

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)

**MAY 2015**

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

**Volume 8:  
Number 2**

## Whisky mixed with prostate promotion

**W**HISKY Live, Australia's largest consumer whisky tasting, is returning to Adelaide for a blockbuster two-day event – and all proceeds will be donated to PCFA. Whisky Live is a global event that now extends to six Australian cities, with the giant Adelaide tasting being held at Bonython Hall in the grounds of Adelaide University, North Terrace, Adelaide, on Saturday May 16, from 6pm, and Sunday May 17, from 2pm.

Attendees can tantalise their taste buds with a vast range of whisky samples, including new imported American whiskeys and new releases of familiar Scotch whisky brands. As well as whisky, delicious food is being served, with some flavour-paired to specific whisky.

Whisky Live coordinator Ken Bromfield says the event is a fantastic whisky education event, designed to cater for both the experienced whisky drinker as well as the novice who's thirsty to learn.



Tasters at the 2014 presentation of Whisky Live in Adelaide got to learn about and compare a vast range of whiskeys from around the world – and all proceeds from this year's two-day event will once again be donated to PCFA.

“For those new to whisky, this event is a perfect introduction,” says Ken. “For those already enjoying whisky the event will broaden your experience. First time whisky tasters often wonder why they waited so long to try it. Whisky Live is also proud to say PCFA is the sole beneficiary of our fundraising efforts.”

Tickets costing \$99 include whisky tastings, a memento whisky glass and substantial gourmet buffet. Event details and ticket sales are online at <http://www.whiskylive.com.au>



• **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)

## Prostate Cancer Action Group

# History of the Action Group is now committed to print

As the Prostate Cancer Action Group continues through another busy year of activities, its history has been carefully catalogued, as David Merry and Jeff Roberts report.

**T**HE Prostate Cancer Action Group has once again prepared a busy series of events for the remainder of the current financial year, to June 30.

The first of these is likely to be an awareness evening held in the Tea Tree Gully area during Men's Health Week, which is from June 15 to 21. Planning is currently underway, and yet again our aim is to establish a new prostate cancer support group in this area.

To maintain the group's strong presence outside the city area, a site has been arranged at the Gawler Show on August 29 and 30. The local Gawler support group will be providing assistance at this event.

Arrangements are also in place for the group to once again attend the Yorke Peninsula Field Days, held at Paskeville from September 29 to October 1. Again, we will be hoping for the support of members from other groups to help present our site.

The Westside Prostate Cancer Support Group will be holding an interesting meeting on Wednesday May 27 at 7.30pm with Associate Professor Nick Brook as guest speaker. The meeting will be held at the Temple Uniting Church, 214 Military Rd, Henley Beach. For further details, contact Christine Cox at candjcox@adam.com.au



**ABOVE:** It was a full house at PCFA's offices on South Tce, Adelaide for the launch of a very detailed and valuable history of the Action Group. The 48-page history of the Prostate Cancer Action Group 1997-2013 was written by Jeff Roberts and includes a foreward by Dr Peter Sutherland. This interesting document, acknowledging all of the significant contributors to the formation and continued good work of the Action Group, can be downloaded from the Action Group website <http://www.pcagsa.org.au>



**ABOVE (from left):** Action Group members David Merry and Jeff Roberts with PCFA-SA/NT chair Michael Brock and Dr Peter Sutherland at the Action Group history book launch. *Photos by Ian Fisk.*

## COMING EVENTS

- The Prostate Cancer Action Group SA holds its meetings on the second Tuesday of each month – and now has a new meeting place, in the PCFA office at 144 South Tce, Adelaide. Entrance is from the side lane. The next meeting is on May 12, commencing at 5.30pm. The following meetings will be held on June 9, and on July 14.
- For more information, please visit the Action Group's 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)

## Prostate Cancer Awareness in the Media

# Walsh broadcasts the message to get tested

When ABC sports commentator Peter Walsh had treatment for prostate cancer, he made a public call for testing awareness, as this story from *The Advertiser* explains.

ONE of Adelaide's best known radio voices, ABC sports commentator, Peter Walsh, was absent from the airwaves in early 2014 after being engaged in a private battle with prostate cancer.

Walsh, best known for his loud Hawaiian shirts and excitable calls of football and netball, says he faced three grave months of "uncertainty and fear" and now wants more men to take the issue seriously.

A regular guest at PCFA functions, the 60-year-old admits he knew very little about the disease until he was diagnosed. "I had the attitude 'It's never going to happen to me'," Walsh said. "And that was despite being a friend of (AFL legend) Teddy Whitten who died (in 1995) of prostate cancer at the age of 62."

When Brian Sando, the long-serving Australian Olympic team and Adelaide Crows doctor, died of pancreatic cancer in August 2012, Walsh struggled to find another GP he felt comfortable with. But his connections with the Adelaide Thunderbirds Netball team led to him meeting club doctor Dr Angela Moran, who recommended a full physical, including a blood test for prostate cancer — and a digital examination.

"I'm telling all my mates



Prostate cancer survivors Michael Aish, Gordon Pickard, Peter Walsh and John Letts all work to spread prostate cancer awareness. *Picture: Sam Wundke, News Limited.*

now – don't ever linger, have the blood test and the finger," Walsh said soon after having his prostate removed. "There's a lot of jokes and bravado among blokes about that particular examination but it saved my life."

An internal examination also saved the life of Norwood Football Club legend Michael

Aish: a blood test showed no indication he had prostate cancer. The 1992 Magarey Medallist had surgery to remove his prostate in March 2014 and is working hard to get back to full fitness.

"There was nothing wrong with my PSA (prostate-specific antigen) but thank goodness my doctor insisted

on the digital examination," the 53-year-old said. "When you first get the bad news it feels like a death sentence but the good news is if you get on to it straight away you can live a full life again."

More than 2000 men in South Australia are diagnosed with prostate cancer each year with a mortality rate about 15 per cent. Prostate cancer diagnosis in Australia doubled between 1998 and 2008 — from 10,000 to 20,000 — and is expected to reach 30,000 a year by 2020 mainly due to greater awareness of the issue.

The cancer is the most common cancer in Australian men (excluding non-melanoma skin cancer), accounting for 31 per cent of all new cancers in 2012.

Melbourne Cup winning jockey John Letts — who coincidentally has the same GP as Walsh — had his prostate removed and has been a mentor to Walsh.

Hawthorn's dual premiership coach, Alistair Clarkson, and AFL Hall of Fame coach David Parkin have also been strong supporters of Walsh.

But it is his partner, Debbie, and daughter, Erin, who have taken most of the emotional strain. "This is a very personal journey and we all need to go at our own pace to recovery," said Walsh.

## Prosper Darwin Prostate Cancer Support Group

# Fitting recognition for a great community helper

The man behind Darwin's prostate cancer support group has been bestowed with a significant public honour for his life-long dedication to volunteering.

**D**ON Lockley, the group leader of the Prostate Cancer Support Group in Darwin, was awarded Darwin's Australia Day Citizen of the Year.

This well-deserved award from the Darwin City Council acknowledges that 84-year-old Don has been volunteering in the local community for more than 60 years across a large number of organisations.

In 1965, Mr Lockley established the first school holidays program to be offered in Darwin, then established the YMCA in Darwin, and is a patron and life member of the Saint Mary's Hockey Club.

He has also spent 50 years volunteering at the Alawa Scout Group, and is a group leader responsible for the overall running of the joeys, cubs, scouts and venturer



Don Lockley, leader of Darwin's Prosper Support Group.

age groups within the scouts. Beyond all this, Don is also leader of the Darwin Prostate Cancer Support Group.

Don said one of the main reasons he volunteers is because it is a way to help out the community. "We are not here for a great amount of time," he said, "so you do what you can when you're around."

PCFA's Central Australia Chapter president Ian Wagner congratulated Don for his award on behalf of all his fellow chapter councillors and prostate cancer support group members.

"Don's dedication to detail and commitment to all the organisations that he serves is a credit to both Don and his family," said Ian.

### 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.

## NT Rainbow Prostate Cancer Support Group

• The NT Rainbow Prostate Cancer support group is a group of men and their partners who have been affected by prostate cancer. They are either dealing with a current diagnosis of cancer or are survivors of cancer. They meet on the last Wednesday of each month at NTAHC in Darwin from 5.30pm to discuss shared experiences, learn more about the disease and how to manage it. Every other month we go to dinner at the Cavanagh Hotel in Darwin. Please contact Peter Moore (0408 845 272) or Peter Kay (0439 778 769) for more details.

## Westside Prostate Cancer Support Group

- Westside Prostate Cancer Support Group meets at 7.30pm on the last 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](mailto:andandcl@adam.com.au)) or John Cox (phone 8356 8650 or 0419 955 606; email [candjcox@adam.com.au](mailto:candjcox@adam.com.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)

## Adelaide-Mitcham Prostate Cancer Support Group

# Specialist PC nurses are making a big difference

The tasks of specialist nurses were explained to the Adelaide-Mitcham support group, as Jeff Roberts reports.

THE Adelaide-Mitcham Prostate Cancer Support Group's first meeting for 2015 in February was also the AGM, with the election of all office bearers, except chairman – until long-term member Cyril Harrison advised the following day that he would nominate and serve as chairman for 2015.

The meeting began with Graeme Bradley speaking about the untimely death of Robin Gratton, our chairman during 2014, who passed away in January. Robin's great contribution to the support group will not be forgotten.

Jeff read the annual report for 2014, noting the successful merging of the Adelaide and Mitcham Groups, with an average of 36 people attending meetings.

• At the group's March meeting, guest speaker Sally Sara – Prostate Cancer Specialist Nurse at the Repatriation General Hospital, Southern Adelaide Local Health Network – gave a very interesting presentation on her role at the hospital. Her counterpart from the Royal Adelaide Hospital, Jane Lange, was also welcomed.

Although Sally has only been in the position for six months, she sees her role as very rewarding for the advice and assistance she can provide to patients. Excellent nursing qualifications and wide experience over 25 years that Sally brings to the role will be extremely beneficial to men who are referred to her.

Sally described the prostate gland, followed by explaining some statistics that show prostate cancer is:

- The most commonly diagnosed cancer in SA men.
- The second most common cause of men's cancer deaths in SA.

- About 1800 men are diagnosed in SA each year.

- The five-year survival rate is 92 per cent.

The prostate cancer nursing service is a PCFA initiative. To date, two groups of nurses have completed the course, and Sally outlined the aims of the Prostate Cancer Specialist Nurse as:

- Providing a consistent point of contact for men and their families.

- Giving reliable information about diagnosis, treatment options, side effects and survivorship.

- Providing support while making treatment decisions.

- Offering care, coordination and help to access other support services.

- Providing information and support with biochemical recurrence and metastatic disease.

Sally's task during her initial three months in the job was to perform gap analysis and define the scope of the role. She identified several key points:

- Prostate cancer affects both men and their families.

- Every situation is unique, due to varying age, home situation, family history and socio-economic issues.

- The disease is curable if diagnosed early and confined to the prostate.

- Five-year survival rate is excellent but treatment side effects can be significant.

- More prostate cancer specialist nurses are needed in SA.

Sally's presentation was very well received and triggered many questions, asked both during and after her presentation.

## COMING EVENTS

- The Adelaide-Mitcham support group's next meeting will be at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm on Thursday May 28. Tea, coffee and cake are provided. Car parking is available within the RSL grounds. Guest speaker will be Jim Marshall, convenor of the Australian Advanced Prostate Cancer Support Group.

- The May meeting marks 10 years since the inception of the Mitcham group, and the Adelaide group celebrates its 20th anniversary later this year.

- The June 25 meeting will feature Associate Professor Nick Brook as guest speaker, talking about what – and why – men need to know about prostate cancer. The July meeting will be a general discussion among group members.

- For more information, visit the Adelaide-Mitcham website at [www.adelaide-mitchampcsg.org](http://www.adelaide-mitchampcsg.org) or phone Cyril Harrison on 8298 6384, 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)

## Murray Bridge Prostate Cancer Support Group

# An expanded committee chosen to steer the group

The year has started brightly for the Murray Bridge Prostate Cancer Support Group with an expanded committee in place, as group secretary Max Klenke reports.

**A**CTIVITIES for the Murray Bridge Prostate Cancer Support Group in 2015 started in February with the AGM at our regular meeting venue. Our committee for 2015 was elected, with Ron Nance as chairman, Malcolm Piggott as vice-chairman, Richard Parsons as treasurer, and Max Klenke as secretary. It was decided to have a fifth member on the committee, and Ron Lehmann was elected. Ron is also our representative member for the Central Australia Chapter meetings.

Our financial report showed the group to be in a good position, and a draft statement was accepted for 2015. It was raised that our PA system is now illegal, using a frequency that can no longer be used. While it will cost quite an amount to replace, it was deemed to be a worthwhile expense.

For the group's March meeting, retired SAPOL Sargent Ian Rick of Murray Bridge



**Murray Bridge committee members Richard Parsons, Ron Nance, Max Klenke and Malcolm Piggott.**

spoke to us about his former role, with the aid of an overhead projector. He gave an excellent, educational, interesting and enjoyable talk. Ron Nance thanked him with our group's usual certificate of appreciation and bottle of wine.

### COMING EVENT

- The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings on the third Wednesday of every month, at 7.30pm in Our Wellbeing Place, 108 Swanport Rd, Murray Bridge.
- For more information about the group, phone Murray Bridge support group secretary Max Klenke on 8532 1936.

## 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).

## 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](mailto:grantbut@hotmail.com)

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)

## Adelaide Hills Prostate Cancer Support Group

# Smart advice from guests

**A diverse array of guest speakers is providing valuable information for the Adelaide Hills support group members, as group member Ian Wagner reports .**

**A**T THE March meeting of the Adelaide Hills Prostate Cancer Support Group, social worker Lesley Norton was welcomed as the guest speaker and her subject of Wellbeing, Resilience and Selfcare was well received by the audience. In April, dietician Effie Skoumbros delivered an interesting talk on Food, Glorious Food.

Speakers have also been arranged for future meetings:

- In May, palliative care nurse Francis Watkins will give her address Around the World in 45 Days, in which she will be talking about her visit to Cancer Care Centres in the UK and Ireland.

- In June, urologist Richard Wells will give a presentation.

- In July, a mid-year social gathering will be organised, at a venue yet to be confirmed. Other Support Group Network members and visitors are invited to attend.

### COMING EVENT

- The Adelaide Hills Prostate Cancer Support Group meets at 10am on the third Friday of each month, from February to November, at the Adelaide Hills Community Health Service on Wellington Rd at Mount Barker.

- For more details about the group and its activities, contact group leaders Sue Tulloch or Emlyn Lewis by phoning 8393 1833.

## 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, May 12.

- 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 [alglan@iprimus.net.au](mailto:alglan@iprimus.net.au)

## Barossa Prostate Cancer Support Group

- The Barossa support group is planning a few special events in the next few months. A barbecue fundraiser will be conducted at our local Mitre 10 store on May 2, followed by a social bike riding function in the Clare Valley, and an Asian dinner date scheduled for June.

- Beyond this, a Community Forum is being planned (no specific date yet) on the benefits of exercise, outlining how to improve our health and reduce cancer risk. The group also intends to present a guest speaker talking about breast cancer in men.

- 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 next meeting will be on Tuesday, May 19. For more information, phone Don Piro on 8562 3359 or email [don@dppcs.com.au](mailto:don@dppcs.com.au)

## 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.

**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)**

## Limestone Coast Prostate Cancer Support Group

# The power of information

Information stands at several events has placed the Limestone Coast Prostate Cancer Support Group at the forefront of community activity, as Richard Harry reports.

THE new year began with the Limestone Coast support group's meeting in February explaining simple exercises that help us stay healthy and shed some of the extra kilograms that may have been gained over the Christmas/New Year period. Our guest speaker was Phil Ackland, a personal trainer who spoke about the advantages of exercise to keep weight down and assist our general wellbeing. He suggests doing exercises that you enjoy and therefore will be more inclined to continue. He also mentioned that exercising with others adds a social aspect and helps participants to continue with a regular exercise program.

Phil invited our support group members at the meeting to participate in some simple exercises, which had most people laughing their heads off. Phil is involved with some exercise classes sponsored through Community Health, and some group members have joined Phil in these health programs.

On February 22, the Relay for Life held a fundraiser called Hands Around The Lake, where people registered for \$2 and linked up at 11am to join hands around the Blue Lake, a distance of over 3.5 kilometres. Regrettably, a complete link was not accomplished, but the Support Group had an information stand present and many members were involved in the link up.



ABOVE: The Limestone Coast Support Group's display at the Hands Around the Lake fundraising event featured Des Hinton (left) and local MP Troy Bell (right), while a long queue of people lined up to link hands (below).



In March, the support group held its Annual General Meeting, and now has a new Chairman, new secretary and a new member introduced to the committee. The meeting also included a brief update on information released at the World Cancer Conference in Melbourne last December, covering guidelines for testing for prostate cancer.

On March 5, our group attended the annual Rendelsham Market, where we had an information display.

Tony Potts from South East Regional Community Health

spoke at our April meeting, advising us of programs where a person living by themselves may be able to get home assistance after being released from hospital, or chemotherapy, or other treatments. This program is called RIBS (Rapid Intensive Brokerage Support) and there are 13 sites in South Australia where this service can be sourced.

Another program is called Country Home Link, designed to get people who qualify out of hospital and home earlier. Tony's presentation was very interesting, covering many

## 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 May 7.

- 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

aspects of cancer but also general health issues. He mentioned that in addition to two Prostate Care Nurses in SA, there are Rural Liaison Nurses at most major hospitals to assist rural patients in many ways.

Anyone coming to Mount Gambier for the Gold Cup Racing Carnival is invited to attend a luncheon on Thursday May 14, where proceeds are being directed to PCFA. Tickets are \$80 for a crayfish and steak lunch. The Limestone Coast support group is helping Karyn Foster to promote this event. For tickets, please phone Richard on 0427 978 898.



Port Pirie Prostate Cancer Support Group

# Taking PCFA's awareness message into Men's Sheds

The Port Pirie support group has been very active in promoting prostate cancer awareness, as Joan Manfield reports.

THE Port Pirie support group started the year with discussions at its February meeting, about the various positions that needed to be filled – and thanks to willing volunteers, these posts were filled. We also had a discussion on the proposed new group agreement and it was pleasing that most members joined in with suggestions.

The group was also shown DVD on robotic surgery, which everyone found very interesting. This was downloaded from the PCFA website and I could recommend that other groups would benefit if they did the same.

At the support group's March meeting, guest speaker Dr Andrew Fuller talked about his work as a urologist, and the 40 members who attended asked lots of questions during and after the meeting over a cuppa. Dr Fuller even obliged by talking to several members on a confidential basis.

A report on this talk will be published in a coming edition of Prostate Supporter.

Several of our support group members participated in the survivors walk for the biennial Relay for Life on March 28, and also manned a stall with information about prostate

cancer at the event site in Port Pirie.

At the group's April meeting, the late withdrawal of a planned guest speaker due to ill health saw Joan Manfield speak instead about her experience as a carer for husband Allan when he was diagnosed with prostate cancer. Joan also spoke about her new role as Central Australia Chapter Council Chair.

This meeting also adopted the new group agreement, copies of which had been given to everyone previously for them to read, peruse and suggest changes if necessary.

During the past few months, the Port Pirie Prostate Cancer Support Group has been asked to do several presentations on prostate cancer awareness at various Men's Sheds. These invitations were gratefully accepted.

Allan and Joan Manfield, David Thomas and Colin Lang have all spoken at various Men's Sheds in the area, and we have received lots of positive feedback from the Men's Shed members.

Joan and Allan attended Booleroo Centre, while Joan, Allan and David Thomas attended Jamestown, and Allan and Colin Lang attended the shed in Peterborough.



ABOVE: Port Pirie support group members have been active, with Joan and Allan Manfield presenting an information display at the Booleroo Centre Men's Shed.

BELOW: Allan Manfield speaks about prostate cancer to members of the Jamestown Men's Shed.



## COMING EVENTS

- 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.

## Naracoorte Men's Cancer Support Group

# Group spirit grows through enjoying good camaraderie

From humble beginnings, the Naracoorte support group is building into a very valuable local service in only its second year, as Graham Hinze reports.

**N**ARACOORTE Men's Cancer Support Group has entered its second year on a strong note, with good numbers attending meetings and good fellowship among the members.

The group had a very successful meeting with local physiotherapist Eloise Zanoni, who spoke about bladder and bowel dysfunction and the importance of pelvic floor exercises. She was very well received and as a result, several members and their partners have had follow-up appointments. Eloise has come to the region from Geelong, and through talking to some prostate cancer support group members from Geelong, we learned how disappointed they were to lose her from their district, saying their misfortune would certainly be our gain.

Martin Gull and myself joined others from the region who attended a workshop hosted by PCFA's Ian Richards, to help us set up documents outlining our group's purpose and guidelines. It was an excellent workshop for all concerned.

Several support group members who travelled to the prostate cancer roadshow that was conducted in Mount Gambier late last year thoroughly enjoyed the night – and especially the bus transport that was provided thanks to generous funding.

The Naracoorte group's first Christmas Barbecue in the Park was well attended, and our new street sign was "unveiled" to show that an official prostate cancer support group function was in progress. Many thanks go to Bob McKay for his effort in making the frame to carry the printed sign.



**ABOVE:** Head chef Don Crawford pictured hard at work with Martin Gull and Graham Hinze at the support group's successful 2014 Christmas barbecue.



**ABOVE:** Bob McKay with the street sign he helped construct for the support group.

## 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).

## AHOY SHIPMATES FOR MURRAY MEANDER 2016

The Brave Hearts Team that took part in the 2014 Murray Meander is looking at entering the big river trek again in February 2016, travelling from Echuca to Mildura. If you have a boat or are just interested in being part of our team, please contact Graham Hinze at [hinze.graham@yahoo.com.au](mailto:hinze.graham@yahoo.com.au) or 0408 803 793 for further details. All funds raised for the Murray Meander go to prostate cancer and breast cancer support services.

Donations continue to roll in from both the Subway hat and the hotel beer steins, showing great community generosity.

Guest speakers have been limited but the group members just enjoy getting together for a cuppa and chat to lend support. We hope to have a speaker

talking about sleep apnoea in the near future, and I will be showing the group my hearing devices. As a bilateral cochlear user, I have several aids to help with my hearing, and these can also be extended to anyone with hearing aids.

## City of Onkaparinga Prostate Cancer Support Group

# Expert advice is combined with good social activity

**A great mix of expert medical speakers and social activities are delighting the members of the City of Onkaparinga support group, as John Shields reports.**

**T**HE City of Onkaparinga Prostate Cancer Support Group has enjoyed a wonderful series of guest speakers in recent months, with each of them bringing valuable information to our membership. In addition to this service at our monthly meetings, the members also enjoy regular social events – the most recent being our Christmas lunch that attracted a festive group of 20 participants to the Aussie Inn at Hackham. This was a winning formula that we will be repeating for our mid-year get together in June.

Our impressive run of guest speakers has included Dr Jimmy Lam, a urologist who specialises in robotic surgery. Dr Lam gave an excellent overview of prostate cancer, its effects and treatments. He emphasised that although prostate cancer is the most common cancer in men, and the average age of diagnosis is 71, not everyone affected will die from it.

He used the overhead projector to illustrate the prostate gland, explaining the difference between prostate cancer and prostate enlargement. He also talked about different stages of prostate cancer, and risk factors such as family history and age.

He talked about the common examinations – PSA Test, digital rectal examination and biopsies – and said the PSA Test alone cannot be relied on. A question was asked about possible infection from biopsy needles, and Dr Lam said the needles are very small and presented no problems that he knew about, although there is a small risk of bleeding that could bring infection.

Screening for prostate cancer is a topical question and Dr Lam said it has become a controversial subject because some people believe the cost is too high when not enough men appear to benefit from it. However,

he said this is not the view of many in the medical profession, who say there is evidence to show that screening is much more beneficial than before, especially if there is a family history of prostate cancer.

Dr Lam said that the Urological Society of Australia & New Zealand does recommend prostate cancer screening once the pros and cons have been discussed with a patient.

Dr Lam explained the difference between watchful waiting and active surveillance, then talked about hormonal treatment, radiotherapy and brachytherapy.

He then talked about robotic surgery in detail, and told about several advantages of this type of surgery:

- Quicker return to normal activity.
- Shorter hospitalisation.
- Reduced risk of complications such as incontinence and impotence.
- Less blood loss and fewer transfusions.
- Reduced pain.

## WHAT'S NEW IN TREATMENT

IT doesn't seem long ago that robotic surgery was new, yet progress in research has ensured that new treatments are always emerging – such as Gamma Knife/Cyber Knife Radiosurgery.

Despite its name, it is not a knife. A Google search reveals that it delivers a single, very finely focused, high dose of radiation precisely to its target while causing little or no damage to surrounding tissue. Treatment consists of six basic steps: preparation, applying the frame, imaging, treatment planning, treatment and recovery.

This is a day procedure, with virtually all patients, returning home the same day as their treatment.

## COMING EVENTS

- 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.
- Guest speakers at the May 6 meeting are Steve Dunn and Verity McAvaney from Blackwell Funerals.
- On June 7, the support group will be enjoying a lunch at the local Aussie Inn, in Hackney.
- Future guest speakers will be physiotherapist Alycia Scannell on July 1, and pharmacist Andrew Wong, from Carrig Chemists, Colonnades, on August 5.
- 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.

## PCFA National Leadership

# Leaving PCFA in good shape

## A farewell message from David Sandoe OAM, who retired as PCFA national chair on March 31:

PCFA is now at a very exciting stage of its development as recent achievements will support, such as:

- The launch of the community consultation phase of the evidence and consensus-based draft of clinical practice guidelines on PSA testing, which is a world first.
- A new research strategy which includes basic science, clinical science and survivorship.
- Strong financial management and governance.
- Advocacy for Xtandi (enzalutamide) and Zytiga (abiraterone acetate).
- Working in collaboration with USANZ, RANZCR and DoH to obtain MBS item numbers for MRI diagnosis and treatment of prostate cancer, and with USANZ and DoH to obtain an item number for transperineal biopsies.
- Soft launch of website and communications hub.
- Comprehensive information resources available in hard or soft copy and USB (where appropriate).
- Very successful fundraising across the country, despite difficult economic times.
- Strong corporate partnerships forged in South Australia and nationally.
- 14 new Prostate Cancer



Top row, from left: Richard Harry, Ian Wagner, Ron Lehmann, John Shields. Middle row, from left: David Sandoe, Trudi Bizilis. Front row, from left: Pam Sandoe, Joan Manfield, Ian Fisk.

*Pic: Ian Fisk*

• Ian Wagner reports that at the February meeting of the Central Australia Chapter Council, members were able to farewell David and Pam Sandoe before their retirement from official PCFA business at the end of March. Since David first took up the position of acting chairman: National Support Group Committee, he has been a regular visitor to Chapter Council meetings over three years. He has been a good friend of the Chapter throughout this period. David's knowledge has been invaluable to this Council and his good nature and humour has been a great attribute in delivering the help and advice that he has provided. A small gathering of guests enjoyed the Sandoes' company at a luncheon held in their honour after the Council meeting.

Specialist nurses, bringing the total to 27 across Australia.

- Successful program of Rural Education Roadshows.
- Refreshing the Ambassador Program.
- The Governor of South Australia, His Excellency the Honourable Hieu Van Le AO, became our Patron in South Australia, as have all other Governors for their respective states. The Administrator of the Northern Territory, His Honour the Honourable John Hardy OAM, has also agreed to be our Patron in the Northern Territory and the Governor-General. His Excellency General the Honourable Sir

Peter Cosgrove AK, MC (Ret'd), has also agreed to be our Patron-in-Chief.

- Unprecedented access to government, corporate and medical professional organisations, as well as international collaborations.

I trust everyone is reminded that together we are making a huge difference as a broad-based community organisation and peak body for prostate cancer in Australia. I'm especially pleased that the support group network is now firmly embedded in our DNA.

Finally, my wife Pam and I would like to extend our sincere thanks for all the support we

have received over the years in our various capacities. We retired on March 31 from our formal roles with PCFA, and are confident the organisation is in very good shape and in talented hands.

We know you will continue to support our CEO, Associate Professor Anthony Lowe and his very professional team, along with my very able successor Jim Hughes AM as National Chairman, along with his Deputy National Chairman and our colleague, Steve Callister.

We sincerely hope that 2015 is a healthy, happy and successful year for all of us.