support for all the members in the Barossa Support Group. Quite a few members have had a challenging year, and others have provided support for them by ringing, visiting and making an effort to keep in touch with each other. New members are always coming along asking questions, needing information, encouragement and feel comforted to know they are not alone.

I will continue to encourage and develop the theme offering support in 2014, with a focus on more social activities during the year. I have seen the pleasure members have when

they catch up with each other in different environments and how it helps their wellbeing. We could join those who are already doing bike riding, go out for lunch, play a bit of chess, share our garden knowledge or whatever else comes up, as a means of us all having a bit more fun.

ARTICLE OF INTEREST

A RECENT ABC News article about a prostate cancer study showing an increase in survival rates generated a lot of interest among the Barossa support group.

This article can be found at <http://www.abc.net.au/news/2013-11-14/study-finds-men-more-likely-to-survive-prostate-cancer/5090962>

This article and others are often passed around our group in a bid to share information and knowledge, often

COMING EVENTS

- The Barossa Valley Prostate Cancer Support Group meets on the third Tuesday of each month, from 2pm to 4pm, at a variety of different locations. The group's second meeting for 2014 is scheduled for 2pm on Tuesday, March 18, in the boardroom of the Vine Inn, Nuriootpa.

- For further information, phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359 or email don@dppcs.com.au

prompting members to look further into various treatments.

KEVIN'S RESEARCH

IT'S great to see progress being made by researcher Kevin O'Shaughnessy, who recently came to visit the Barossa group and discussed his research about the supportive care needs of men with prostate cancer, their partners and families. Kevin's data is being quoted and used by other professionals to best explain what is happening for those travelling with prostate cancer.

Facing up to the great challenge of leadership

Merging with the Adelaide support group will expand membership and hopefully broaden the leadership of the new Adelaide-Mitcham group, as retiring Mitcham support group chairman Roland Harris reports.

I DECLINED the opportunity on November 28 – the final meeting of the Mitcham support group for 2013 – to address the 50 members and partners at Racquets Bistro in St Marys on our hopes and aspirations for 2014. It was a public venue, and I think that having everyone enjoying good food and good company wasn't conducive to contemplating the issue of calling for new support group office bearers another three months down the track.

However, now the time to make decisions for the future is nearly upon us. In 2013, the Mitcham group reduced its executive roles to a bare minimum, according with the scant numbers of volunteers who made themselves available. Therefore, we were driven by four people (and could be of either gender): Speakers & Promotion Officer, Treasurer and Recording Officer, Catering Manager and Chairperson.

I will be stepping down as chairman in 2014, thereby providing the opportunity for someone with a fresh approach to take the helm.

In early February, the 2013 leaders will reconvene to discuss funds management and future leadership of the merged group that now combines the Mitcham Support Group with members of the now-dissolved Adelaide Support Group. This discussion will follow on from our previous informal meeting on October 28.

This group's recommendations will be presented to the full support group at the first meeting for 2014, on February 27. This is YOUR group – and you will have a big say in its future direction and function – so please make every effort to attend this Annual General Meeting, and to



YOUR HELP IS NEEDED TO ENSURE A STRONG SUPPORT GROUP!

vote for the 2014 office bearers. Better still, consider what you can contribute by volunteering to help run the group.

We already have some planning in place for the start of 2014. The MARCH 27 meeting will feature Judith Lowe from Lifecare Active as guest speaker. Her topic will be Prostate Cancer and Exercise.

The scheduled APRIL 24 meeting poses a logistical problem, so it is proposed that no meeting should be held at this time, due to its close proximity to Easter and Anzac Day. This matter will be discussed in detail at the February 27 support group meeting and AGM.

Jeff Roberts is already hard at work arranging a variety of relevant and interesting guest speakers to ensure our group enjoys a memorable 2014.

COMING EVENTS

FEBRUARY MEETING

- **The Mitcham support group's first meeting for 2014 will be at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm on Thursday February 27.**
- **This will be the first official meeting where we welcome members of the Adelaide support group to join our fold. This will also be the Annual General Meeting of the support group.**
- **Please note that tea, coffee and cake are provided for those attending the meeting. Car parking is now available within the RSL grounds.**
- *For more information on support group activities, visit the Mitcham Group's website at www.psamitcham.org or phone Roland Harris on 8277 2138.*

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Final meeting reflects on international conference

The concluding meeting of the Adelaide Support Group provided a chance to explain valuable information from an international conference, as Ian Fisk reports.

THE final meeting of the Adelaide Support Group was held on November 18, at which Pam and Ian Fisk spoke about the Prostate Cancer Research Institute Conference that we attended between September 6 and 8 in Los Angeles.

In a PowerPoint presentation, the topics covered by Pam and Ian included the conference program, Provenge and Radium-223 treatment which targets bone metastases. Photos were shown of some of the events in the program, and of Los Angeles.

Slides depicting Provenge treatment were also shown. The website www.provenge.com describes Provenge as the only personalised treatment that is clinically proven to help extend life in certain men with advanced prostate cancer.

Provenge is an immunotherapy that takes your own immune cells and reprograms them to attack your advanced prostate cancer.

In the clinical trial (IMPACT) that supported FDA approval, more men treated with Provenge lived longer than men not treated with Provenge.

More men in the Provenge group were alive three years after the start of the study than men not treated with Provenge.



Pam and Ian Fisk in Los Angeles for the conference.

The treatment holds great promise for treating men with castration resistant prostate cancer. Hopefully the treatment will be available in Australia one day.

One other very interesting session at the conference in Los Angeles was about Diet and Nutrition by Verne Varona, MD.

At his presentation, he promoted a diet consisting mainly of whole grains (25-30 per cent), vegetables (40-50 per cent), beans and bean products (10-15 per cent) with other foods making up the rest of a person's diet.

The cooking styles promoted covered everything: pot cooking, electric cookers, pressure cooking, steam, soups, raw, quick boil, sauté, water fry or baking. Google Verne Varona. He has several

books, including *Nature's Cancer-Fighting Foods* and *Macrobotics for Dummies*.

There were many businesses showing their products in the Exhibit Hall. One of the most interesting to me was the Radium 223 treatment for advanced castration resistant prostate cancer. Current bone-targeted therapies have not been shown to improve survival, but Radium-223 acts as a calcium mimic, and naturally targets new bone growth in and around bone metastases.

On June 3, 2011, the Independent Data Monitoring Committee recommended stopping a trial early due to evidence of a significant treatment benefit. Radium-223, a novel alpha-pharmaceutical, may provide a new standard of care for

• Please note that the November 2013 meeting was the last for the Adelaide Support Group. Members are encouraged to attend the merged Adelaide-Mitcham support group meetings on the fourth Thursday each month (February to November) from 7pm in the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens. The first meeting, on February 27, will be the Annual General Meeting.

• For a detailed archive, visit the Adelaide Support Group's dedicated website at www.psaadelaide.org or phone Ian Fisk on 8296 3350, or send email to info@psaadelaide.org

the treatment of castration resistant prostate cancer patients with bone metastases.

The diversion to Los Angeles on our around-the-world trip was very worthwhile, showing me many developments in the treatment of advanced prostate cancer.

Events That Put Prostate Cancer Awareness in the News

Barossa cricket showcase knocks up a huge total

The Barossa winemaking community has turned an annual cricket tournament into a significant fundraising and awareness event for prostate cancer.

THE 2013 Ahrens Wickets for Wine tournament has raised an estimated \$19,000 for Prostate Cancer Foundation of Australia.

The social 6/6 cricket competition, held in late November at Chateau Tanunda in the Barossa Valley, pitted local winery teams against each other in a day of very average cricket, big laughs and lots of good wine to promote a great cause.

The Yalumba Winery team triumphed in a tight final match against 2012 champions Izway Wines, which again had a little help from former AFL player Nathan Bassett.

The closely fought match was quickly decided in the end with the

Yalumba team belting five sixes off the last six balls.

Former Australian Test batsmen Greg Blewett, former South Australian Redback Cam Borgas and ABC Grandstand's Peter Walsh were special guest speakers at the charity dinner held afterwards at Chateau Tanunda. They entertained the 140 strong crowd of cricketers, partners and sponsors.

The competing wineries included St Hallett, Rusden, Langmeil, Yalumba, Chateau Tanunda, Jacob's Creek, Izway, Saltram and Artisans of Barossa, along with a team assembled from the event sponsors.

Spokesperson for the organising

committee, Craig Phillips from Rusden, was delighted with the strong turnout and support provided by the local community – especially from the Barossa Prostate Cancer Support Group.

“We have great support from Ahrens as our platinum sponsor, which has contributed \$5000 towards the event,” Craig said.

“There are also a number of other businesses that have come on board as gold sponsors or donated in-kind goods and services.

“It's great to see the Barossa wine community get behind this event and such a significant cause, and have a bit of fun in the process,” he said.

Murray Bridge Prostate Cancer Support Group

Golf club offers support

THE Murray Bridge support group concluded 2013 in fine style by having a dinner for its members at the Murray Bridge Golf Club on Wednesday November 20.

To make sure it was easy for all to be involved, members paid only \$6, and a further \$7 for each person attending was subsidised by our support group, to make up the \$13 fee per member. Food was very good, with a choice of three menus,

and the amount served was very generous. All our members had very good comments about the meal. Unfortunately, invited guests David and Julie Merry, and Ian Richards, were unable to attend.

We have since met with Murray Bridge Golf Club officials, and we will most likely have a fundraising golf day with Cancer Council SA during the year.

We will be attending the Karoonda Farm Fair on

April 4 and 5, to help make more men aware of being checked for prostate cancer.

Three barbecues at Bunnings stores have been arranged for 2014. The first will be held on March 23, with two others conducted later in the year.

Our AGM is to be at Our Wellbeing Place on February 19.

This pretty much covers us for now, except to wish all support groups an excellent year for 2014.

COMING EVENT

- The Murray Bridge Prostate Cancer Support Group will conduct its next monthly meeting at 7.30pm on WEDNESDAY, FEBRUARY 19 at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. For more information about the group, phone Murray Bridge support group president Trevor Muirhead on 8569 1342, or group secretary Max Klenke on 8532 1936.

Port Pirie Prostate Cancer Support Group

Engaging with local media puts group in the picture

Support group members have important stories about prostate cancer to tell the community – so make contact with your local community newspapers to help broadcast them, as Port Pirie support group co-ordinator Allan Manfield reports.

IT is important for support groups to spread the message about prostate cancer throughout the community – and this can lead to talking frankly about our own cancer experiences to the media.

This is what I did in September 2013 to ensure an article was printed in the Flinders News. A reporter from the newspaper rang to get a story as part of its intended Blue September feature on prostate cancer – and my story was deemed to be of interest.

The resulting newspaper article (featured at right) had a very positive effect and drew many positive comments.

It also pays to be active in the community, and the Commonwealth Bank barbecue held on September 27 with the Port Pirie support group raised \$515 in only four hours. Alex Bond (who is now a famous opera singer) from The Recorder came and reported on this event. It is good to have him interested in prostate cancer, as we need publicity and promotion from as many people as possible.

Our continuing efforts to raise the profile of prostate cancer and providing help to those affected by the disease swung into action again when the Port Pirie Prostate Cancer Support Group held its first meeting for 2014 on February 4.

Blue September
FACING UP TO CANCER IN MEN

Test saved Allan's life

Prostate cancer survivor reveals his experiences

Prostate cancer survivor Allan Manfield says he owes his life to the PSA test.

The blood test – for Prostate Specific Antigen levels – gave an elevated reading for Mr Manfield.

"It has just gone eight years since I had my prostate removed," he said.

"After I had it removed and when they did a biopsy, the cancer was close to the outer edge of the prostate.

"If I had left it, say, two more years, it would have escaped into my body where it attacks your bones.

"That is why I am all for getting PSA tests done."

The tests involve a simple blood test that can be ordered by your doctor.

Mr Manfield, 69, of Coonamia, who is a member of the Port Pirie Prostate Cancer Support Group, says the test should be requested if a man is older than 50 or, if there is family history of the disease, when a man is older than 40.

"It can strike at any age, but mostly at ages above 50," he said.

On Friday, September 27, from 10.30am to 2.30pm, the staff of the Commonwealth Bank will host a sausage sizzle outside the branch, in Ellen Street, to raise money for the Prostate Cancer Foundation of Australia.

The foundation spends \$5 million yearly on prostate cancer research.

The event outside the bank will also feature a cake stall.

Prostate cancer is the most common cancer diagnosed in Australian men.

It is estimated that each year more than 3300 men die from prostate cancer – equivalent to the number of women who die from breast cancer yearly.

Almost 20,000 new cases of prostate cancer are diagnosed every year.

This represents about 55 men diagnosed each day – and nine die each day due to the disease.

Membership of the local support group is free. Meetings are held on the first Tuesday of the month, from February to November, at the BHAS Bowling Club, Halley Street, Port Pirie.

Barry Scarman on 8632 3820 and Colin Lang 8632 2367.

Men and welcome to attend the meetings.

The Prostate Cancer Foundation of Australia's theme is "be a man and talk to your doctor about prostate cancer".

The foundation is the peak national body for prostate cancer awareness.

The team is dedicated to reducing the impact of prostate cancer on men, their partners, families and the community.

Members work with the five values of integrity, optimism, compassion, respect and support.

HELPING OTHERS... Prostate cancer survivor Allan Manfield shares information about the disease with other men.

COMING EVENT

- The Port Pirie Prostate Cancer Support Group conducts monthly meetings (from February to November) at 7.30pm on the first Tuesday of the month in the BHAS Bowling Club, Halley St, Port Pirie.
- There is usually an excellent guest speaker, and late supper is provided for the 30-to-40 ladies and gentlemen attending each meeting.
- For further details about the group and its activities, please phone Port Pirie support group coordinator Allan Manfield on 08 8632 1324.

Community Support For Prostate Cancer Awareness

Meander provides for prostate cancer nurses

The Murray Meander – featuring a team organised by members of the Limestone Coast Prostate Cancer Support Group – is making big efforts to support PCFA's push to train more specialist prostate cancer nurses.

THE Murray Meander – a fundraising venture being undertaken by a team of PCFA supporters from the Limestone Coast, and with PCFA CEO Dr Anthony Lowe as part of the crew – starts its long slow float down the Murray River from February 22.

It is not a race, more a contest of wits, ingenuity and social endurance that provides an excellent opportunity for community-minded people to raise funds for cancer support and enjoy a week-long trip on the magnificent Murray River.

The event consists of a fleet of dinghies travelling the length of the Murray River in three one-week stages over three years.

In 2011, the organisation completed its second 2500km journey from the alps to the sea, and 2014 sees the event travel the final leg of lap

number three. The means the Murray Meander has now travelled about 7500km since the event was first created.

The 2014 event will start from Mildura on Saturday February 22 and proceed along the river over eight days to Goolwa. Overnight stops are planned at Wentworth, Lake Victoria, Renmark, Cobdogla, Morgan, Mannum and Wellington.

The river distance most days is usually easily manageable, with ample time available for competitors to enjoy some fishing.

The event is conducted by a registered charity, Horizon Committee Charitable Fund, a registered charitable organisation made up of local community members dedicated to raising funds for worthwhile community projects.

Proceeds from the event

are directed primarily to The Otis Foundation, which provides retreat accommodation for women with breast cancer (including facilities at Towong, Moama and Goolwa), and PCFA's funding of oncology nursing scholarships to support prostate cancer services.

The Horizon Committee, in conjunction with PCFA and Echuca Regional Health, is supporting Division 1 Registered Nurses to undertake the Prostate Care Nursing subject offered by LaTrobe University.

The Prostate Nursing Care subject is offered by professionally supported distance education and is available to registered Nurses Australia wide.

There are two intakes each year into this distance education course, in late February and late July. Nurses currently working

in appropriate fields and recognised for their passion and commitment in this professional arena will be considered for the scholarship.

This subject forms part of the Urological and Continence Nursing (Graduate Certificate).

Information pertaining to the course is available through La Trobe University at the website: www.latrobe.edu.au/courses/nursing or make direct contact with Elizabeth Watt (School of Nursing & Midwifery) for all enquiries directly related to the subject including enrolment on (03) 94964461 or e.watt@latrobe.edu.au

Be sure to find out when the Murray Meander boats are coming via the website www.murraymeander.com.au, and be on the banks of the Murray to cheer them on.

Limestone Coast Prostate Cancer Support Group

- THE next meeting of the Limestone Coast Prostate Cancer Support Group will be at the District Council of Grant offices, 324 Commercial Street West, Mount Gambier, at 7.30pm on Thursday February 6. This first meeting for 2014 will feature Eve Barrett from Lifeline as guest speaker, talking about Anxiety and Depression.
- For more information about the Limestone Coast support group, phone coordinator Richard Harry on 08 8724 9057 or 0427 978 898, or email richardharry@bigpond.com

Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99
or visit the website www.prostate.org.au

Fundraising efforts to raise prostate cancer awareness

Call for more donors to help national tissue bank

The Prostate Cancer BioResource is a vital international research resource – but it needs more tissue donations from prostate cancer patients.

THE Australian Prostate Cancer BioResource – a tissue bank jointly sponsored by the National Health & Medical Research Council and PCFA – provides services for Australian and international clinicians and researchers involved in prostate cancer research.

The bank collects donated prostate tissue from the prostate glands of men who have had their prostate removed (by radical prostatectomy) following a diagnosis of prostate cancer, and also men who have been diagnosed with other forms of prostate disease.

This donation of prostate tissue is of fundamental importance to further research into and understanding of the causes of prostate disease, including cancer, and to develop more

effective diagnostic tools and treatments.

Men who make a tissue donation are aiding medical research and while there are no direct benefits for these donors, their generosity may be of great benefit to future generations of men diagnosed with prostate disease.

If you've been diagnosed with prostate disease including cancer and are likely to have a radical prostatectomy or other surgery as treatment, please think about becoming a tissue donor.

There are no costs involved in the donation of tissue and no added risks for the donor, as the tissue is only taken as part of the normal treatment process.

The donated tissue will be taken from the residue after your surgeon decides what's

needed for diagnostic and pathology testing.

In addition to taking prostate tissue, the bank would also like to obtain a small blood sample (about 25ml; a typical blood bank donation is about 400ml) to match with the tissue, and to obtain some medical history related to the prostate cancer. The blood sample can be taken prior to your surgery by qualified staff.

After initial processing, the tissue and blood samples will be frozen to allow future research to be undertaken.

Once the donation has occurred it, along with any associated clinical information, is given a unique identification number and this number is all that researchers can access.

No donor is ever identified by name in any matters relating to

future research. Donor details are held in locked files at a separate location to the stored samples.

To make initial preparations for a donation, please let your treating urologist know your wishes and they will be able to contact the APCB Coordinator on your behalf. The Coordinator will then liaise between you and your urologist regarding the timing for sample collection.

If you have further questions about prostate tissue donation for research you can contact Pamela Saunders, SA Coordinator of the Australian Prostate Cancer BioResource.

Pamela, located in the Dame Roma Mitchell Cancer Research Laboratories at the Hanson Institute, can be phoned on 8222 3437, 0459 800 244, or e-mail pamela.saunders@adelaide.edu.au

Riverland Prostate Cancer Support Group

COMING EVENT FEBRUARY MEETING

- The Riverland Prostate Cancer Support Group conducts its meetings on the second Tuesday of alternate months at the Combined Services Club Rooms, Kealy St, Berri, from 7pm. The next meeting will be on Tuesday February 11.
- The Riverland group has decided to get out and spread the word even further in the local community. They are declaring that help for men with prostate cancer is close at hand within the local support group, and they plan to set up prostate cancer information stations in shopping plazas in each town through the Riverland. They are confident this will promote greater prostate cancer awareness and hopefully attract more members.
- For more information about the Riverland support group, please phone group convenor Allan Dand on 08 8582 1651 or 0488 994 803, or email alglen@iprimus.net.au

Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99
or visit the website www.prostate.org.au

Prostate Cancer Conference Review

An opportunity to assess and digest conference info

ASSOCIATE Professor Nathan Lawrentschuk of the Peter MacCallum Cancer Centre Melbourne has prepared a fulsome review of the Prostate Cancer World Congress and the 14th Australasian Prostate Cancer Conference, held from August 6-10, 2013 at the Melbourne Convention and Exhibition Centre, Melbourne, Australia.

For those who did not attend the conference and would like to learn about its outcomes, his reports can be found posted on the Australian medical research information website www.researchreview.com.au

The Prostate Cancer World Congress combined with the Australasian Prostate Cancer Conference in a multidisciplinary meeting with all aspects of prostate cancer covered.

The event started with one of the fathers of modern urology, Dr Patrick C. Walsh, giving an inaugural lecture in his name – a lecture that will continue to be an annual highlight of the conference.

It was an insightful look at the progress in prostate cancer genetics over the last two decades. It was predictably strong on radical prostatectomy, but also demonstrated a shift towards genomics.

Undoubtedly, the most quoted and controversial outcome of the combined conference was The Melbourne



Associate Professor Nathan Lawrentschuk.

Consensus Statement on Prostate Cancer.

This is reviewed by Professor Lawrentschuk, along with other summaries on papers and abstracts presented at the conference, including: Surgery versus radiation for high-risk prostate cancer; Multidisciplinary meetings for prostate cancer management; Prostate cancer diagnosis: ProPSA/PHI; Periprostatic fat invasion and prostate cancer recurrence; Spacer reduces rectal radiation in prostate brachytherapy; Continence after retropubic radical prostatectomy; Finding the PBPB during prostatectomy; Anxiety and depression in prostate cancer hormone therapy; Radium-223 safety and

efficacy in prostate cancer.

Selection and review of this material was carried out independently by Associate Professor Nathan Lawrentschuk, who recently joined Peter MacCallum Cancer Centre Melbourne and remains at the University of Melbourne, Department of Surgery as an Associate Professor and consultant uro-oncologist, and the Ludwig Institute for Cancer Research as a senior clinical researcher.

He has written more than 175 peer-reviewed full journal article publications and eight book chapters, and reviews for over 30 scientific journals. He is also the new Editor for the USANZ BJUI supplement.

Whyalla Prostate Cancer Support Group

- **THE Whyalla Prostate Cancer Support Group** meets at 7.30pm on the first Tuesday of each month, from February, in the new temporary location at 6 Zeven Street, Whyalla – until we find a new home.
- **CONTACT Terry O'Brien (08 8645 1310) or Stan Oates (08 8644 0591) for more details. Everybody is welcome to attend these meetings – indeed, the wives and partners of group members are an integral part of this group, because any cancer affects the whole family.**

**Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99
or visit the website www.prostate.org.au**

City of Onkaparinga Prostate Cancer Support Group

The support of friends in our group sets tone for new year

The City of Onkaparinga support group values the friendships among its membership, as group chairman John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group had its first meeting for 2014 in the boardroom of the Noarlunga Community Hospital (Alexander Kelly Drive, Noarlunga) on Wednesday February 5 at 6.30pm.

This will follow a pattern throughout the year, with meetings being staged in the same venue, at the same time, on the first Wednesday of each month.

At the February meeting, the group members reflected on the very enjoyable social gathering that was held before Christmas – a chance to catch up in a less formal manner at the Aussie Inn, Main South Rd, Morphett Vale, on Sunday December 8.

Among the party of 12 people who attended, it was very good to catch

up with Bill, Rosie and Gladys again. The food and service was very good and we will most likely vote to also have our mid-year get together at this venue.

It was a time where we once again offered our thanks to Dr David Elder for his continued help and encouragement of the City of Onkaparinga support group. His annual visit to speak with the group is now a longstanding ritual, and is a fantastic opportunity for us all to get informed on new developments in prostate cancer treatment.

We have not got anything special planned for the rest of this quarter, although I am sure that Ian Richards will be trying to help us obtain some guest speakers. Perhaps when the expressway is completed it may be more appealing for guest speakers to come

to Noarlunga as they are currently reluctant to travel.

There is an interesting report in Prostate Forum about Zytiga. It compares the use of chemotherapy and Zytiga and the full report can be read on Dr Snuffy Myers' website: Prostate Forum Volume 15, number 6.

- For more information about this support group and its activities, visit the City of Onkaparinga Support Group's website at www.pcsog.org, or phone John Shields on 8382 6671, or Malcolm Ellis on 8326 5588.

- Special thanks go to our support group's generous sponsors: Southern Primary Health Morphett Vale, Port Noarlunga-Christies Beach RSL Sub Branch, The Original Open Market and The City of Onkaparinga Council.

Darwin Prostate Cancer Support Group

- The Prosper Darwin prostate cancer support group meets on the second Monday of each month, at the Harbour Room, Christ Church Cathedral, cnr Smith St and the Esplanade, Darwin, at 7.30pm.

- All guests and visitors are invited to attend – especially prostate cancer support group members who are visiting Darwin from other parts of Australia.

Alice Springs Prostate Cancer Support Group

COMING EVENT FEBRUARY MEETING

- The Alice Springs Prostate Cancer Support Group will conduct its next meeting at Medicare Local NT, 5 Skinner Street, Alice Springs on Thursday February 13, running from 6pm to 7.30pm. Please note the **NEW MEETING TIME**.
- For more information about the Alice Springs support group, please phone group secretary Grant Butler on 0417 736 195.

Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99 or visit the website www.prostate.org.au

EVENTS TO HELP PROMOTE PROSTATE CANCER AWARENESS

A trek to Africa's highest peak is new PCFA target

TO build on the strong fundraising and awareness projects for prostate cancer awareness embraced by the Australian public, the first PCFA overseas challenge will be the Save a Man: Kilimanjaro Challenge 2014.

This project aims to send 20 fit men and woman to take on the challenge of climbing the highest mountain in Africa and raise funds for PCFA.

This fantastic new initiative was launched in November 2013 and participants will be taking on the challenge from October 6 to 17 in 2014.

This is a major undertaking for any interested parties, as participants pay for their trip and also have to raise



The imposing snow-capped peak of Mt Kilimanjaro in Tanzania will be the focus for brave PCFA fundraisers.

a minimum of \$4000 through online fundraising and events.

The Save a Man: Kilimanjaro Climb 2014 brochure explains full details of the climb, trip costs and the trek itinerary. You can also learn more on the website <http://www.>

[inspiredadventures.com.au/PCFA/Kilimanjaro2014](http://www.inspiredadventures.com.au/PCFA/Kilimanjaro2014)

A PCFA representative hopes to participate on the Save a Man Kilimanjaro 2014 Challenge.

This will be a great opportunity for PCFA

to spend time with a highly engaged group of fundraisers to inform them on the work of PCFA and the difference that has made.

This bold new challenge will not only create a new income stream for prostate cancer research but also bring on board dedicated PCFA supporters in a major public awareness campaign that is sure to attract mainstream media attention.

Any interested parties in the Save a Man: Kilimanjaro Challenge 2014 should contact Kathryn Jones, PCFA Community Fundraising and Campaigns Manager, by phoning the Free Call line 1800 22 00 99 or email Kathryn.Jones@pcfa.org.au

Gawler Prostate Cancer Support Group

- **THE** Gawler Prostate Cancer Support and Awareness Group has been formed to support men in the Gawler area diagnosed with Prostate Cancer – and their partners and carers – during the stressful and confusing time immediately after diagnosis and after treatment. Currently, the Gawler group is finding it hard to attract members to its meetings. This seems to be a common problem throughout the past year, but at least the main aim of having a local contact from the support group to telephone in times of need is still in place. Despite the difficulties, we urge the Gawler group to keep going.
- **ANYONE** is welcome to attend the Gawler support group meetings, which are held in the conference room at the Gawler Health Service facility (21 Hutchinson Rd, Gawler East, phone 8521 2000) at 7pm on the first Tuesday of each month. The next meeting is on MARCH 4.
- **FOR MORE** information about the Gawler support group can be obtained from Lynton Carle (phone 8524 4086) or Kylie Fotheringham (phone 8521 2080).

Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99
or visit the website www.prostate.org.au