



Prostate Cancer  
Foundation  
of Australia

# PROSTATE SUPPORTER

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

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

MARCH - APRIL 2010

Volume 3: Number 2

## No progress in PATS aid

**Patients beyond metropolitan centres that need urgent help to access the best medical assistance in cities are still being denied necessary funds from Federal authorities.**

**T**HE failure of the Commonwealth Government to sink necessary funds to remedy the disturbing findings of the Senate's recent inquiry into Patient Assisted Travel Schemes has bitterly disappointed people in rural and remote areas throughout Australia.

Dr Jenny May, chair of the National Rural Health Alliance – a leading voice in the inquiry and a close working partner with the Prostate Cancer Foundation of Australia – says that having the Commonwealth declare it is “committed to working with state and territory governments to improve the system” but then not committing to lead or invest in this process is a serious setback.

“We understand that the Commonwealth does not welcome financial exposure to these schemes, but we are convinced that it needs to lead,” says Dr May. “The best way of doing this effectively would be to provide incentive payments to the states and the Northern

Territory. Having waited so long for this response to the Senate report, it gives us little confidence to know that the Commonwealth is still considering the issues through its various reform and collaborative processes – but we live in hope,” she says.

The formal response to the report, published on February 25, lists the many programs funded since the election of the Rudd Government and the reviews undertaken, but makes no substantive response to the specific recommendations from the Senate, nor to the clear proposal from the National Health and Hospitals Reform Commission that the Patient Assisted Travel Scheme should be better funded.

The Senate's recommendations were referred to a task force established in March 2008 to consider this issue. However, all that the formal response reveals is that the Commonwealth is continuing to participate with the states and territories to progress existing work.

“Having drawn a blank from the

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

### in brief...

- THE Prostate Cancer Foundation of Australia's 2nd international conference at the Gold Coast is being held from August 6 to 8, 2010. If you are interested in attending, please check the website and register now at [www.prostate.org.au](http://www.prostate.org.au)

- CONTRIBUTIONS from all Support Group members to the monthly Prostate Supporter newsletters are most welcome; please email items and images to [prostate-news@fosterhill.com.au](mailto:prostate-news@fosterhill.com.au)

latest Commonwealth statement, people in rural and remote areas will hope that something as important as patient assisted travel can be specifically dealt with in the upcoming health reform announcements,” says Dr May.

### ACCREDITED EDUCATION PROGRAM FOR HEALTH PROFESSIONALS

A NEW three-way initiative between the Prostate Cancer Foundation of Australia and its community partner beyondblue: The National Depression Initiative with the Rural Health Education Foundation is being aimed at GPs, nurses and other allied health professionals.

The reason these three national health agencies have joined forces is to raise awareness of depression and anxiety in men with prostate cancer and their partners.

An accredited education program for health professionals

will be broadcast on May 18 across the Rural Health Education Foundation's satellite network of more than 660 sites.

The one-hour program will also be broadcast via video web streaming and audio podcasting at [www.rhef.com.au](http://www.rhef.com.au)

Jo Fairbairn, the PCFA's community partnerships and health promotion manager based in Sydney, says the new program aims to assist health professionals to:

- IDENTIFY what depression and anxiety have to do with prostate cancer.
- PROVIDE information about how best to support families and carers of men with prostate cancer.

Full details will be outlined in the March edition of the PCFA's Prostate News.

For more information, visit [www.rhef.com.au](http://www.rhef.com.au) or [www.beyondblue.org.au](http://www.beyondblue.org.au) or [www.prostate.org.au](http://www.prostate.org.au)

The 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

# Timely return to Whyalla

Revisiting Whyalla for an Awareness Evening underlined the Action Group's progress, as Dean Wall reports.

**H**IGHLIGHT of Action Group activities in February was the awareness evening conducted in the South Whyalla football club rooms on February 22. It was sponsored by the Lions Club of Whyalla Mt Laura and the Prostate Cancer Foundation of Australia, with assistance from the Whyalla hospital.

It was a significant moment for the Action Group, as this location was where the group held its first awareness evening in November 2001. Since then, the Action Group has conducted 27 similar events across South Australia, with an average attendance of about 100 people at each.

At our inaugural 2001 event, Professor Villis Marshall was key speaker – always a keen supporter of the prostate cancer awareness campaign. Following his retirement, his practice in South Terrace, Whyalla, was taken over by Dr Darren Foreman, who is also the visiting urologist in Whyalla and served as keynote speaker for our return awareness event in February.

Dr Foreman gave a well-presented overview of the disease, which was very well received by the audience.

The awareness night's second speaker was Whyalla hospital lifestyle advisor, Natasha Croser, whose background

is education in exercise, physiology and nutrition, and has an honours degree in childhood studies/ family obesity. She spoke on Do It For Life, a general overview of lifestyle issues.

Two prostate cancer survivors – David Merry, who has undergone a radical prostatectomy, and Ian Fisk, who was treated with brachytherapy – gave presentations describing their treatment journey.

During his talk, David told the audience: "I was diagnosed in 1998, and shortly after being diagnosed I attended a support group meeting. At that meeting, I received information that changed my approach, met men who had the same diagnosis, and discussed alternate treatments. As a result, I was able to approach my treatment in a confident frame of mind. When I chose surgery, I felt confident it was the right treatment for me with the knowledge I had at the time. Attending support group meetings had a big bearing on my attitude before and after treatment."

Ray Power chaired the evening and spoke on the role and importance of prostate cancer support groups, explaining that more than 80 support groups throughout



Dr Darren Foreman (left) and Natasha Croser were guests speakers at the Action Group's awareness evening in Whyalla during February. Photos: Ian Fisk

Australia are affiliated with the PCFA.

Thanks must go to the local PCFA Ambassador, Brian Marshall, who, in his dual role as Ambassador and also secretary of the Whyalla Mt Laura Lions, promoted the event and also expressed willingness to assist setting up a local support group.

The evening concluded with an excellent supper supplied by the ladies of the Lions Club, to whom we also give our thanks and appreciation.

## LUCINDALE FIELD DAYS

OUR next major event will be at the Lucindale Farm Field Days on March 19 and 20. Central Australia Chapter councillors and Action Group members will man the information stall, notably John Baulderstone, and Murray and Barbara Neck coming from Alice Springs.

Significantly, the local Lions Club has made prostate cancer awareness its project for 2010, and will be presenting a cheque for \$1000 to Ray Power, as our organising representative at the field day.

Thanks and appreciation go to Ray Power and Jeff

## COMING EVENTS

**MARCH 9 MEETING:**  
The Action Group will conduct its next meeting in the upstairs meeting room of the Cancer Council SA building, 202 Greenhill Rd, Eastwood at 5.30pm on Tuesday March 9. At present, entry is through the front door on Greenhill Rd. All interested people are welcome to attend.

**ARPIL MEETING:**  
The Action Group will meet in the same venue on April 13.

• 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>

Roberts, who have done most of the organisational work for our participation at Lucindale. Enquiries should be directed to either of them.

## Prostate Cancer Support and Awareness: ADELAIDE GROUP

COMING  
EVENTS

**MARCH 15 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 March 15 will feature Rob George as guest speaker. He will give a presentation on **Advances in Medical Imaging & Radiation Therapy: A Look at the Future**. There is a link to further information on Rob George on our website.

**APRIL MEETING:**  
The April 19 meeting will feature Geoff Coombe speaking on **Do It for Life, an SA Government Department of Health Program**.

**FUTURE MEETINGS:**  
May 17 will feature Dr Joe Abadia from the Men's Health Clinic, Seaton. July 19 has diabetes educator Michelle Hogan as guest speaker from Diabetes SA.

• For more information, visit the Adelaide Support Group's dedicated website at [www.psaadelaide.org](http://www.psaadelaide.org) or contact Ian Fisk by phoning 8296 3350, or send email to [info@psaadelaide.org](mailto:info@psaadelaide.org)

# Members get ready for another big year

The Adelaide Support Group's recent Annual General Meeting unfolded smoothly, as Ian Fisk reports.

THE Adelaide Support Group's February meeting was dominated by Annual General Meeting obligation, and while support from members was good, unfortunately there were not any new volunteers for positions. Jeff Roberts and Ian Fisk will continue sharing the convenor position, and special thanks go to Ross Daniel for having shared these duties during 2009. Ian will continue as group secretary, treasurer and librarian. Pam Fisk will continue looking after name tags and – most importantly – Pam Daniel will continue as supper co-ordinator. Thanks go to all those who have assisted during the past year.

The support group's financial situation is comfortable, with \$1100 having been donated in memory of the late Jim White. When advised of the proper mechanism from PCFA, this money will be added to the Trevor Hunt fund to aid in the training of South Australian Prostate Nurse. We extend gracious thanks to all who have generously donated.

After the AGM, three people from The Cancer Council SA – program coordinator Kathriye Strassnick, oncology social worker and cancer counsellor Debbie Ball, and volunteer John Balkwell – gave a presentation focusing on the council's Staying Healthy After Cancer Program. Kathriye's Power Point presentation explained



Cancer Council representatives Debbie Ball (left) and Kathriye Strassnick spoke at the Adelaide Support Group's February meeting. Photo: Ian Fisk

the Cancer Council's statement of purpose and its creation in 1928, how it is community funded as a non-government, not for profit organisation, its array of services and the Cancer Council SA Help Line.

The Cancer Council Helpline serves as the first point of call for people affected by cancer, providing a mix of information and support. While the 13 11 20 contact is a national number, people calling in SA and NT will talk to the Helpline in Adelaide. All contacts are confidential and can remain anonymous. Most of the contact is by telephone, then emails or visits and a few letters.

The council also provides general cancer information, including emotional, psychological, physical, practical and financial assistance, social issues, advice

for family and friends, palliative care and survivorship.

Cancer Connect offers support from volunteers who have had the experience of cancer, who are linked to a newly diagnosed person and offer the opportunity to talk over the phone. This is available to cancer patients, their family and friends. Some volunteers have experience as carers, and some are gene carriers of cancer that runs in families – all able to provide support to people in a similar situation. Volunteers attend a two-day training program to help them support people over the telephone.

The Cancer Council also offers a service to support groups by offering start-up assistance and providing a resource kit, training and professional development days are offered throughout the year.

## COMING EVENTS

### MARCH MEETING:

The City of Onkaparinga Support Group met at 6.30pm on March 3 in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga.

### APRIL 7 MEETING:

The City of Onkaparinga Support Group will next meet at 6.30pm on April 7 in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga. A guest speaker for the evening is yet to be organised.

• 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](http://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**.

# Championing all the rights of older people

Explaining advocacy assistance for older people impressed the Onkaparinga support group meeting, as John Shields reports.

TWO guest speakers were featured at the February meeting of the City of Onkaparinga support group, headed by Rob Nankevell – an advocate with Aged Rights Advocacy Service (ARAS) – who gave an excellent Power Point presentation covering a wide range of topics that are of interest to our age group

Because we never know when we will need to receive a community-based aged care service, or know of someone else who does, it is good to know that an organisation such as ARAS exists to give exceptional service to those who need it.

The ARAS Mission Statement speaks volumes about what the organisation does: "ARAS will aim to increase a person's control over goods, services and quality of life, and to develop a sense of empowerment and of being valued as individuals and citizens of Australia, through an advocacy process. Advocacy is defined as the process of standing alongside an individual who is disadvantaged and speaking out on their behalf in a way that represents the best interests of that person."

The rights of older people that demand addressing are listed as independence, participation, care, self-fulfilment and dignity.

As former Aged Care workers, my wife Phyllis and myself can vouch for the dedication and

strict adherence to the principles of aged care in treating older people with respect and dignity that ARAS Advocates demonstrate, and this deserves our full support.

If you did not get any of the helpful information sheets that Rob left for the group, please let John Shields know.

As the second speaker at the meeting, Liberal candidate for Mawson Matt Donovan spoke briefly to the group about the Liberal Party's plans for the southern area. The SA Liberal Party's documents on policies can be viewed at [www.saliberal.org.au](http://www.saliberal.org.au)

## PROSTATE CARE STUDY

WHAT type of support services help men and their partners most during and after prostate cancer treatment? The results of a new study of support services will be used to help develop a better multi-disciplinary hospital based support program.

Men who have had prostate cancer treatment, and their partners, are being asked to complete a 20-minute questionnaire, which includes questions on support services that men and their partners have received, or might like to have received during prostate cancer treatment, and how they coped with side affects.

Although the five-year survival rate is relatively high, the treatment can have a significant impact on the quality of life

of the man and his partner. Anyone interested in taking part should phone Dr Afshin Shorofi on 8201 7639 (email [afshin.shorofi@flinders.edu.au](mailto:afshin.shorofi@flinders.edu.au)) or Jan Paterson, Professor of Nursing (Aged Care) at Repatriation General Hospital and Flinders University, on 8201 3266 (email [jan.paterson@flinders.edu.au](mailto:jan.paterson@flinders.edu.au)).

## BEYOND BLUE

THE support group has 50 DVDs titled *Carers, Stories of hope and recovery Vol 2*, designed for people who care for a friend or family member with depression, anxiety or a related disorder. If you would like a copy, contact our librarian Peter Kiley on 8382 1032.

## INFORMATION DAYS

CITY of Onkaparinga Support Group Patron, Councillor Artie Ferguson, Councillor Artie Ferguson has arranged for group members to conduct information days on **SATURDAY MARCH 6** and **SUNDAY MARCH 7** at the Southport Surf Lifesaving Club, where State trials are being held. We will need a lot of assistance on these two days, and other Support Groups are welcome to attend and join us in representing Prostate Cancer Support in SA.

## WIDOWS WELCOME

WIDOWS are most welcome at support group meetings. We are especially pleased that Ruth Dohnt and Rona Stanley attend our mid-year and Christmas barbecues.

## Mitcham Prostate Cancer Support Group

# Treatment choice concerns

**Smart organisation and planning are the keys to a successful year ahead for support groups, as Terry Harbour reports.**

THE first meeting for 2010 of the Mitcham group on February 25 saw numbers down a little with 19 in attendance, though good discussions covered several important issues.

After reviewing 2009 activities, the group held its AGM, with all positions declared vacant, and the following positions were filled for 2010: chair, Terry Harbour; deputy chair, Roland Harris; treasurer, John Baulderstone; secretary, Graeme Bradley; welcoming officer, Dianne Baulderstone; librarian, Peter Midtvik and promotions officer, Jeff Roberts.

Once the formalities of the AGM were completed, Eric Downes spoke about

problems he had choosing the treatment which he felt was right for him, even after lengthy discussions with specialists. He found it especially daunting when doctors advised that the final decision was his.

Eric explained that through his own research he had read of successful outcomes for treatment combining radiotherapy and hormone treatment (second line hormone blockage) – used extensively in some countries, but apparently not in Australia. This triggered healthy discussion on treatment options and the implications of these for the patient.

Earlier, the audience has viewed a DVD, which

coincidentally was titled So How Do You Choose – Treatment Options. This DVD highlighted and reinforced the issues raised by Eric and others, and was well received.

Discussion was also held about the preferred format for this year's meetings and it was agreed that in addition to having guest speakers, two meetings during the year should be set aside for general discussion on group issues.

It was also agreed that a guest speaker on a topic not associated with cancer or other health issues would be welcomed – similar to Dr Don Hopgood, who last year who spoke about SA Railways in the 1920s.

### COMING EVENTS

#### MARCH 25 MEETING

**The next Mitcham Support Group event will be held on Thursday, March 25, in the Colonel Light Gardens RSL club rooms at 4 Prince George Parade, Colonel Light Gardens, from 7pm. Guest speaker will be Ms Rosalie Donhardt, continence nurse with Disability SA, who will give a session on continence issues for men and women.**

• For more information on events and group activities, visit the Mitcham Group's dedicated website at [www.psamitcham.org](http://www.psamitcham.org)

## Murray Bridge Prostate Cancer Support Group

### MONTHLY MEETINGS

**The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings at 7.30pm on the third Wednesday of each month, at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge.**

**The next meeting will be on WEDNESDAY, MARCH 17 and guest speaker is Ashleigh Moore from Cancer Voices SA, a volunteer group that represents the interests of those affected by cancer. Ashleigh is a practical, down-to-earth speaker who has spoken overseas for the Lance Armstrong Foundation.**

**For further details, phone Ron Lehmann on (08) 8532 3277.**

### Smart start to second year

THE MURRAY Bridge Support Group's February meeting was also its Annual General Meeting, and office bearers voted in for the 2010-2011 period are Ron Lehmann as president, Trevor Muirhad as vice president, Richard Parsons as secretary and treasurer and Doris Klenke organising catering.

Elections were followed by discussion about the group's aims during its second year of operation, so that the group consolidates. We hope to promote our group to the public in order to increase our membership, and will therefore open our doors to all people concerned about cancer and/or depression. Guest speakers will be sourced to cover a wide range of interests relating to cancer and

assistance available from governments and local communities to ageing people in need of help.

The Central Australia Chapter council meeting will be hosted by the Murray Bridge group on Thursday March 18, from 9am to 1pm, at Our Wellbeing Place in Murray Bridge. Our group is invited to attend this meeting.

Also discussed at the meeting were Central Chapter logo preferences, promotional information leaflets for the Murray Bridge group, draft copies of our April meeting, promotion, information stalls and future barbecues. Remember that we have supplies of videos and reading material for those interested in matters of cancer and depression.

## Barossa Prostate Cancer Support Group

# Don gets inspired by Lance to get peddling on his bike

To introduce himself more fully to the Barossa support group members, new chairman Don Piro wrote this biography for the group's February newsletter.

MY wife Jasmin and I came to the Barossa Valley in April 2007 after living in Morphett Vale for 35 years – a decision reached as I had been travelling with bowel cancer for the past five years and wanted retire close to where both of our daughters and grandchildren live.

It has been very rewarding in the Barossa, as we have joined in various activities in the community.

I am a counsellor and have developed a part-time practice in the valley – and it was in my professional role that I became interested in working with men's health, having been involved in men's groups in the past.

During my own cancer journey, I participated in the men's cancer support groups with the Cancer Care Centre in Unley and wanted to do something similar in the Barossa.

Barossasupportgroupfounder Alan Hall and I met, became involved in a few activities, including "An Evening With Graeme Goodings" last year, and now I am chairing the support group.

I plan to continue with the format the PCFA operate under but also open the support group to include other forms of cancer, so we may support others travelling with cancer in the Barossa if they



Having marvelled at the cycling exploits of international champion and cancer survivor Lance Armstrong, Barossa support group chair Don Piro prepares for his epic 100km ride as part of the 2010 as part of the Tour Down Under Mutual Community Challenge.

wish to come, which may help to increase our membership. PCFA has been very supportive of this action and will continue to fund this type of group. We will become the second group like this in Australia operating under the PCFA banner.

I am also chairperson of the Barossa Area Fundraiser For Cancer, which has had discussions with nurses in palliative care services who have indicated the possibility of a new breast cancer support group. We may come together soon to have a combined informal social function to see what this community

would like in the way of cancer support groups. More information about this will be made available soon.

On a personal note, I have some bragging to share as I recently completed my first Tour Down Under Community Challenge cycling ride of 111km from Woodside to Goolwa, which was detailed in an article published in the Barossa and Light Herald.

It was an exciting experience to be among more than 8000 other riders, with many highs and lows of hills, breakaways, winds, near misses and wondering why am I doing

this. Still, I've progressed beyond vowing I would never do it again to now think I'm up for more, so you may see me doing more riding around the Barossa.

I set myself a goal to achieve something special when I had good test results last year. I'm a member of Cancer Voices, an advocacy group for cancer survivors, and they invite people to join their bike team, particularly for the Tour Down Under ride, to help raise awareness of cancer in the community. I bought myself a bike and began training. It took a while – but I did it.

## Barossa Prostate Cancer Support Group

# Making efforts to engage with the local community

As part of its aim to reach further into the local community, the revamped Barossa support group is involving itself in several public events, as group convenor Don Piro reports.

**A**S PART of the Confident Care in PalliativeCareForum, to be held at the Barossa Arts Convention Centre on March 25, Barossa support group members Alan Hall and Don Piro, and another Barossa Area Fundraising For Cancer group member, will deliver a talk to the audience. This information forum is being organised by the Barossa General Practice Network, and the speakers will talk about living with cancer and what support information we have available through our groups.

## KAPUNDA FARM FAIR

THE Kapunda Farm Fair is being held on April 16 and 17 – and the Barossa support group has been invited to participate in this event by having a stall similar to what members did last year at Paskeville. It is a fantastic way to reach out to men in the community and raise the awareness of prostate cancer.

## FORMAL NAME CHANGE

FROM February, references to Gawler have been dropped

from the formal support group name, in an effort to better recognise the identify of people who have remained the strongest supporters and active participants of the group.

Several Gawler members still remain a vital part of this support group, and the involvement of more Gawler residents in the future will be greatly welcomed.

## RELAY FOR LIFE

THE support group has received an invitation to participate in the Relay For Life at the Santos Stadium athletics track in Adelaide on March 27. We have been asked to be part of the Cancer Survivors and Carers lap that kicks off this event, and also to participate in the candlelight ceremony later in the evening. For more details, please contact Don Piro on 8562 3359 or 0419 863 124.

## COMMENT ON LOGO

THE PCFA Central Chapter is in the process of developing a new logo – and if you wish to make a comment on it you

## COMING EVENT

### MARCH MEETING

- The next meeting for the Barossa support group will be a combined gathering with the Barossa Area Fundraising For Cancer group. This meeting over coffee has been planned for Tuesday, March 30 at 2pm, though a venue has not yet been confirmed. For more details, please phone Don Piro on 8562 3359 or 0419 863 124.

can give some feedback on the website: [www.pcfacentralaustraliachapter.org](http://www.pcfacentralaustraliachapter.org)

This website also includes all members of the chapter's support groups. Within this valuable information portal, Don plans to soon update the Barossa group's information for 2010.

## BAROSSA CONNECTS WITH CHAPTER COUNCIL

DON Piro had his first teleconference with the Central Australia Chapter Council and other support groups during February, which provided a good opportunity to network and join in discussions about current issues facing the PCFA in SA and the NT.

Of particular interest is John Shields from the Chapter Council developing a Leadership Manual for new leaders within support groups. Don has given feedback on that

document, which was received well. This special Chapter website and the main PCFA website at [www.prostate.org.au](http://www.prostate.org.au) both contain a lot of information about prostate cancer research, various programs that are currently in place, and activities that are happening with the foundation and various support groups around Australia.

These websites are good places to direct people who may ask questions about prostate cancer and are where they can obtain more detailed information, as well as providing a place for communicating among those of us who have travelled on the cancer road.

## LOCAL NEWSLETTERS

DON plans to issue Barossa group newsletters on a quarterly basis and have them posted to support group members with the Prostate News.

## THE LIGHTER SIDE...

I recently acquired a new TomTom car GPS and use it at the slightest excuse, so programmed it to guide me to the private hospital for an appointment with a surgeon about a troublesome

spot on my right ear. After filling in the required forms at reception, I prepared the next leg of my journey in Tom and had just finished when the surgeon emerged and loudly called my name.

As I jumped up, a loud female voice from the Tom said: "In five metres, turn left" – and everyone burst into hysterics as the surgeon said: "Like to make sure you get here, don't you".

## Payneham Prostate Cancer Support Group

# Your story can help researcher

**A comprehensive new study into the recurrence of prostate cancer needs valuable input from men in this situation, as Payneham Support Group coordinator Phil Davis reports.**

**K**EVIN O'Shaughnessy is one of those very special people who is driven to improve the wellbeing of others. Last year, Kevin, spoke to our group about his research concerning "What themes emerge from the experience of men, in the medium to long term phase following prostatectomy for prostate cancer?"

He returned to speak again this year at the Payneham support group's February meeting and he requires our assistance.

As a PhD candidate, Kevin is currently undertaking a new research project: "Support for men with prostate cancer recurrence."

During his speech, Kevin said that following a radical prostatectomy, about 30 per cent to 35 per cent of men treated will eventually experience a recurrence – and all treatments have similar recurrence rates.

Kevin explained that his initial literature research into this subject indicated that there appear to be few studies which describe the experience and support needs of men who experience a recurrence of their prostate cancer.

When cancer recurs it is a major stress trigger, and all too frequently men and their families face the prospect that they may never be cured.

In these circumstances, while

the merciless progression of the cancer continues, there is a continual need to make new choices concerning treatment, and the prospect of end-of-life care is also very real and particularly important.

There are also ongoing physical and emotional side effects for patients and families to cope with, as cancer and depression run hand-in-hand.

Kevin's research objective is developing effective supportive care interventions for prostate cancer survivors who encounter either cancer progression or recurrence.

The aims of his research project are to:

- **DESCRIBE** men's experiences of prostate cancer recurrence.
- **DETERMINE** these men's preferred means of physical, psychological and educational support during this period.
- **TEST** relevant support interventions, once they have been identified.

Kevin will be conducting an in-depth review of relevant literature, and intends to conduct a series of focus groups and interview individual men with cancer recurrence.

He will also interview relevant clinical staff and experts in the field. This will be followed by the development of a support intervention strategy aimed at addressing men's needs.

When this research process is

completed, Kevin will conduct a randomised controlled trial, aimed at assessing and evaluating the effectiveness of the support intervention strategy and assessing the cost of implementation.

## EXPECTED RESULTS

IT IS obvious that men have health needs that are not yet being addressed, and the final outcome of Kevin's research cannot at this stage be predicted. However, his research will provide some of the evidence to help guide future practices that will meet the needs of men with, or facing, the great dilemma of prostate cancer recurrence.

## CALL FOR HELP

AS A RESULT of his previous research and his ongoing concern regarding prostate cancer patients and their families, Kevin has spoken with, counselled and provided support to many people.

He is an incredibly caring person and great source of wisdom – and he has no hesitation in saying that men have important health issues which need to be addressed.

If you are a person who has been affected by a recurrence of prostate cancer, or the partner of a person in this situation, it will be very beneficial to this project if you agree to discuss the challenges and issues that you have experienced.

To speak with Kevin about

## COMING EVENTS

**MARCH 16 MEETING:**  
The Payneham Support Group will meet in the Payneham RSL Clubrooms, 360 Payneham Rd, Payneham at 7pm on Tuesday March 16. Professor Alfred Poulos, medical researcher, will speak about the causes of cancer.

**APRIL 20: Survivor forum, including a meal and social evening.**

• For more information, phone Phil Davis (82510939 classic100@lifestyle.sa.net.au), Peter Woodrow (8263 5556) or Arthur Seager (8289 4180), or visit the Payneham Support Group's dedicated website at [www.psapayneham.org](http://www.psapayneham.org)

these matters, please phone him on 8302 1805, or mobile 0412 173 617, or email Oshpk001@students.unisa.edu.au Kevin's postal address is: Mr P. K. O'Shaughnessy, GPO Box 2471, Adelaide, SA, 5001.

Kevin expects to complete his research on this subject in June 2012.

## McLaren Districts Prostate Cancer Support Group

# When you've made a will, then you get to have a say

Explaining the legal requirements of wills helped to shine valuable light on this often unspoken document of great importance and value, as Bryan Hearn reports.

THE McLaren Districts support group's speakers for the February meeting were Hazel Feeney and Jim Reilly from the Office of The Public Trustee, who spoke on wills, intestacy, powers of attorney and enduring guardianships. Many of our members were in attendance for this initial group meeting for 2010, though sadly a few were missing as a result of hospitalisation for various reasons – and we wish them well.

We were informed that a will is a legal document which will take effect after our death. It should clearly define who manages our estate and how we wish our assets to be distributed.

It was pointed out to us how important it is to have a will and that everyone over 18 years of age should make one.

People who don't have wills will usually make such excuses as "I don't have anything to leave", or "I'm too young; only older people make wills", or say "I just never got around to it".

For a will to have legal capacity, it should be in writing, signed and witnessed

appropriately. It should be updated as necessary and must appoint an executor to administer terms of the will.

A will can be revoked by a subsequent will, by marriage and by divorce – but in this case only those clauses relating to the former spouse are revoked.

A will can not be executed until Probate has been granted. This is a legal document which grants the executor the legal authority to administer the deceased estate. Probate establishes that the will is valid and is issued by the Supreme Court.

The whole topic of wills and the need for their existence was admirably summed up by the phrase "If you don't have a will, you don't have a say".

This presentation was followed with information about intestacy – dying without having a will. It was explained that in these instances there are various rules and laws applicable across a whole range of different circumstances.

Members were also informed about Powers of Attorney

### COMING EVENT

#### THURSDAY FEBRUARY 25

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, February 25. The guest speaker will be Fiona Cross, a kinesiologist, who will cover such topics as relaxation strategies, getting to sleep more easily, switch-on techniques and the Triangle of Health - an awareness of the three factors requiring balance for good health. Her presentation will also include the metaphysical meanings of prostate cancer – the awareness of further information to assist with personal change and healing.

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

including the General Power of Attorney, Enduring Power of Attorney, Sleeping Power of Attorney and a Substitute Power of Attorney. Each of these areas were briefly discussed and explained how they apply to different individuals.

Our speakers also told us of the various services offered to the public by The Office of the Public Trustee, and what the applicable costs for these are. It came as some surprise to many of us that about 3000

wills are made each year, that the office holds 123,000 wills in safe custody and administers about 1000 deceased estates each year.

Many questions followed at the conclusion of these presentations, after which both presenters were enthusiastically thanked.

All members present were provided with an information pack covering the presentation and the entire range of services offered by the Office of The Public Trustee.

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

During a recent password audit at the Bank Of Ireland it was found that Paddy O'Toole was using the following password: MickeyMinniePlutoHuey

LouieDeweyDonaldGoofyDublin This proved to be causing some difficulties within the bank's IT department, and when Paddy was

asked why he had such a long password, he replied: "I was told me password had to contain at least eight characters and include one capital."

The 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)

## Prosper Darwin Prostate Cancer Support Group

# More grey nomads will present challenges to group activities

THE Darwin group's February meeting had small numbers but a fine guest speaker in Giam, practice manager of Darwin's new radiation oncology unit. Allan McEwan did a good job running this meeting.

In Sydney, Keith Williams joined other Support and Advisory Committee members for an informative two-day training workshop in Consumer Representation. He then attended the first Support and Advisory Committee

meeting of the year, at which a significant statement was issued by one of the NSW groups, that it had dropped "Support" from its title because of increasing resistance by men to the suggestion that they needed support.

The Darwin support group could be in for several challenges during this year. It has recruited some very valuable and active members, but within a very busy year many members plan to be absent for lengthy spells as

## COMING EVENT

The Prosper Darwin support group will meet on **MONDAY, APRIL 12**. The 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.

they join the active ranks of grey nomads. This can create problems with low numbers for good guest speakers – such as Paul Tyrrell, who helped get the radiation oncology unit online ahead of schedule, at our March meeting.

At the Darwin group's Business meeting (held separately from the general meeting), it was strongly expressed that we should have many informal social meetings, where we can just enjoy each another's company.

## Research findings and news items from around the world

### Grapes, apples and citrus offer simple sickness remedy

**Prostate cancer survivor Alan T. James offers his remedy for morning sickness caused by high-level oestrogen therapy for prostate cancer.**

I HAVE incurable micrometastatic androgen refractory prostate cancer that is held in remission (PSA0.10 and steady) by administering six 100 micro g/day transdermal estradiol patches. This treatment gives me a blood estradiol of 2000 pico g/L – equal to that of a woman in the first trimester of pregnancy.

As a consequence, I get morning sickness and sometimes become nauseous and regurgitate my meals. Elderly women on Hormone Replacement Therapy sometimes have the same problem.

Fortunately, I have found a simple remedy in apples, grapes, citrus and any foods made from them.

In pregnancy, large amounts of energy are needed, stimulated by oestrogen, for the development of the uterus. Aerobic energy requires the Krebs

cycle to strip hydrogen from nutrients as fuel for oxidative phosphorylation, the cycle rate being proportional to the amount of substances or substrates in the cycle. If they are depleted, as they usually are at times during the day, particularly before breakfast and of an evening, the Krebs cycle will falter, nutrients will not be used up fast enough and the stomach will throw up its contents.

Substrates of the Krebs cycle can easily be replenished with apples, grapes or citrus. The malic acid in apples supplies malate, the acid tartrate in grapes dehydrates to oxaloacetate and the citric acid in citrus supplies citrate. Wine is not very effective because much of the acid tartrate in grapes is precipitated by alcohol. Fizzy saline is good because it contains citric and tartaric acids.

When the cycle has been replenished, carbohydrate is immediately needed to avoid the cycle breaking down. For example, a glass of natural orange juice has about 300kJ and to maintain a sitting position, 10kJ per minute is needed, so without carbohydrate backup, the citrate in the orange juice will be used up in 30 minutes and nausea will return.

For hors d'oeuvres before dinner, try slices of cheddar cheese may be put on slices of apple, or snack on a wide range of citrus – oranges, lemons, grapefruit, limes and their juices, perhaps mixed together with mandarins and cumquats.

I have written a more technical paper setting out the biochemistry and endocrinology in detail, giving my personal experiences. For further details, please email [alan@james.st](mailto:alan@james.st)

## Alice Springs Prostate Cancer Support Group

# Adjustments needed in good diet

A balanced diet to aid recovery from surgery, radiotherapy and chemotherapy was the message given to members at the February meeting as Murray Neck reports.

**N**ATASHA Murray, one of four dietitians employed at the Alice Springs Hospital, believes that to help promote lifelong health and vitality, five food groups should be included in your daily intake.

As guest speaker at the Alice Springs support group's February meeting, he advised that these food groups are:

• **WHOLEGRAIN BREADS AND CEREALS,** which

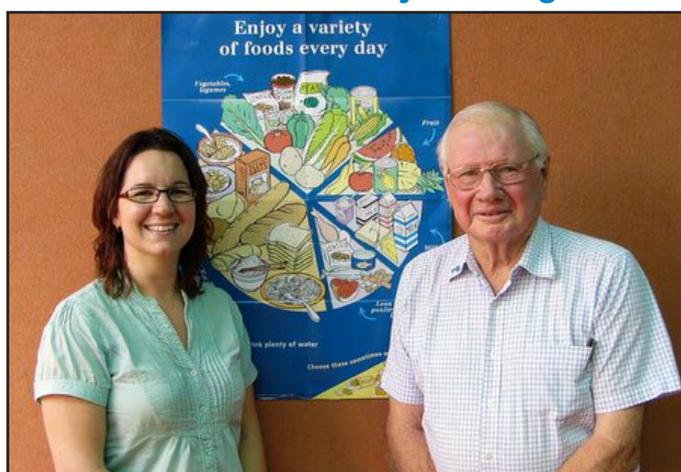
contain carbohydrates which break down to sugars which supply the brain and the body with energy. They also provide B vitamins and fibre. It is recommended to include 5-7 serves a day.

• **VEGETABLES,** which are low in fat and a source of fibre, are rich in vitamins, particularly (Vitamin A) and minerals – and eating five serves a day has been associated with lowering the prevalence of heart disease and cancers.

• **FRUIT,** which is also low in fat and a source of fibre, is rich in vitamins (particularly Vitamin C) and minerals. We should aim to include two serves a day in our diet.

• **LOW FAT MILK AND MILK PRODUCTS** (such as calcium enriched soy bean products) are rich in protein and calcium. Calcium is necessary to build bone and help maintain bone density. Try to include three serves every day.

• **LEAN RED OR WHITE MEATS,** fish and shellfish, eggs, legumes, nuts and seeds,



**Natasha Murray details the five basic food groups to Alice Springs support group convenor Murray Neck.**

which all provide protein, iron and zinc. These create, maintain and renew body cells employed in body building, and make antibodies that help fight infection and disease. One serve a day provides daily requirements.

### **SURGERY AFTERCARE**

RECOVERING from surgery, radiotherapy and chemotherapy invariably requires attention to diet. With damaged tissue, the body is upset by side effects, has altered bowel and urinary habits, has depleted energy levels and undergone mental stress. Special attention to nutrition can help repair these afflictions and reverse deficiencies to maximize quality of life. Ten to 14 days after chemotherapy, the number of white blood cells (the body's defense mechanism) fall, which puts the body at increased risk of infection, including food poisoning.

### **ENJOY WHAT YOU EAT**

PROVIDING you regularly eat

foods from these five groups there is such a wide variety of foods that you should enjoy what you eat. Foods can be made more palatable with spices and sauces.

### **SPOIL YOURSELF**

OCCASIONALLY you can give yourself a treat, such as a glass of red wine or a bite of a good quality dark chocolate. Both are sources of antioxidants – but don't overdo it.

### **ANTI-CANCER FOODS**

SCIENTIFICALLY proven beneficial foods are:

- Tomatoes, cooked to release lycopene, a powerful antioxidant.
- Fish oil supplements for Omega-3.
- Pomegranate juice for its anti-inflammatory properties.

Beware: if a food or diet has claims that sound too good to be true, they probably are.

### **VITAMINS & MINERALS**

A DIET incorporating a wide

range of foods should supply these in sufficient beneficial quantities. A limited diet may require supplements. Speak to your doctor if you are concerned.

Recent further studies on selenium suggest that this vitamin could help stimulate immune cells and boost the effects of antioxidants – however, overdosing could be harmful.

### **WATER**

THE significance of water to the body is grossly misunderstood and largely ignored. Every function of the body is monitored and pegged to the efficient flow of water, so ensure good regular intake. Also, while foods and supplements are beneficial to some, they can be disagreeable to others. Intolerance to some foods can be overcome by varying the diet.

## **COMING EVENTS**

**MARCH MEETING:**  
The Alice Springs support group will meet on Thursday March 11 from 6.30pm to 8.00pm in the Conference room of General Practice Network, Skinner Street, Alice Springs. Jayne Treagust, chemotherapy nurse from the Alice Springs Hospital, will speak of her role in patient treatment and recovery.

# Final opportunity to be inspired by Ian Gawler

Cancer survivor Dr Ian Gawler will this month present his wellness seminars in Adelaide.

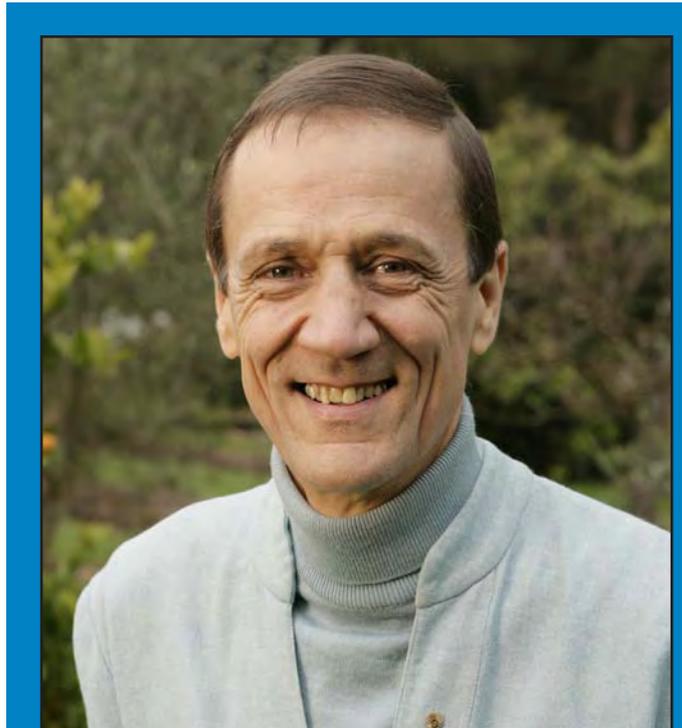
**C**ELEBRATED Australian cancer support expert Dr Ian Gawler OAM is coming into Adelaide for a pair of workshop events that will mark a public finale to his revolutionary work in promoting wellness through meditation, healthy diet and positive spiritual attitude as opposed to pharmaceutical solutions.

Significantly, Dr Gawler has announced that he will soon be retiring from public life, meaning that these workshops during March will present a final opportunity for people in Adelaide to hear him teach his combination of lifestyle-based self help techniques and holistic approaches to healing.

In 1975, Ian Gawler, who was working as a vet, developed bone cancer and had his right leg amputated. Later that year the cancer returned, and medical advisors presumed that he had only weeks left to live. However, Ian followed an effective self-help program with key principles - good food, positive attitudes, meditation and loving support.

Through sticking with this new lifestyle regime, Ian completed a remarkable recovery in 1978, which was reported in the Australian Medical Journal.

By 1981, Ian and Grace Gawler had established Australia's first active Cancer Support Group, for people to learn how to increase their chances of survival from cancer by embracing the



Dr Ian Gawler will present his final Adelaide cancer patient support workshops on March 20 and 21.

wellness techniques that Ian had embraced, and to help survivors develop and sustain peace of mind.

In 1983, the Gawler Foundation was established as a non-profit, non-denominational organisation to further Ian Gawler's work. The centre of the Foundation's activity is the Gawler's Yarra Valley property, where seminars and live-in instruction courses are frequently conducted.

To date, more than 12,000 people have used the foundation's cancer support services directly, and more than

50,000 people have attended healthy lifestyle, disease prevention and meditation programs conducted by the Foundation.

***The two March workshops in Adelaide are very significant, as Dr Gawler has announced that he will soon be retiring from public life.***

Central to the program's ongoing success is Dr Gawler's belief that non-religious, non-denominational teaching of meditation can provide genuine relief for people dealing with

cancer and other chronic and terminal illnesses.

For his coming visit to Adelaide, Dr Gawler is conducting a Saturday meditation workshop at the Basil Hetzel Lecture Theatre, University of South Australia city east campus, off Frome Rd, Adelaide, on March 20. Participants are asked to arrive at 9.30am for a 10am start, with the workshop finishing at 4pm.

He is also conducting a Sunday workshop on health, healing and wellbeing at the same venue on March 21. Participants are asked to arrive at 9.30am for a 10am start, with the workshop finishing at 4pm.

Prices for each workshop are \$98 (\$85 concession) or a weekend package to attend both workshops costs \$172 (\$155 concession).

Both of these workshops have been designed to cater for both novices and experienced meditators, to further their knowledge and experience.

Places are limited for these two

Adelaide events, so booking enquiries should be directed to CCC on (08) 8373 1470, or call Angela on (03) 5966 6102, or visit the website [www.eventoffice.com.au/gawler](http://www.eventoffice.com.au/gawler)