

Central Australia Chapter



# PROSTATE SUPPORTER

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

[www.prostate.org.au](http://www.prostate.org.au)

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Newsletters can also be read online at  
[www.pcagsa.org.au/pages/supporter.html](http://www.pcagsa.org.au/pages/supporter.html)

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## New Governor delighted to be SA prostate patron

**T**HE new Governor of South Australia, Hieu Van Le, has agreed to be the patron of Prostate Cancer Foundation of Australia in South Australia. He has graciously accepted this role, vowing to continue the fine work that former Governor of SA, Rear Admiral Kevin Scarce, did recently as patron of PCFA-SA.

The continued support of the Governor of South Australia is a huge endorsement that underlines the significance and status of PCFA as a leading organisation in our community.

Governor Le (pictured right, in Government House) was born in Central Vietnam in 1954, where he attended school before studying Economics at the Dalat University in the Highlands.

Following the end of the Vietnam War, Governor Le and his wife Lan left Vietnam in a boat in 1977. Travelling via Malaysia, they were one of the early groups of Vietnamese refugees to arrive in Darwin Harbour.



The couple soon settled in Adelaide, spending their initial three months at the Pennington Migrant Hostel.

As his Tertiary study in Vietnam was not recognised in Australia, Governor returned to study at the University of Adelaide, where he earned

a degree in Economics and Accounting, then a Master of Business Administration while undertaking high-

profile work at the Australian Securities and Investments Commission.

In 1995, Governor Le was appointed as a member of the SA Multicultural and Ethnic Affairs Commission, rising to become chairman of this organisation, in 2007 – the first person of Asian background to be Chairman.

On Australia Day 2010, His Excellency was appointed as an Officer in the Order of Australia for service to the community in South Australia.

Governor Le has also been awarded an Honorary Doctorate from both Adelaide University and Flinders University.

On September 1, 2014, His Excellency was sworn in as Governor of South Australia – the first Vietnamese-born person appointed to a Vice-Regal position in the world.

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

Prostate Cancer Foundation of Australia freecall hotline is 1800 22 00 99  
or visit the website [www.prostate.org.au](http://www.prostate.org.au)

# Horse ride a hit to tell PC news in Central Australia

An epic horse ride to promote men's health in regional Australia has proved to be a great success as a publicity and media magnet, prompting hopes that it can become an annual event.

A 75-kilometre horse ride across remote Central Australia to raise awareness for men's health has been so successful that it may become an annual event. This is called Psst'n'Ponies Trailride for Men's Health, and the event attracted more than 20 riders who set out on July 17 from Undoolya Station near Alice Springs, one of the Red Centre's oldest pastoral leases.

The riders reached Ross River Resort, 90 kilometers east of Alice Springs, three days later. Along the way, the various riders, walkers, visitors and tourists camped and chatted about their experiences with cancer.

The ride was the brainchild of Alice Springs cancer patient Shane Muldoon, who wanted to alert other men to better pathways to cancer treatment in regional areas.

"It's about men's health and getting men to look after themselves," says Shane, "but it's also for the government to help make that process easier

instead of harder."

Shane was diagnosed with prostate cancer in 2012, and soon discovered that more Australian men die each year from prostate cancer than women from breast cancer. However, he was shocked and angry that it took the NT Health Department nine months to arrange Shane an appointment with a visiting specialist.

Shane is now advocating for a better deal for men's health in rural and remote Australia. Data shows an emerging gender gap in the treatment of deadly cancers, which is particularly acute for men living in remote and rural areas.

MyHospital data for Modbury Hospital in South Australia reveals a median waiting time of 42 days for a prostatectomy, compared with eight days for breast cancer surgery.

Research from various states suggests the risk of death within five years of diagnosis for rural men can be as high

as 33 per cent higher than for urban men.

Shane is concerned by the way the disease is categorised for surgery, perhaps leaving men waiting longer than is good for them, coupled with difficulty getting adequate medical advice and treatment in rural and remote areas.

"From my experience," says Shane, "there are two main problems. The first is getting the government to look into changes in policy and procedures, to help men get a better deal. The second is to reduce notification and waiting times."

Shane suggests that within two working days, the hospital should give patients a reference number and a phone contact. And within ten working days they should advise an appointment time.

Part of the problem, says Shane, is a lack of communication between the various sectors of the health industry, such as between private doctors, patients and

hospitals, and internally within hospitals. Compounding the problem is conflicting advice around the diagnosis of prostate disease.

While Shane says his experience of general practitioners has been good, others he knows find their GP ambivalent over whether to do a PSA blood test or digital fearing the results might be misleading or inconclusive.

It seems that Shane's efforts to raise awareness of prostate cancer and its treatment in rural and remote Australia are not falling on deaf ears.

A recent CAAMA podcast of an interview with Shane quickly registered 1800 hits; radio stations 8HA, ABC and Sun FM also promoted the event, along with the publication of extensive press and magazine stories.

You can follow Shane and preparations for another awareness-raising horse riding event on Facebook at Psst'n'Ponies Trailride for Men's Health.

## Alice Springs Prostate Cancer Support Group

- The Alice Springs Prostate Cancer Support Group has moved the location of its meetings to the Alice Springs Memorial Club for the second Thursday of each month, from 6pm until 7.30pm. Meals are available at the club immediately after each meeting.
- For more information about the Alice Springs support group, please phone group secretary Grant Butler on 0417 736 195 or email grantbut@hotmail.com

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New PCFA information and education initiative

# App gives mobile aid

By embracing the latest technology applications, PCFA aims to reach out to more Australian men and provide more instantly understood prostate cancer information.

PCFA has launched an innovative iPad App, called ProstateApp, that is designed to help men cope with the distress of prostate cancer. The app, which is available free from the App Store, featured in Jill Margo's Men's Health column in the Australian Financial Review to coincide with its launch in late 2014.



ProstateApp is the first app to assist men and their families navigate the emotional, psychological and physical challenges that come with a prostate cancer diagnosis. It is based on the popular book Facing The Tiger: A Guide For Men With Prostate Cancer And The People Who Love Them by Professor Suzanne Chambers. The app can be used on its own, or to get the most out of it, in tandem with the book.

On the app's welcome page, PCFA CEO Dr Anthony Lowe, explains its aim is to

provide a map so that men and their partners can find a path through this cancer experience and regain a sense of ease and control.

While it is not a guide to treatment options and offers no medical advice, it provides practical advice for the emotional dimension of this journey with intelligence and warmth.

"In the app, we apply the pieces that seem, from research, to work for people," says Suzanne Chambers, professor of Preventative

Health at Griffith University, Queensland. "Men can easily trace their way through the core components, find the bits that are relevant to them and if they want more, the book is easily available.

"The app is about self-management, about encouraging men and their partners to empower themselves to manage the stressful aspects of their situation and have a sense of optimism about the future."

The app was developed by PCFA as an initiative of the

Prostate Cancer Survivorship Research Centre, with generous funding from H&L Hecht Trust.

It features practical tools such as activities on decision making, guides on self-care and links to organisations. It also includes supportive elements such as videos of people talking about their experiences, inspirational quotes and daily motivation during the prostate cancer journey. It is interactive and part of the emerging trend of using e-health to assist people with depression and anxiety.

Special thanks go to Suzanne Chambers, Sarah Lowe, David and Pam Sandoe and the many members of PCFA's community who appear in the videos.

The application can be downloaded from the App Store, while the book is available from PCFA and the Kindle version is available from amazon.com.au

## Riverland Prostate Cancer Support Group

• 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 support group meeting will be held on Tuesday, March 10.

• For more information about the Riverland support group, please phone Riverland support group convenor Allan Dand on 08 8582 1651, 0488 994 803, or email [alglen@iprimus.net.au](mailto:alglen@iprimus.net.au)

• PROSTATE SUPPORTER NEWSLETTERS for 2015 will be published quarterly, with the remaining editions in May, August and November. To make sure your support groups feature prominently in the pages, please submit stories and photographs by the deadlines of April 15 (for May edition), July 15 (for August edition) and October 15 (for November edition). Please send all materials by email to Karyn Foster ([Karyn.Foster@pcfa.org.au](mailto:Karyn.Foster@pcfa.org.au)) and journalist David Sly ([slywords@bigpond.net.au](mailto:slywords@bigpond.net.au)).

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## Prosper Darwin Prostate Cancer Support Group

# Local MP provides welcome help for two northern groups

Generous financial support from a local politician in Darwin underlines the strength of community support for prostate cancer support groups in Australia's far north.

**I**N Darwin, Mrs Natasha Griggs MP (Federal Member for Solomon), recently held a fundraiser to benefit PCFA. It was a great success, with \$500 raised on the day, but then Natasha dipped into her own pocket and added another \$500 to make a formidable \$1000 donation.

The cheque was presented to both Don Lockley, group leader of the Prosper Support Group in Darwin, and Peter Kay, group leader of the Rainbow Prostate Cancer Support Group in Darwin.

Following the great success of this event, Natasha plans to hold regular events throughout 2015 in support of PCFA.

It marks a significant milestone and endorsement for the northern city's two prostate cancer support groups, and highlights their significance.



Darwin MP Natasha Griggs presents a fundraising cheque to Don Lockley (above), group leader of the Prosper Support Group in Darwin, and Peter Kay (below), group leader of the Rainbow Prostate Cancer Support Group.



## COMING EVENTS

- 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. For more details, please phone Don Lockley on 0401 116 851.

## Whyalla Prostate Cancer Support Group

- The Whyalla Prostate Cancer Support Group meets at 7.30pm on the first Tuesday of each month, from February to December, in Room 72 of the UniSA campus, Nicolson Ave, Whyalla Norrie.
- 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.

## Westside Prostate Cancer Support Group

- Westside Prostate Cancer Support Group meets at 7.30pm on the final Wednesday of each month, at the Temple Uniting Church, 214 Military Rd, Henley Beach. For more information, contact Andrew Luciani (phone 8356 0887 or 0422 639 828; email andandcl@adam.com.au) or John Cox (phone 8356 8650 or 0419 955 606; email candjcox@adam.com.au)

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## Adelaide-Mitcham Prostate Cancer Support Group

# Urologist outlines good conference outcomes

Positive outcomes from the recent Asia-Pacific Prostate Cancer Conference were explained to the Adelaide-Mitcham support group, as Jeff Roberts reports.

**T**HE Adelaide-Mitcham Prostate Cancer Support Group enjoyed an excellent presentation by urologist Dr Denby Steele, final speaker for 2014, who addressed the group in October.

This meeting began by acknowledging the passing of Dr Bob Such, the former MP who was a passionate supporter of prostate cancer awareness following his diagnosis of prostate cancer in 2005. He was the first politician in Australia to become an Ambassador for PCFA.

An audience of 35 was privileged to hear Dr Steele's excellent presentation about exciting advances in prostate cancer from the Asia-Pacific Prostate Cancer Conference 2014, held in Melbourne. Dr Steele was enthusiastic about new information presented and discussed at the conference, including:

- Screening for prostate cancer: This remains a highly controversial subject and confusion still exists between various medical bodies and health organisations, so there is a need to reduce morbidity by smarter use of biopsies, greater use of MRIs and less treatment of low risk disease. It is worth noting that this presentation took place before the launch of PSA Guidelines for public consultation at the UICC World Cancer Congress in Melbourne December 4, 2014.

- Advances in management of a raised PSA: A second confirmation of the PSA level is desirable, use of DRE is important, as is PSA velocity and density, increased use of MRIs before biopsies, and new standards in image based technologies.

- Active Surveillance: Now becoming more commonplace but there is criticism of over testing, as many men with a low PSA probably do not need to be tested. Need remains for careful monitoring, and the triggers for treatment remain unclear.



**VALE ROBIN GRATTON**

Members will be very saddened to learn of the death of Robin Gratton, who passed away on January 16 at Ashford Hospital. He was a respected member of the Adelaide-Mitcham Support Group and Chairman during 2014. Our deep sympathy goes to his family.

- Permanent seed or low dose brachytherapy: Excellent long term results and low morbidity.

- High dose brachytherapy: A good addition to IGEBRT for high risk local disease as an alternative to surgery.

- Multi Modal Therapy: An example is surgery, external beam radiotherapy and ADT for treating high-risk prostate cancer. With this approach, a patient is told up front that several types of treatments are necessary to treat the disease.

Dr Steele also discussed what he described as exciting developments in treatment combining hormone and chemotherapy treatment (instead of giving hormone treatment to a patient, if this is combined with chemotherapy at the outset it can increase the lifespan of a patient for up to 17 months).

He also pointed to Abiraterone or Zytiga prescribed following failed chemotherapy can have a significant response, and Beyond Docetaxel (Taxotere).

## COMING EVENTS

- The Adelaide-Mitcham support group's first meeting for 2015 will be at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm on Thursday February 26. Tea, coffee and cake are provided. Car parking is available within the RSL grounds. The February meeting will consist of AGM formalities, discussion among members and a possible DVD screening.

- The March 26 meeting will feature guest speaker Sally Sara, PCFA Prostate Cancer Specialist Nurse, based at the Repatriation General Hospital.

- For more information, visit the Adelaide-Mitcham website at [www.adelaide-mitchampcsg.org](http://www.adelaide-mitchampcsg.org) or phone Jeff Roberts on 8277 3424 or Ian Fisk on 8296 3350. For archived information of the former Adelaide and Mitcham Support Groups go to [www.psaadelaide.org](http://www.psaadelaide.org) or [www.psamitcham.org](http://www.psamitcham.org)

With new drugs becoming available, there are now increased options available which provides very positive signs for the future.

Dr Steele concluded his presentation by saying while many changes are on the horizon, there needs to be a smarter approach to screening, greater use of MRIs and more attention paid to active surveillance.

## Port Pirie Prostate Cancer Support Group

# Understand implications of all your medications

**T**HE Port Pirie support group was recently addressed by Ray Skinner, chief pharmacist at the Port Pirie Hospital, on the topic of medications related to prostate cancer, and medication safety.

Early prostate cancer may be very dependent on the androgenic hormone, testosterone. Well-managed anti-androgen therapy may work for a considerable time and in conjunction with radiotherapy is usually very effective. However, as prostate cancer advances, it becomes less dependent on testosterone, necessitating other medications.

Ray talked about treatments still in trial, including alpha-reductase inhibitors such as Finasteride, which are already used for other prostate disorders but still being evaluated for use against prostate cancer. There is also research into vaccine therapy: vaccines specific to cancer cells are being sought, and other agents are under investigation with complex actions via the androgen receptors.

Pharmacy support for cancer chemotherapy has grown, with specialist cancer care pharmacists looking out for many things when helping to manage chemotherapy. Through knowing a patient's weight, cytotoxic drug dose calculations can be made. They also track previous treatment, as total cumulative doses can have long-term adverse effects or influence current therapy and dosing decisions. Where previous treatment has not been tolerated well, dose changes may be needed to make future treatment more bearable.

Pharmacists also look out for less common adverse side-effects, and possible long-term effects, such as tingling in extremities which might indicate nerve damage. Monitoring is also needed of renal function (kidney), hepatic function (liver), and blood counts, as each of these may affect treatment decisions and dosage calculations. There is also the challenge of drug interactions – the influence that other medications that we take might have on the



**Support group members Ray Morick (left) and Doug Ahola (right), with guest speaker Ray Skinner (centre).**

cancer treatment, or vice versa. Patients are advised to maintain a list of their current medications, and be clear about how to use them. Always follow dosage instructions carefully, both amounts and timing. When medications are labelled “as needed” or “as required”, it is essential to know how much each dose comprises, and how often it can be taken. There may be a maximum amount in any 24 hours, or even over a longer period (total per week). Medication storage is also a key to safety and ensuring a medicine's effectiveness. Keep all medicines in the correct conditions; don't hesitate to

ask your local pharmacist for information or advice.

Finally, Ray shared some general principles about safely managing medications. We should never be afraid to ask questions of doctors, pharmacists and cancer nurses. It is particularly important to get advice if you ever feel like stopping a medication: suddenly stopping cancer treatment, or other regular medication, can lead to very great difficulties. Similarly, don't make any changes in dose without your doctor's knowledge, unless the medication has a prescribed range within which you can choose.

## Port Pirie Prostate Cancer Support Group

- The Port Pirie Prostate Cancer Support Group conducts monthly meetings (from February to November) at 7.30pm on the first Tuesday of the month at 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 the Port Pirie support group coordinator Allan Manfield on 08 8632 1324.

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## Port Pirie Prostate Cancer Support Group

# Dissecting a decent diet

**T**HE Port Pirie Group was recently addressed by dietetic students Emily Hartley and Ellie Farabad from Uni SA about healthy eating. They explained that a healthy diet improves quality of life and wellbeing, and protects against chronic diseases – but, unfortunately, diet-related chronic diseases are a major cause of death and disability among Australians.

To ensure that Australians can make healthy food choices, The Australian Dietary Guidelines and the Australian Guide to Healthy Eating have been developed using the latest evidence and expert opinion.

The Australian Dietary Guidelines provide information about the types and amounts of foods, food groups and dietary patterns that aim to promote health and wellbeing, reduce the risk of diet related conditions, such as high cholesterol, high blood pressure and obesity, and reduce the risk of chronic diseases such as Type 2 diabetes, cardiovascular disease and some types of cancers.



**ABOVE: Emily Hartley with Port Pirie Support Group's Keith Ellard and Ellie Farabad.**

The Australian Dietary Guidelines apply to all healthy Australians, as well as those with common health conditions, such as being overweight. They do not apply to people who need special dietary advice for a medical condition, or to the frail elderly.

There are many things that affect food choices, for example, personal preferences, cultural backgrounds or philosophical choices such as vegetarian dietary patterns. NHMRC has taken this

into consideration in developing practical and realistic advice.

Many of the health problems due to poor diet in Australia stem from excessive intake of foods that are high in energy, saturated fat, added sugars and/or added salt but relatively low in nutrients. These include fried and fatty take-away foods, baked products like pastries, cakes and biscuits, savoury snacks like chips, and sugar-sweetened drinks. If these foods are consumed regularly they can increase the risk of excessive weight gain and other diet-related conditions and diseases.

Evidence suggests Australians need to eat more vegetables, fruits, wholegrain cereals, reduced fat milk, yoghurt, cheese, fish, seafood, poultry, eggs, legumes or beans (including soy), nuts and seeds, and red meat (for young females). Australians also need to eat less starchy vegetables, refined cereals, high and medium fat dairy foods, red meats (for adult males) and food and drinks high in saturated fat, added sugar, added salt, or alcohol.

## Look for the subtle signs of diabetes

**T**HE Port Pirie support group recently heard a presentation by nurse Mark Wright on diabetes. He explained that the pancreas is a gland deep in the abdomen that performs the key functions of aiding digestion and secreting enzymes into the small intestine, to help break down protein, carbohydrates and fats. It also regulates metabolism by secreting insulin and glucagon into the bloodstream to maintain proper glucose levels.

Diabetes is a condition where there is too much glucose in the blood. Glucose is the main source of energy for the body and comes from carbohydrate

foods that we eat. The body breaks down carbohydrates into glucose which then enters the blood stream. For glucose to enter all the cells of the body and be used for energy, a hormone called insulin must be available.

Type 1 diabetes is usually diagnosed in childhood, onset is quick and has to be treated as a matter of urgency. Gestational diabetes is diagnosed during pregnancy before symptoms arise and usually resolved when the baby is born. People with Type 2 diabetes may have a very gradual development of signs and symptoms, or may have no symptoms at all. Signs may go unnoticed because

they may be seen as part of getting older. Therefore, by the time the symptoms are noticed, diabetes may have been present for some years and complications of diabetes may already be present.

Signs and symptoms of diabetes include urinating more often, dry mouth, feeling dehydrated, tired, lethargic, irritable, hungry and having slow healing of wounds, itching, thrush or bladder infections, blurred vision, weight changes, mood swings, headaches, feeling dizzy, and pain or tingling in the legs and/or feet. High cholesterol levels and blood pressure are also likely.

Risk factors for Type 2 diabetes include large waist measurement, high insulin levels, high blood pressure, high blood cholesterol, high blood glucose, age, family history, gestational diabetes, ethnicity, smoking and polycystic ovarian syndrome.

The weight that sits around your waist can cause insulin resistance and high blood glucose. This means that your pancreas needs to produce more insulin to control the glucose levels – and this is hyperinsulinaemia and can lead to Type 2 diabetes. The ideal waist measurement is 80cm for women and 94cm for men.

## Limestone Coast Prostate Cancer Support Group

# Roadshow attracts crowds

The Limestone Coast Prostate Cancer Support Group was thrilled to be a part of a recent PCFA Prostate Cancer Country Roadshow, as Richard Harry reports.

THE largest promotional event that the Limestone Coast Prostate Cancer Support Group was involved in during 2014 was the impressive Prostate Cancer Country Roadshow, held on November 6 and 7 in Mount Gambier.

This community presentation was a fantastic success, with 168 people attending. Through the diligent work of Katie Dundas from PCFA national office, who contacted a vast network of doctors, clinics, pharmacies, SA Country Health workers and other allied health professionals, a group of 29 delegates attended the roadshow's Health Professionals Presentation.

The Limestone Coast support group was lucky to have access to funds from the Win TV Big Golf, allowing TV advertising to promote the roadshow, and hiring buses that travelled more than 200 kilometres (one way) to bring people to the event for free.

Feedback from people who



**ABOVE: The Prostate Cancer Country Roadshow held in Mount Gambier in November attracted a strong attendance from local medical professionals.**

attended – which included those who have not had prostate cancer, men who have been treated and health professionals – was full of praise for the four presenters: urologist Dr Michael Chong, radiation oncologist Dr Joshua Sappiatzer, medical oncologist Dr Tony Michele, and prostate cancer specialist nurse Sally Sara.

Congratulations must go to PCFA for bringing this excellent event to the

Limestone Coast area. The ABC and local FM radio stations must also be congratulated for their input to promote this successful event.

The support group's meeting on December 7 was a Christmas break-up barbecue at Umpherston cave (a local park and scenic sink hole that is a popular tourist spot) with 30 people attending. A banquet of sumptuous food was supplied by our members.

The support group's meeting

on February 5 will address the topic of "Physical activity and its use in cancer treatment", presented by Phil Ackland at the District Council of Grant training room at 7.20pm.

• **IN 2012, WIN Television's SA manager Jim Kirkup invited the Limestone Coast support group to become involved in the Coopers WIN TV Biggest Golf Day. Funds from the 144 participating golfers saw the support group presented with \$15,000, which will be spent on new chemotherapy chairs at the Mount Gambier Hospital. The 2013 event provided the support group with a \$10,000 donation, some of which was used to hire coaches for bringing people throughout the Limestone Coast to the recent Prostate Cancer Country Roadshow (see story above). WIN TV generously produced a TV ad that helped promote the roadshow and coach service, ensuring the event's success and showing how teaming with local media can greatly benefit support groups and PCFA.**

## COMING EVENTS

• **THE Limestone Coast Prostate Cancer Support Group meets on the first Thursday of each month at the District Council of Grant offices, 324 Commercial Street West, Mount Gambier, at 7.30 pm. The next meeting will be Thursday February 5.**

• **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**



**ABOVE: Kevin Cook (Win TV), Dylan Walker (Win TV), support group members Garth Wooten and Richard Harry, Judith Herde (Win TV) and Jim Kirkup (Manager SA Win TV).**

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## Murray Bridge Prostate Cancer Support Group

# Sharing good meals and good times at fundraisers

Festive meals and birthday celebrations have added good cheer to the Murray Bridge Prostate Cancer Support Group, as group secretary Max Klenke reports.

THE Murray Bridge Prostate Cancer Support Group had its final business meeting for 2014 in October, which was mainly concerned with arranging the end-of-year dinner. Once again, this enjoyable event was held at the Murray Bridge Golf Club, on November 19, with very good meals and organisation enjoyed by all.

We were very pleased to have Ian Wagner present at this occasion. Also, a surprise birthday cake suddenly appeared to recognise Doris Klenke's birthday that coincided with this event, and Doris was pleasantly surprised by this unexpected celebration.

Two other notable birthdays within the support group were also celebrated recently, with Trevor Muirhead and Max Klenke both reaching 80 years.

The Murray Bridge support group has been involved with the local People's Choice Credit Union and received about \$250 for our part in Movember.

Paul Paech and others had another fundraising day attached to the Mannum



**ABOVE: A delicious smoked pig was the lunch treat for the Murray Bridge Pink and Blue charity event in December.**

Fun Run at the Golden Stairs park, with Paul donating \$100 to our group through his participation.

Several support group members were able to go to Mannum for the Pink and Blue Charity Event on December 14.

The group embarked on a short ride along the Murray River aboard the beautifully restored old paddlesteamer PS Marion, and then enjoyed a great midday meal at

### COMING EVENT

- The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings on the third Wednesday of every month.
- The February 18 meeting will be at 7.30pm in Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. It will be the support group's annual general meeting.
- 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.

Palm Court Cafe, with PCFA's Karyn Foster present to enjoy the occasion. A total of \$3000 was raised on the day, to be shared between PCFA and Breast Cancer Network Australia.

## Barossa Prostate Cancer Support Group

In 2014, the Barossa support group was involved with several presentations on lymphedema, incontinence, and the Garvan Institute's genetic and biomarker research. A few attended the Central Australia Chapter Conference, and the Balaklava Information night. We had a few working bees at a group member's home, a meeting in a member's display room of vintage Jaguar cars and the group was involved in a Movember display at Nuriootpa Library.

In 2015, the group is planning a local Mitre 10 barbecue; guest speakers with a non-medical focus; a forum on the benefits of exercise; supporting the Paskeville Farm Fair; and the Wine for Wickets fundraiser. Don Piro will also be involved in arranging an ENGAGE forum in the Barossa Valley by the Australasian Gastro-Intestinal Trials Group (this group is taking a national roadshow to regional locations to discuss its research into different cancers).

- The Barossa Valley Prostate Cancer Support Group meets on the third Tuesday of each month, from 2pm to 4pm, at the Vine Inn Hotel, Nuriootpa. The first meeting for 2015 will be on Tuesday, February 17. For more information, phone Don Piro on 8562 3359 or email don@dppcs.com.au

## Naracoorte Men's Cancer Support Group

# Combined groups working together to inform public

The Brave Hearts of Naracoorte are forging new alliances to spread public information, as Graham Hinze reports.

**N**ARACOORTE Men's Cancer Support Group is finding new ways to spread prostate cancer awareness. Following on from participating in the 2014 Murray Meander, the Brave Hearts team was given the opportunity to have a stall at the Great Outdoor Expo in Mount Gambier from November 7 to 9.

Doug Redman and I arranged the stall in conjunction with Dick Phillips from the Murray Meander committee. They were ably assisted by other members of the Limestone Coast Prostate Cancer Support Group, and members from the Mount Gambier Cancer Support Group. Also present were Don and Lorraine Bloomfield from Portland, representing the Otis Foundation (a beneficiary of the Meander fundraising) that provides retreats for women

and their families suffering from breast cancer.

While the group had success selling raffle tickets to raise funds for the next Murray Meander (at the end of February), the most significant achievement of the weekend was the co-operation between the different groups that resulted in providing awareness and support for all cancer sufferers.

A lot of information was handed out and as a result, the group is sure some new faces will be seen at support meetings in the New Year.

The combined stall set an example that future awareness days should include input from other support groups, because we are all offering the same support to people in need.

The group extends a special thank you to the Penola Lions Club for the use of their marquee for the event.



• Pictured above at the Great Outdoors Expo in Mount Gambier are (from left) Don and Lorraine Bloomfield, Jeanette Breda, Lorraine Musgrove and Graham Hinze (note his Steel Blue boots, a PCFA fundraising item, which Graham says are very comfortable and can be worn all day without resulting in sore feet.

## COMING EVENT

- The Naracoorte Men's Cancer Support Group usually conducts its meetings on the fourth Wednesday of the month at 10am in the Naracoorte Hotel. The hotel has generously provided free tea and coffee for the meetings.
- Further information about the Naracoorte group can be obtained by phoning Martin (8762 1430), or Graham Hinze (8737 2779, 0408 803 793).

## The Men's Engagement Network

• The Men's Engagement Network is a Victor Harbor-based support group that meets fortnightly on Wednesdays between 6pm and 8pm at the Gospel Centre Meeting Room, George Main Rd, Victor Harbor (entry is from the council car park). For more details, contact group leader Lud Allen (0422 459 660, ludcounselling@gmail.com) or group secretary Bill Harris (08 8552 3004, deacbill@dodo.com.au).

## Gay Prostate Support Adelaide

• Gay Prostate Support Adelaide is a support group that meets from 6.30pm to 8pm on the fourth Wednesday of each month (except December) at 49A Ormond St, Hindmarsh. For more details, please contact group organiser David by email: davidcnsalisbury@yahoo.com.au

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or visit the website [www.prostate.org.au](http://www.prostate.org.au)

## City of Onkaparinga Prostate Cancer Support Group

# Medical authorities keep support group informed

A valuable network of local medical experts continue to provide essential information for the members of the City of Onkaparinga support group, as John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group had another enjoyable close to the year with a festive meal. A gathering 18 support group members (another 12 had apologised) had a great get together for lunch at the Aussie Inn, Hackham, during December, and this proves to be a very good way to catch up with some members who we have not seen for a while.

## ELDER INFORMATION

THE support group's final formal meeting for 2014, on November 5, featured local urologist Dr David Elder as our guest speaker.

We are especially grateful for Dr Elder's continued contributions to this support group, as he has agreed to deliver an informative presentation every year since October 2003, when he was the very first presenter at City of Onkaparinga support group meetings.



**ABOVE: Dr David Elder, a longtime supporter and guest speaker at City of Onkaparinga support group meetings.**

For this address, Dr Elder gave us an excellent update on the prostate gland, everything that can go wrong with it, and information about all of the latest treatment options.

Dr Elder took time to answer several questions, and his talk generated great feedback.

## WORLD CANCER DAY

WORLD Cancer Day is on Wednesday February 4 and

the theme for 2015 is "Not Beyond Us", emphasising that the individual fight and the greater community will to overcome the disease, in all its forms, is not beyond us.

It's an appropriate time for all of us to broadcast the cancer awareness message to the community. The focus for this year's media coverage of World Cancer Day will be on:

- Choosing healthy lives
- Delivering early detection
- Achieving treatment for all
- Maximising quality of life

## OUR NEXT GUEST

THE support group's next meeting, in Noarlunga Hospital's boardroom at 6.30pm on Wednesday February 4, will feature Norah Bostock as our guest speaker.

Norah is general manager of Community and Aged Care Services at Carecommunity, speaking about "Living well with Incontinence".

## COMING EVENT

• The Onkaparinga support group conducts its monthly meetings in the boardroom of the Noarlunga Community Hospital (Alexander Kelly Drive, Noarlunga) on the first Wednesday of each month at 6.30pm.

• 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.

• For more information, visit the City of Onkaparinga Support Group website at [www.pcsog.org](http://www.pcsog.org), or phone Malcolm Ellis on 8326 5588, or John Shields on 8382 6671.

## 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. Everyone 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.

• MORE information about the Gawler support group can be obtained from Lynton Carle (phone 8524 4086) or Kylie Fotheringham (phone 8521 2080).

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or visit the website [www.prostate.org.au](http://www.prostate.org.au)

## Prostate Cancer Fundraising Achievements

# Undies fun and food build funds

Two fundraising campaigns have put prostate cancer into the public spotlight.

**T**HE 2014 partnership between Subway® Restaurants and Prostate Cancer Foundation of Australia has paid off in a huge way – thanks to small change. More than \$100,000 was raised between January and December at Subway® restaurants in South Australia, Western Australia and metropolitan Victoria.

Subway® badged moneyboxes, shaped like baseball caps and coloured in bold PCFA blue, were

stationed at tills in Subway® Restaurants to collect donations from very generous customers who contributed a deluge of coins and notes.

The Subway® team and more than 40 PCFA volunteers (including World Police and Fire Games Club members in Melbourne) worked together to ensure money was collected and banked in a timely fashion, which proved no mean feat as one bank visit in Melbourne required the counting of 12,000 5-cent pieces.



**ABOVE:** The first national Pants Day Off on November 28 saw PCFA supporters wear Sant and Abel underwear to work - and the Sydney clothing company donated \$5 to PCFA for every pair of its boxers or pyjamas sold. The fun promotional event was devised by Adelaide fashion agent Suzanne Gallard, (centre) who convinced PCFA's Ian Richards (left) and Wayne Henry (right) to be a part of the fun.

• **Photographer:** Keryn Stevens, photograph courtesy of *The Advertiser*.



**ABOVE:** PCFA's Karyn Foster shows off the proceeds from Subway® Restaurants' donation to PCFA.

A heartfelt thanks goes out to the hardworking volunteer crew that collected the money, Subway® Restaurant management and staff (especially those in rural areas who do their own banking)

and the incredibly generous Subway® customers. PCFA looks forward to continuing this partnership in 2015 and furthering the aim of greater research, awareness and support for prostate cancer.

## Prostate Cancer Action Group

• The Prostate Cancer Action Group SA holds its meetings on the second Tuesday of each month, in the upstairs meeting room at the Cancer Council SA building, 202 Greenhill Rd, Eastwood. The February 10 meeting starts at 5.30pm. Entry is via the rear stairway. The second Action Group meeting for 2015 will be held on Tuesday March 10, then on April 14.

• For more information, visit the Action Group website at [www.pcagsa.org.au](http://www.pcagsa.org.au) or phone David Merry on 8270 2227, or email [djmerry@adam.com.au](mailto:djmerry@adam.com.au)

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or visit the website [www.prostate.org.au](http://www.prostate.org.au)