



Prostate Cancer
Foundation
of Australia

PROSTATE SUPPORTER

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

www.prostate.org.au

OCTOBER 2009 - FEBRUARY 2010

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Conference qualifies success

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

The first annual conference of the PCFA's Central Australia Chapter underlined the progress enjoyed during its first 12 months, as chapter secretary Bryan Hearn reports.



ABOVE: Central Australia Conference delegates and their partners shown hard at work during the support group workshop sessions conducted at Mt Lofty House in the Adelaide Hills.

THE inaugural Central Australia Chapter Conference was held at Mt Lofty House, Crafers on October 16 and 17, with 35 representatives from all support groups in the Northern Territory and South Australia attending, including chapter councillors, observers, partners and guests.

Before the conference started, a Chapter Council meeting was held on October 15, to discuss and amend a paper concerning Roles and Responsibilities of Council members, and guidelines for the Chapter should it fold.

Council Chairman Malcolm Ellis also made a presentation to the PCFA's Paul Redman, thanking him for helping establish the CA Chapter and his continuing involvement in the work of the Council.



ABOVE: Talented young South Australian opera singer Grace Bawden sang for conference delegates in a special performance at Mt Lofty House.

• Bryan Hearn's conference report is continued on Page 10 of this newsletter.

Season's Greetings

IT MAY seem a little early to be extending Christmas cheer, but this is the final **Prostate Supporter** newsletter for 2009, with the next edition to be issued in February 2010. Most of the South Australian support groups will be conducting their final meetings for this year during November, though some groups have special Christmas events planned – please check the Coming Events columns on each support group page in this newsletter for specific details, or contact your local support group.

On behalf of the Prostate Cancer Foundation of Australia, the **Prostate Supporter** newsletter team would like to wish all readers a safe, healthy and happy Christmas and New Year, and thank you for being so supportive of this publication. We look forward to serving you further during 2010.

CONTRIBUTIONS from all Support Group members to the newsletters are welcome; email items and images to prostate-news@fosterhill.com.au

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

Prostate Cancer Action Group

Action aplenty in busy October

Strong support from numerous volunteers have bolstered the success of recent events and breathed renewed fire into the Action Group, as Dean Wall reports.



Professor Alf Poulos at Blackwood. Pic: Ian Fisk

COMING EVENTS

NOVEMBER 10 MEETING:
The Action Group will meet in the upstairs meeting room of the Cancer Council SA building, 202 Greenhill Rd, Eastwood at 5.30pm on Tuesday November 10. At present, entry is through the front door on Greenhill Road. This will be the group's final meeting for 2009.

The first Action Group meeting for 2010 will be on February 9.

• For more information about the Action Group and its activities, visit the South Australian Prostate Cancer Action Group's dedicated website, with detailed archives containing its newsletters, at <http://www.pcagsa.org.au>

OCTOBER has been a very busy, productive and satisfying month for the Prostate Action Group – starting with the Yorke Peninsula Field Days at Paskeville, which exceeded all our expectations.

Almost the whole Action Group membership were involved at various times during the three days, among more than 30 volunteers from support groups, who came from as far afield as McLaren Vale, Port Pirie, Murray Bridge and Whyalla.

A bus was provided to transport many from the Adelaide area to and from the venue. All major costs were underwritten by the PCFA. Jeff Roberts, the principal organiser, has written a detailed report of the event, which is published on Page 12 of this newsletter.

As a result of this success, plans are being drafted to attend the Lucindale Field Days in March 2010. The Action Group is also considering the travelling to Cleve for the Eyre Peninsula Field Days in August.

SUCCESSFUL OCTOBER AWARENESS EVENING

ON October 21, at the request of the Coromandel Valley Rotary Club, the Action Group conducted a Prostate Cancer Awareness evening at the Blackwood Football Club.

It was a most successful night, with 135 people attending to hear Dr Peter Sutherland present a very clear overview of prostate cancer, and its treatment options, including a brief introduction to the robotic procedure available at the Royal Adelaide Hospital. This was followed by an extended question time.

This was the sixth presentation that Dr Sutherland has delivered at metropolitan events run by the Action Group, and our great appreciation is extended to him.

The other keynote speaker was Professor Alf Poulos, who spoke on aspects of good nutrition, especially about how they influence general wellbeing.

Prof Poulos also indicated that poor dietary choices can lead to various illnesses, including heart disease and many forms of cancer, including prostate cancer. Following his talk, there was a further question time.

Ian Fisk and Ray Power also spoke of their own prostate cancer experiences. Ian had been treated with brachytherapy in 2002, while Ray had an open radical prostatectomy 10 years ago. The Action Group is very thankful to all of the speakers who took part.

There was also a brief talk on the role and importance of support groups as a major

resource in both the decision-making process (hearing of other people's experiences of various forms of treatment), psychological support during what can be a very traumatic time (it's good to know I'm not alone!), and education, with most groups having a library of educational materials including books, DVDs, etc, as well as expert speakers on many pertinent topics at meetings. The role played by humour was also expressed.

The evening finished with supper provided by the ladies of the Coromandel Valley Rotary Club. Our thanks go to them for a delicious supper, and to the other members of the club who assisted in setting up the venue and restoration afterward. Our thanks are also extended to the Blackwood Football Club, who provided the venue free of charge, and to the Blackwood Community Hospital for accepting the task of accepting registrations for the evening, and for publicising the event.

NEW ACTION GROUP COMMITTEE MEMBER

THE Action Group is pleased to welcome Mr Rob Ball as a new member of the committee, announced at the group meeting in early October. We look forward to Rob's continued contribution to our efforts.

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Inside info on new research

New prostate cancer research goals were explained to the Adelaide support group, as Ian Fisk reports.

DR Vanessa Thompson delivered a very interesting presentation for the Adelaide group's October meeting, impressing everyone with her great enthusiasm for prostate cancer research work.

In notes from her talk, Dr Thompson explains that prostate growth is controlled by testosterone and other androgens – the basis for hormonal (androgen ablation) therapy. However, prostate tumours growing without testosterone remain sensitive to subsequent hormonal manipulations, implying that resistance to hormonal therapy is not due to the loss of androgen

sensitivity. Her work at the Dame Roma Mitchell Cancer Research Laboratories at the University of Adelaide involves answering the question: What allows prostate cancer cells to survive despite very low levels of circulating androgens?

To answer this question, her team is using a mouse model of prostate cancer which mimics all stages of human prostate cancer. They have selected genes different in the mouse model compared to normal mice, which may be important in the development of prostate cancer. They hope to define a list of genes to identify cancers that will require certain types

of treatment, or might fail hormone therapy. Researchers already know that inhibiting the action of testosterone can kill prostate cancer cells, with new drugs based on this idea being evaluated.

Vorinostat is a drug already approved by the FDA for cutaneous T-cell lymphoma, and is in clinical trials for prostate cancer. Vorinostat combined with Cosudex enhances prostate cancer cell death in the lab with only a fraction of the dose of either drug alone, which could potentially reduce side effects.

The Tilley lab is fortunate to collaborate with the Australian Prostate Cancer Collaboration, which runs the Australian Prostate Cancer BioResource. It obtains tissue samples

which are used to determine if candidate genes identified in our experiments are significant in human prostate cancer.

Another way is using fresh human tissue (from patients diagnosed with prostate cancer) in the laboratory for experiments to determine effects of treatments on the tissue. The hope is that this model will minimise the differences seen between the effects of drugs on models in the laboratory, and effects of drugs in actual patients.

These multiple projects aim to understand prostate cancer initiation and progression, identify new potential therapeutic targets and investigate the potential of new drugs against prostate cancer.

COMING EVENTS

NOVEMBER 16 MEETING:

The Adelaide Prostate Cancer Support Group meets on the third Monday of each month in the Park View Room of the Fullarton Park Centre, 411 Fullarton Rd, Fullarton. The meeting on Monday November 16 will feature Dr Carole Pinnock talking about the new publication *Consumer Guide: Advanced Prostate Cancer*.

- A special dinner with the Mitcham Support Group will be held at Colonel Light Gardens RSL on Friday, November 27. See Page 5 of this newsletter for more details.

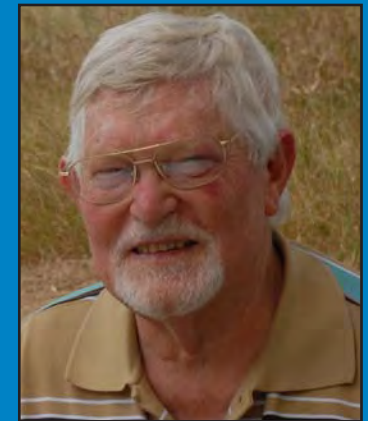
- The Adelaide Support Group's first meeting in 2010 will be on February 15, with speaker details to be advised soon.

- For more information about coming activities, visit the Adelaide Support Group's dedicated website at www.psaadelaide.org or contact Ian Fisk by phoning 8296 3350, or send email to info@psaadelaide.org

In memory of Jim White

SADLY, the Adelaide support group lost another member during October. Jim 'Snowy' White meticulously planned for everything during his life – even his memorial tributes. He made it very clear that “in lieu of flowers, a donation made in memory of Jim may be forwarded to PSA Prostate Cancer Support Group”, care of the Adelaide Support Group's address.

Pam and Ian Fisk, plus Jeff and Theban Roberts attended the funeral. It was only after a phone call from the undertakers that we heard of Jim's death and his generous thought. To date,



a total of \$555 has been donated.

As the support group has no immediate financial challenges it has been suggested that perhaps the money can be added to the Trevor Hunt Scholarship Fund. Jim's family appeared to think this idea has merit but details have not yet been worked out.

COMING EVENTS**NOVEMBER MEETING:**

The City of Onkaparinga Support Group met at 6.30pm on November 4 in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga. The guest speaker was Arne Breuer, who is a lifestyle coordinator.

• For more information about coming events and archives listing previous events and local group newsletters, visit the City of Onkaparinga Support Group's dedicated website at www.pcsog.org

• Special thanks are extended to the City of Onkaparinga Support Group sponsors: **Southern Primary Health Woodcroft, Port Noarlunga-Christies Beach RSL Sub Branch, toneraction Christies Beach, The Original Open Market** and to the **City of Onkaparinga Council**.

Sensible advice from a familiar speaker

A return visit from an infomative local medico was welcomed by the support group, as John Shields reports.

DR David Elder, who was guest speaker at the first meeting of the City of Onkaparinga support group on Wednesday October 1 in 2003, made a welcome return to the Noarlunga Community Hospital boardroom for the group's October meeting.

Dr Elder spoke about some of the health aspects related to the prevention of disease, then talked about the most serious illnesses including prostate cancer.

He also spoke about prostatitis, pain in the pelvic area, benign enlargement of the prostate, slow urine flow and how prostate cancer has no symptoms, making it a silent but deadly disease.

Dr Elder then talked about reproductive hormones, cholesterol, oestrogen, progesterone and testosterone, with

excellent overhead graphics illustrating Dr Elder's information. He mentioned longer term solutions, early detection, voluntary testing, case finding and population screening.

The final segment of his talk was on prevention: What can we do? Several aspects discussed included a healthy heart diet, statins, finasteride-dutasteride (which blocks testosterone), saw palmetto, selenium, soy protein, Lycopene from tomatoes and Vitamin E (which can be good but no more than 500mg or clotting can occur).

Dr Elder then gave the group a lot of time to answer the many questions – for which we offered gracious thanks.

TRAINING MANUALS

LEADERSHIP training should be on the agenda for

the next Central Australia Council meeting in Port Pirie on November 19. Results from the meeting will form part of a Prostate Cancer Support Group Information and Leadership Training Manual that John Shields has been working on over the past few months. John has included the Onkaparinga group's Officer's Duties lists for members to evaluate and give feedback.

TELECONFERENCE

PETER KILEY represented the City of Onkaparinga support group members at the November Chapter Council Executive Teleconference on November 5. In addition to monthly teleconferences for the Chapter Council Executive, teleconferences are being held every three months for all chapter members.

Research findings and news items from around the world

Gene discovery reveals complexity of prostate cancer

GENETIC markers that will help identify men likely to get prostate cancer have been discovered as part of an international study.

The discovery of the gene sequences on seven chromosomes is seen as a step towards better diagnosis and treatment of prostate cancer. However, the Menzies Research

Institute in Hobart, which participated in the research project, warns that there are likely to be hundreds of gene mutations that can leave men susceptible to prostate cancer.

"We've actually found, to most people's horror, that there are a very large number of rocks buliding this particular mountain,"

says Menzies Institute's director, Professor Simon Foote. He says that unlike diseases such as cystic fibrosis, where a single gene is the culprit, prostate cancer is among a group of diseases that have complex genetics.

The study of 40,000 men, led by British researcher Rosalind

Eeles, was published in *Nature Genetics*. The connections between the genes is "like a railway network, with genes as stations along the line," says Prof Foote. "Similar genes along the same pathway are involved in prostate cancer."

• Source: *The Sydney Morning Herald*, 2/10/09.

Mitcham Prostate Cancer Support Group

Members relish open discussion

Without the presence of a guest speaker, support group members enjoyed the chance to engage in frank, informative discussion about their personal health issues, as Mitcham Support Group president Terry Harbour reports.

THE October meeting of the Mitcham support group was planned as a discussion meeting among members, plus the viewing of an informative health DVD.

Acting chairman Roland Harris welcomed members and then asked Jeff Roberts to comment on recent events that members were involved in, such as the Yorke Peninsula Field Days and Central Australia Chapter Conference.

Roland then asked if members would like to update the meeting with their current health situation. This resulted in quite lively discussions with virtually all members contributing. Such was the interest there was no time to view the proposed DVD.

This evening showed the importance of regular discussion evenings – which, after all, are one of the main purposes of a support group, to foster peer support and spread valuable information.

It is true that people like to hear good speakers – but the feeling among participants of this meeting was there should be more opportunities for open discussion – and this will be addressed during 2010.

ANYONE FOR DINNER?

IT'S NOT too late to join the Mitcham support group's Christmas social dinner on November 27: See column at right for full details.

OBSERVING AMERICAN METHODS

TERRY Harbour was fortunate to attend a prostate cancer conference in Los Angeles on September 12 and 13, in company of Warwick Rowell of Western Australia (a PCFA Chapter member and SAC rep). The conference was organised by the American Prostate Cancer Research Institute and was attended by more than 600 people.

This event was run in a similar fashion to the PCFA national conference held at the Gold Coast in November 2008 – though not quite as well, in Terry's view.

There were seven keynote speakers making presentations on a variety of issues, including: Inhibiting Cancer with Diet; Transrectal Ultrasound for Cancer Detection; Erectile Dysfunction; Radioactive Seed Implant; Second Line Hormone Blockade; Reducing the Side Effects of Testosterone Deprivation and Immunotherapy.

Additionally, during lunch break there were "break-away" sessions looking at Support Groups. Terry attended a session discussing general support groups.

Unfortunately at the same time there were three other sessions in progress each looking at different types of support groups: advanced disease support groups, active surveillance support groups and support groups for women. Terry notes that it would have been advantageous to be able to attend all of the difference types of groups sessions to listen and learn.

The objective of attending the conference was to observe and present a report to PCFA, together with any recommendations that may have been gleaned which would benefit the PCFA and support groups Australia wide. Terry's report is currently in its draft form and will be tabled soon.

COMING EVENTS

NOVEMBER 27 MEETING

The next Mitcham Support Group event will be its annual Christmas break-up dinner, held on Friday November 27, in the Colonel Light Gardens RSL club rooms at 4 Prince George Parade, Colonel Light Gardens.

As previously reported our normal November meeting will be replaced by the dinner that will now commence at 6pm (it had earlier been promoted as 7pm).

For those people who have not registered their interest but wish to join us, please phone Terry on 8271 0513 or Jeff on 8277 3424 by Monday November 16.

• For more information on events and group activities, visit the Mitcham Group's dedicated website at www.psamitcham.org

Barossa and Gawler Prostate Cancer Support Group

Members discuss an agenda of change for an exciting 2010

There is significant and positive change afoot in the Barossa reports Alan Hall – his final missive as convenor of the Barossa and Gawler support group

THE October meeting of the Barossa Group was held in the meeting room of the Vine Inn Hotel at Nuriootpa, and while a relatively small number attended, the group worked through a very busy program which continued well past the allocated two hours and saw plenty of involvement from all those present.

Brief reports on the Central Australia Chapter Conference held at Mt Lofty House were delivered by Alan Hall (who attended on the Friday) and Don Piro (who attended on the Saturday). They both agreed that it was a very worthwhile conference in an excellent venue.

A sharing session among the group membership at the meeting produced several common issues of concern associated with ongoing prostate cancer treatment programs.

A procedure that caused much discussion was the employment of a cystoscopy without anaesthetic and with minimum privacy. Two of the three members who had been given this procedure to gain



Alan Hall, left, at last year's Barossa Christmas function.

information about bleeding and a restricted flow through the urethra, found it invasive and painful, and they were especially concerned by the lack of privacy during the treatment.

Most speakers referred to the ongoing monitoring of their condition and some negative legacies from their treatment. These included increased PSA levels – albeit only small in most cases, though any increase from a negligible recording was felt to be of some concern.

Other after-effects that merited comments included bleeding from the rectum months or even years after external beam radiotherapy, and erectile and urinary

problems were mentioned as continuing worries.

When these elements are combined with stresses in personal lives, such health issues can lead to the onset of depression, and it was agreed that members of a support group need to be particularly sensitive and reactive in a situation where group members are suffering – and that they should try to maintain contact and a sympathetic ear to anyone within their network who is seen to be at risk.

The meeting concluded with some thoughts about the future of the Barossa and Gawler Support Group from Don Piro, who will assume leadership of the group in the new year.

Don spoke about his plans

to include some survivors of other forms of cancer with the prostate cancer group and to structure the meeting program to accommodate all those who have expressed an interest in being involved.

For some years it has been apparent that with the majority of members having retired from the workforce, a daytime support group meeting is preferred.

This practice will probably continue, although it is likely that there will also be some evening meetings, particularly when a guest speaker is involved.

Don also suggested that the use of different meeting venues through the year is likely to continue.

COMING EVENTS

NOVEMBER 29

- Support group members at the October meeting decided to replace the traditional end-of-year barbecue with a Sunday lunch.

This will be held at the Vine Inn Hotel in Nuriootpa on Sunday, November 29, from 12.30pm. All members of the support group and their partners are invited to attend this celebration.

And now for something completely different ... a touch of humour



A DOCTOR on his morning walk noticed the old lady at left, sitting on her front step smoking a cigar, so he walked up to her and said: "I couldn't help but notice how happy you

look! What is your secret?"

"I smoke ten cigars a day," she said. "Apart from that, I drink a whole bottle of Jack Daniels bourbon every week, and eat only junk food. On weekends,

I pop pills, get laid and don't exercise at all."

"That is absolutely amazing! How old are you?"

"Thirty-four," she replied.

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McLaren Districts Prostate Cancer Support Group

General good health is a key to prostate wellbeing

To ensure the continued good condition of your prostate, it pays to develop a whole-of-body and mind health philosophy, as Bryan Hearn reports.

THE October meeting of the McLaren Districts support group featured urologist Dr David Elder from the Southern Specialist Centre on Main South Rd, Morphett Vale. Dr Elder highlighted the need for and benefits of people having a healthy heart, a busy mind, consideration for their environment and good solid relationships.

To illustrate this, he informed how taking “time out” will achieve a more acceptable work/life balance, pointing out the benefits of living in a healthy environment and avoiding conflict (or at least developing good conflict resolution skills).

Dr Elder listed the 10 leading causes of death in men during 2007: prostate cancer featured fifth on this list, with lung cancer second and bowel cancer seventh.

Focusing on prostate cancer, he explained various conditions that might be experienced within the prostate gland; how prostatitis can be associated with pelvic pain and how benign enlargement of the gland can lead to a slow flow and frequent voiding of the bladder.

The reproductive hormones testosterone, estrogen and progesterone were explained and how they react each with each other usually and when affected by prostate cancer.



Having a healthy heart requires a regime of regular exercise in addition to a good diet and mental relaxation, ensuring a beneficial work/life balance.

The location of the prostate gland was illustrated, along with its function in the process of ejaculation. Dr Elder displayed an enlarged representation of a prostate gland, explaining the use of its internal “channels” and how they are affected by various conditions within the prostate gland.

Dr Elder explained the steps taken for each patient and how results indicate treatments deemed most suitable, considering family history (transmitted via genes in male and female family members) and associated risks.

Dr Elder also discussed various diagnoses that patients have, including urine tests, PSA tests, a DRE examination, biopsy, bone scans, CT scans and MRI scans. He explained

the various grading from T1 to T4 and commented that if the PSA level was above 20, then scans will always be undertaken. He talked about Gleason scores and how 1 to 4 indicated slow growth, 5 to 7 moderate growth and 8 to 10 rapid growth.

Various treatment options were also discussed, ranging from “watchful waiting” through to radical prostatectomy, radiotherapy including external beam treatment, brachytherapy and chemotherapy.

Drug treatments were mentioned and discussed. Based on personal experience, members discussed positives and negatives of treatments, with Dr Elder adding brief details about new treatments that are being developed.

Long-term solutions, such as early detection following voluntary testing by patients, case finding by doctors and large population screenings, were interesting discussion items.

Dr Elder closed his presentation by mentioning a healthy heart diet, which includes exercise, and provided information on various preventatives such as Saw Palmetto, a herb treatment that will shrink the prostate gland; Selenium, which was thought to help prevent prostate cancer but which no longer has this reputation; Soy Protein, which may help prevent prostate cancer; Vitamin E, which is good but can be overdone, and Lycopene, contained in cooked tomatoes and can help reduce damage to the prostate gland.

COMING EVENT

THURSDAY NOVEMBER 26

The McLaren Districts group will next meet in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale, at 7pm on Thursday, November 26. The guest speaker will be a representative of the Alzheimer’s Association.

- Contact group president Bryan Hearn on 8323 7924 or 0410 539 274 to confirm your attendance.

Payneham Prostate Cancer Support Group

Options to aid erectile problems

It's the male health problem and post-operative side effect that most men don't like talking about, though the Payneham Group got expert advice about erectile problems, as Phil Davis reports.

At the Payneham Support Group's October meeting, we were very fortunate to have urologist Dr John Bolt as our guest speaker, who spoke about erectile dysfunction.

Generally men will speak to their friends and loved ones about being diagnosed with cancer or suffering a heart attack, but most will not discuss erectile dysfunction. However, for those of us who have been diagnosed with prostate cancer, this is a common topic of discussion among us – and our October meeting attracted a large audience to listen to Dr Bolt.

Despite the best treatment and no matter what choice of treatment one receives to overcome or retard the progression of prostate cancer, a high proportion of males have ongoing erectile dysfunction issues.

During his speech, Dr Bolt mentioned that within the general male population, 52 per cent aged between 40 and 70 years experience some form of erectile dysfunction. Within these numbers, men with heart disease, diabetes, depression, elevated cholesterol or hypertension have a higher incident of erectile dysfunction.

He also emphasised that for most couples, sex is an important aspect of their relationship – and sexual dysfunction can have a major impact on the stability of that

relationship. However, he advised that in most cases the erectile problem is treatable.

Communication between couples on this matter is important, as is an accurate diagnosis by a suitable qualified health professional.

Dr Bolt discussed the various treatment options in some detail; this is just a very brief overview of his discussion.

The first line of treatment includes:

- **Oral Agents** (PDE-5 Inhibitors): This includes Viagra, Levitra and Cialis. All three medications work in a similar fashion and have side effects.

Similarities between these three oral agents include:

- The individual requires sexual stimulation.
- If failure is experienced an individual should persist on a number of occasions to ascertain if that particular oral agent is helpful or not. Dr Bolt mentioned trying each agent at least six separate times.
- Ensure that your prescribing health professional is aware of any other medication being taken before commencing with oral erectile agents. For instance, these stimulus agents cannot be taken with any nitrate medication.
- Side effects for some individuals may include headache, flushing, indigestion and abnormal vision.
- If oral medication is

effective, a couple – along with their health professional – can choose the medication that is the most suitable for their needs, with the fewest side effects.

Also included in the first line of treatment was a **vacuum device**, which Dr Bolt exhibited.

The second line of treatment includes:

- Intra-cavernosal injections, which requires a small injection into the shaft of the penis. Dr Bolt advised that this is generally well tolerated and is a very effective treatment.

A firm natural erection occurs within four or five minutes and may last up to 45 minutes.

One side effect on rare occasions may be priapism (prolonged painful erection), which would require the attention of a medical professional to relieve the discomfort.

The third line of treatment that Dr Bolt mentioned was:

- Using an inflatable penile prostheses, which requires an operation so that the penile prostheses is implanted completely in the body, including a pump in the scrotum.

While this procedure is irreversible, it enables a recipient – after a period of recovery (usually about six weeks) – to have normal sexual intercourse.

Dr Bolt concluded his

COMING EVENTS

NOVEMBER 17 MEETING:
The Payneham Support Group will meet in the Payneham RSL Clubrooms, 360 Payneham Rd, Payneham at 7pm on Tuesday November 17. The November meeting will include the support group's Annual General Meeting, with the election of office bearers for 2010. The evening will also include a social gathering and barbecue.

- For more information, phone Phil Davis (8263 2217 classic100@bigpond.com), Peter Woodrow (8263 5556) or Arthur Seager (8289 4180), or visit the Payneham Support Group's dedicated website at www.psapayneham.org

presentation by emphasising again that in most cases erectile dysfunction is treatable, and that any male experiencing a problem should seek treatment as soon as possible.

Delaying treatment is not advisable, as what started as a minor problem may become more significant, including atrophy.

Prosper Darwin Prostate Cancer Support Group

Spreading the message about prostate cancer in the Top End

The prostate cancer awareness message is stretching deep into Arnhem Land – due to the efforts of Darwin Prosper group convenor Keith Williams.

EARLY in October, I squeezed in my first trip for the year to Gumerirrbang, a remote outstation in West Arnhem Land, about 450km from Darwin, on roads that are not without challenges due to weather and maintenance factors.

It's a special place to me because about 20 years ago, when I worked as a substance misuse counsellor and awareness worker, I had met the traditional landowner, Timothy Nadjowh. In the aboriginal way, I became his "skin" brother and he became probably the best and closest friend I am likely to have – a truly wonderful man.

Timothy was seven when he met his first "balanda" (which means Hollander, to reflect early Dutch presence in the top end, or generally translates to white-man), though he is mission educated and an incredibly modern, free-thinking person.

After I had retired in the late 1980s, I bought my own 4x4 vehicle and resumed a pattern of monthly visits from Darwin to Gumerirrbang during the Dry season. All through this time, I kept volunteering to run educational/awareness sessions, which became



Larry Bangarr finds that the Prostate Cancer awareness message even reaches him at Gumberirrbang in remote Arnhem Land, Northern Territory.

Pic: Keith Williams

general health sessions at several outstations in the area.

With Timothy travelling beside me to translate whenever he thought it would be helpful, we certainly discussed prostate cancer with our audiences at times.

This year, due to the demands of SAC and Chapter activities, I only recently managed my first rushed trip over two days. I was

intending to sit down with my 86-year-old brother Timothy to learn more about failures of aspects of the "intervention" which aboriginal people have endured, and which continue to cause problems for some aboriginal communities.

While we were unpacking, I noticed a strangely familiar blob of blue flash past my head. With the aid of a few of the young local "black-trackers",

COMING EVENTS

The final Prosper Darwin support group meeting for 2009 was held on November 9. The next meeting will be on **MONDAY, JANUARY 11, 2010.**

The Prosper Darwin Group meets on the second Monday of each month, at the Harbour Room, Christ Church Cathedral, corner of Smith St and the Esplanade, Darwin, at 7.30pm.

I pursued the mystery object and, as the photo shows, found it to be a feral PCFA balloon. It ended up in the hands of my expert helper Larry Bangarr, a fairly traditionally raised young man and a first-class painter.

I realised this balloon must have stowed away when we were packing in Darwin, and made its dash for freedom. It may have failed to achieve this goal, though here's hoping its branded message will lead to several aboriginal men finding freedom from prostate cancer problems, as its unexpected appearance led to a good discussion about the subject.

JOKE ALERT! An elderly man walks into a confessional and says: "I am 92 years old, have a wonderful wife of 70 years, many children, grandchildren,

and great grandchildren. Yesterday, I picked up two university girls, hitch-hiking. We went to a motel, where I had sex with each of them three times."

Priest: "What kind of a Catholic are you?" Man: "I'm Jewish." Priest: "Why are you telling me all this?" Man: "I'm 92 years old ... I'm telling everybody!"

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CENTRAL AUSTRALIA CHAPTER ANNUAL CONFERENCE

Completing a first chapter

Bryan Hearn's 2009 Central Australia conference report, continued from Page 1.

On the first morning of conference, some wonderful presentations were delivered by Dr Raghu Gowda on radiation therapy services available at the Royal Adelaide Hospital, and from Dr Grant Buchanan of Flinders University on molecular changes when the prostate gland is subjected to various conditions.

During the afternoon, Dr Carole Pinnock detailed five years' work developing a printed guide about prostate cancer for men and their families. The resulting publication will be of most use to doctors but a consumer guide is also being produced.

Malcolm Ellis was appointed as a Chapter SAC representative to take the place of Ian Fisk, whose three-year appointment concludes in December 2009. Malcolm thanked Ian for his work and input during that time.

Early on Saturday morning members had the opportunity to hear from local member for Heysen, Isabel Redmond, Leader of the State Opposition; Adrian Booth spoke on behalf of Beyond Blue on anxiety and depression, and Paul Redman spoke about support group succession planning, group dynamics and leadership in meetings.

Discussion was also held on the proposed Chapter Business Plan, with all members being provided with a copy for comment and



Scenes from the 2009 Central Australia Conference, photographed by Ian Fisk.



feedback. Members were also provided with a copy of the proposed policy document for the establishment of new support groups. Feedback and comment was also invited on this document.

Chairman Malcolm Ellis closed the conference by declaring it a resounding success. He commented how much the Chapter has achieved in its first year – as looks forward to it moving ahead at the same pace during 2010.



Alice Springs Prostate Cancer Support Group

COMING EVENTS

NOVEMBER MEETING

The Alice Springs Action Group's monthly meeting will be held on Thursday November 12, from 6.30pm to 8pm in the conference room of General Practice

Network NT, Skinner St, Alice Springs. This will be the final support group meeting for this year, with activities resuming in February 2010.

NOVEMBER ACTIVITIES

The Alice Springs Movember

Group of young men are preparing for this major prostate cancer fundraising activity. Join in and grow a moustache. More information is available at www.movember.com, or phone Rob Gane on 0419 809 481 for details on how to participate.

Darwin Prosper Prostate Cancer Support Group

Making new connections

Amid a season of change, the Darwin Group is reaching out to more people, as convenor Keith Williams reports.

OCTOBER was tinged with sadness as three stalwarts left our support group, primarily for personal health challenges – and prostate cancer was NOT among them. Hopefully one day we may see them back in the ranks.

Two other members never get to our meetings, which clash with their weekly Hash House Harriers runs. They say this is a very open, supportive group and that the subject of prostate cancer was frequently part of conversations.

Recently another Harrier was diagnosed, and I suggested to

one of that group that perhaps some of its people might enjoy being on our mailing list – and that if the Harriers wanted an Ambassadorial or similar presentation, that we would be very happy to be involved. He said that he would take it up with the group.

All this is to demonstrate that we have to be flexible and be able to work with other groups as opportunities arise, even though their philosophy and focus is different to ours.

NT Power and Water Authority recently held its annual Health and Safety Week, and we manned a



The Darwin Group enjoyed hosting delegates for the recent Central Australia Council meeting in Darwin.

promotional stall for two hours on each of five days during lunch breaks – establishing very good contacts with staff that moved past. One was the local manager Work Solutions that facilitate functions for organisations in the health field, which will include the support group in the mix for appropriate future activities. This may be something support

groups in SA can also pick up on. Work Solutions web site is at www.worksolutions.com.au

Guest speaker at our October meeting was a senior member of the public trustee's office, who provided very clear information on enduring power of attorney, making wills and dying interstate. For November, we will be viewing some new health DVDs.

Murray Bridge Prostate Cancer Support Group

THE MURRAY Bridge support group's October meeting coincided with the ABC-TV *Catalyst* program about prostate cancer, which we all watched and followed with some very interesting group discussion.

At the meeting, Trevor Muirhead gave a report on the Paskeville Field Days, which were attended by two Murray Bridge members. Trevor, Malcolm Piggott and Ron Lehmann also attended the Central Australia Chapter conference, and were impressed and inspired by the standard of speakers and questions.

MONTHLY MEETINGS

The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings at 7.30pm on the first Thursday of each month, at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge. The next meeting will be in the New Year – on THURSDAY, FEBRUARY 4. For further details about the group and its meetings, phone support group chairman Ron Lehmann on (08) 8532 3277.

PASKEVILLE FIELD DAYS PROMOTIONAL EVENT

Sowing information seeds within the SA rural sector

Presenting a stall at the Paskeville Field Days has been a groundbreaking event for Prostate Cancer Awareness – and its volunteer supporters, as Jeff Roberts reports.

A MOST IMPRESSIVE volunteer corp of more than 30 members from the Prostate Cancer Action Group, Support Groups and partners attended the Yorke Peninsula Field days at Paskeville from September 29 to October 1 to help promote prostate cancer awareness – and it proved to be three very successful days.

Paskeville, 126km north of Adelaide at the top of Yorke Peninsula, has hosted field days as a biennial event over 113 years. It is now acclaimed as one of Australia's major agricultural Field Days – a multi-million dollar showcase of the latest innovations in agricultural machinery, products, rural services and technology that attracts more than 50,000 visitors each year.

Prostate cancer awareness groups have never previously attended this event but were able to do so this year with sponsorship from the PCFA, gathering the largest number of support group people to volunteer for an event of this type in South Australia.

The group ran a 6 x 3 metre site in one of the pavilions with banners promoting support groups and the PCFA. A large table was set up with a display of brochures and promotional items.

Because of the excellent number of group members that attended through the three days of the event, organisers were able to roster people for shift that also enabled them to have



Nuzzled between huge farm equipment displays – both modern and antique – the Prostate Cancer Information stall stood tall at the Paskeville Field Days, with valuable help from volunteers (pictured below, from left) Barry Edwards (McLaren Vale), Ron Lehmann (Murray Bridge) and Bruce Driver (McLaren Vale).



ample time for viewing the wide range of other displays at the Paskeville venue.

The Prostate Cancer booth was shared with people from Independence Australia, one of Australia's largest suppliers of continence, wound care and related health care products.

We estimate that between 5000 and 6000 brochures and books were distributed over the three days, plus all of the supplied wrist bands, pins and

balloons were given away to help spread the prostate cancer message.

During the three days, we received more than 300 “genuine” enquires – those that stopped for a chat and took brochures.

A pleasing feature of the event was the way everyone with the prostate cancer volunteer group worked together and readily became involved in promoting awareness.

It is hoped that as a consequence of the Paskeville event, support group members who had not previously been involved in any prostate cancer promotional events enjoyed their experience and will be part of similar activities in the future. Feedback received suggests this was achieved – and we hope to see strong volunteer numbers supporting more Action Group awareness events through 2010.

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