

Central Australia Chapter



Prostate Cancer Foundation of Australia

PROSTATE SUPPORTER

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

www.prostate.org.au

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Get ready for the return of barbecue festivities

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

Prostate Cancer Foundation of Australia hopes to double the number of fundraising barbecues – and double the proceeds – during a busy month of awareness activities in September.

SEPTEMBER is international prostate cancer awareness month, and momentum is building to ensure that it becomes a highly successful fundraising and profile building exercise across Australia.

Yet again, hosting barbecues will be a major element of the national campaign, urging members of the public to host their own fundraising barbecues by using PCFA fundraising kits. Also, the network of prostate cancer support groups will be working in conjunction with local Bunnings stores to present fundraising barbecues with information materials available.

While September's principal national sponsor Commonwealth Bank and PCFA will launch the month by hosting the World's Longest Barbecue event in Sydney from Thursday, September 1 – a record-breaking



In 2010, this enthusiastic band of senior cyclists were keen participants in the Adelaide Lord Mayor's Prostate Cancer Barbecue in Victoria Square. Big numbers of participants are also tipped for this year's event to launch International Prostate Cancer Awareness Month on September 1.

• CONTRIBUTIONS from all Support Group members to the monthly Prostate Supporter newsletters are most welcome; please email items and images to Karyn Foster: karynfoster@adam.com.au

33-hour barbecue event being held in St Mary's Cathedral forecourt – there will also be big public events held in Adelaide on the same day.

Throughout September, South Australia will be featuring a series of On-the-Road prostate cancer awareness barbecues, with the first of the month

appropriately being held at the Royal Adelaide Hospital on Thursday, September 1. Hanson Institute staff and firemen from the Metropolitan Fire Service will be present to help.

• For more details about September's barbecue events, turn to the story on Page 12 of this newsletter.

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

Prostate Cancer Action Group

More Field Days help required

COMING EVENTS

AUGUST 9 MEETING:

The next meeting of the Prostate Cancer Action Group SA will be held in the upstairs meeting room at the Cancer Council SA, 202 Greenhill Rd, Eastwood, commencing at 5.30pm on Tuesday, August 9. Entry is via the rear stairway.

- Please note that the Action Group's next meeting on September 13 is the AGM.

- The Action Group is always keen to welcome interested people to its meetings, and for them to engage in Action Group activities. If you want to be involved in this vital area of prostate cancer awareness and support, please contact David Merry at djmerry@adam.com.au for more details.

- For more information, visit the Action Group's dedicated website, with detailed archives containing newsletters, at <http://www.pcagsa.org.au>

Taking the prostate cancer awareness message to rural areas has been a great success and will continue this year, as Action Group member Jeff Roberts reports.

IN recent years, PCFA presence at major rural field days across South Australia has proved to be very successful in promoting prostate cancer awareness. To achieve this tremendous result, the Action Group has greatly appreciated the assistance that has been provided by other support groups and individual members of the PCFA Central Australia Chapter.

Attention is now being turned towards making another visit to the Yorke Peninsula Field Days, being held at Paskeville from September 27 to 29.

As occurred in 2009, the Action Group has again arranged for a site to promote prostate cancer awareness and is seeking the support of other groups to ensure its success.

Feedback received following the 2009 event suggested that those volunteers who attended found it a very worthwhile experience.

This year, the site for the PCFA information booth



Support group members in action at Paskeville.

is number 26 in the Oster Pavilion, a position close to where we were located at the previous event.

The Paskeville event, about 120km north of Adelaide, is the largest of its kind in South Australia, with an estimated 50,000 people likely to attend over the three days.

A number of Support Group members have already expressed interest in attending this year's event. In late July, contact was made with the convenors of all South

Australian support groups to ask if expressions of interest can be obtained from members at the next support group meetings - or earlier if possible. Please contact Jeff Roberts by email to thebanjeff@bigpond.com or phone 8277 3424 with any expressions of interest.

Any person volunteering for the Paskeville event will only be expected to attend one of the three days. It is anticipated, as we arranged in 2009, that a bus will be available to take people from Adelaide.

Getting ready for Man Alive! festival

THE Man Alive! Festival has been running since 2004, a big community event on the Semaphore foreshore that draws strong crowds.

In 2010, Centacare took over the role of coordinating the festival, and PCFA has held a stall for many years to provide information about prostate cancer and available services. It is one of few such events

that celebrates the positive contributions men make in our communities.

The festival has traditionally included a focus on men's health with free health checks in a tent being a key component.

Man Alive! welcomes all families and individuals to head down to Semaphore on Sunday November 6.

With its wide variety of food stalls, free entertainment and attractions, this event has become a regular and important feature of Adelaide's health and social calendar.

Once again, the Action Group will be looking for volunteers to work on the prostate cancer awareness stall this year, so please let us know early if you are interested and available.

McLaren Districts Prostate Cancer Support Group

Feeling benefits from a new set of healing hands

The finer aspects of Bowen Therapy were demonstrated on several support group members, as McLaren Districts support group president Bryan Hearn reports.

THE July meeting of the McLaren Districts Prostate Cancer Support Group welcomed Chris Houghton as guest presenter, a Bowen Therapy practitioner who operates her own clinic in Port Noarlunga.

Chris took great pains to explain that Bowen Therapy is not a replacement for medical health care and should be considered as an alternative treatment for a whole range of conditions.

There are several different styles of Bowen Therapy and the method Chris practices is referred to as Smart Bowen Therapy – named after Brian Smart, who is Chris’s mentor. Brian is a prostate cancer survivor and provided Chris with considerable relevant input for distribution at her presentation to our prostate cancer support group.

Chris spent two years training and the required 500 hours of clinical work to become qualified. She demonstrated the technique on a new group member, who was placed face down on a treatment table.

Chris then placed her hands in the appropriate location and used one or two fingers to lightly push the skin away from the practitioner.

The fingers are rolled over the underlying soft tissue, which is then pulled back to its

COMING EVENT THURSDAY AUGUST 25

- The McLaren Districts group will next meet on **Thursday August 25** at 7pm in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale. Guest speaker will be senior radiation oncologist Dr Raghu Gowda, who oversees the Royal Adelaide Hospital brachytherapy program.



original position and released. This procedure is regularly repeated over the relevant sites of the body.

Muscles, nerves and all cells within the body are coated with a very fine covering known as fascia.

As a result of trauma or over use, fascia of specific soft tissue matter can be damaged and form a plug that prevents the exit and entry of toxins from the trauma site.

The rolling motion of the Bowen Therapy treatment is

designed to release toxins and assist with repairing damaged soft tissue.

Lymphatic drainage is another function of Bowen Therapy and is being used more often in hospitals for patients after chemotherapy treatment to help rid the body of toxins as quickly as possible.

This particular style of treatment requires a different application of light pressure by the practitioner, delivered in more of a side-to-side rocking motion.

Bowen Therapy can also be used as a relaxation treatment. Chris says it is not unusual for patients to fall asleep on the treatment table.

Bowen Therapy can be delivered through light clothing so there is no need for patients to undress.

The treatment is so light it can be delivered to newborn babies, if required. It can be used to treat very specific problems such as sciatica.

As a result of the gentle manner in which it is applied, Bowen Therapy is acknowledged as a great help in the release of stress and emotion.

To conclude her presentation, Chris moved among the group members and applied a short session of Bowen Therapy to particular areas of their bodies – all with beneficial results.

A full session of Bowen Therapy can take at least an hour and varies in cost from \$40 to \$85 an hour. No reference is required from a GP and Medicare rebates are available.

In memory of a Prostate Cancer battler

Doug's prostate journey and trials remain a lasting legacy

Doug Day was a gallant prostate cancer patient whose difficult journey reached its end recently. Phil Davis prepared this story about Doug for the Payneham Support Group's June 2009 newsletter, and has added final notes following Doug's death.

THEY experienced awful rabbit and mouse plagues on their farm, but listening to Doug and Kay Day's prostate cancer experiences, one is reminded how merciless and taxing this plague is in our community, both physically and emotionally.

Doug and Kay raised four children in the scenic mallee country near Lameroo, growing cereal, sheep for wool, pigs and even drew tourists to their Meranwyney Host Farm, where Doug took visitors about the farm to identify native birds, animals and flora.

In 2002, Doug and Kay sold their farm and moved to Adelaide's north eastern suburbs – though Doug would frequently visit the Adelaide hills to shear sheep for hobby farmers. However, in December 2003, Doug experienced urinary difficulties, and after testing was informed that he had prostate cancer. His PSA was 17, with a Gleason score of 9, and cancer was established in a substantial portion of his prostate. It also appeared to be outside the prostate capsule, as a suspicious spot was evident on his pubic bone.

With such a perilous diagnosis, Doug was initially quite emotionally distressed and fearful that he would soon



Doug Day

die. However, with the ongoing support of Kay, family, friends and harnessing his own strengths, he developed an amazing resilience to face the challenges ahead.

The urologist initially prescribed androcur, which was later stopped after Doug experienced angina as a side effect. In April and May 2004, he had radiotherapy in the pelvic region, which reduced his PSA to 2.2 by August 2005. However, a full body scan indicated that cancer had spread to several sites in his body and within his bone structure. He was prescribed Zolodex and Cosudex, which reduced his PSA to .04.

Another whole body scan in May 2006 indicated some lesions on his bones had resolved but new ones were evident. Because of ongoing urinary tract problems due to scarring, he had a second

TURP, which required a catheter for 10 days but was more comfortable than having the tract stretched by rods.

In June 2006, he had his large intestines cauterised to prevent bleeding from ulcers and had radiotherapy in his spine, along with Zometa infusions.

During September 2006, Kay and Doug flew to London to visit one of their sons and daughter-in-law, but Doug had to spend a week in a London hospital, needing blood transfusions and further cauterisation of his large intestine to stem bleeding.

On his return home, he wasn't expected to survive long, though in November 2006 he had radiotherapy to his lower spine and thighs, which reduced his pain significantly and his health improved.

Doug's PSA started to rise during 2008 and he was prescribed a variety of drugs in an attempt to reduce it, including ketaconazole, prednisone and nilutamide. Some were more effective than others, and he experienced some harrowing side effects.

He had more radiotherapy in February and March 2009 to his lower spine and left hip, which reduced some pain, though the radiotherapist decided not to treat his ribs as the risk of significant liver damage was high.

Despite taking an astounding variety of medications, Doug recorded a PSA of 9.7 in March 2009 and his oncologist recommended chemotherapy. He participated in a clinical trial to test the effectiveness of aflibercept administered every three weeks to patients treated with docetaxel/prednisone for metastatic androgen-independent prostate cancer. He maintained a comprehensive diary concerning side effects, pain, blood pressure, medication taken and when.

I don't know how Doug and Kay appeared so relaxed and happy at the Payneham support group's meetings through 2009 and 2010, though I hope each meeting provided some source of comfort for them.

Doug passed away in the Modbury Hospice on May 3, 2011. He was a very humble, easy going and placid man, a voice of reasoning that always remained positive, optimistic and appreciative of all treatments provided. Saying his goodbyes and emphasising that he had had a good life, Doug's humour never left him, advising his family "I will be at the funeral but I won't say much". His funeral was a large and well thought out celebration of his life, conducted at the Balhannah Uniting Church on May 10.

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Men find camaraderie and comfort in community sheds

The success of men's sheds in rural South Australia was explained in detail for the Adelaide support group, as Ian Fisk reports.

LUKE Bain, guest speaker at the Adelaide support group's July meeting, worked with Associate Professor Gary Misan to perform research in 2010 on the successful factors and benefits of men's sheds in South Australian rural communities.

Men's sheds are a great example of a community-driven initiative that provides opportunities for men to get together and share common interests. They are welcoming, comfortable environments where men can engage in activities they're interested in while socialising with other men.

Luke explained to the meeting through a PowerPoint presentation that there are many different models by which men's sheds operate. Some have a coordinator while others use a committee to ensure the shed runs smoothly.

While some sheds have involvement from local councils, others are associated with the local health service through assistance on issues such as occupational health and safety and insurance.

Men's sheds are inclusive by nature, with many being shared premises with different groups such as women's crafts or school children programs. It continues to be a welcome, popular and successful program.



Luke Bain explained that men's sheds in rural South Australia continue to be popular and successful.

MEN'S HEALTH FOCUS

LUKE also spoke about men's health in Australia. While there is much information about health outcomes for men, from heart disease to cancers, what is less well-known is why these issues are of concern and perhaps more importantly, what can be done about it.

When considering why some men experience disproportionately poorer health outcomes compared to others, it's helpful to understand the context of these men's lives. Men with little education, revenue and other disadvantages experience a greater burden of illness, disease and premature death.

Men commonly occupy the majority of hazardous occupations that can be health-diminishing, thus being more predisposed to work-related injury or death.

When considering strategies for addressing the burden of illness and disease in men's health, there are some excellent examples to learn from.

In some areas – particularly rural areas – health workers are taking health to men. Mobile health check vans arrive at places where men commonly congregate and offer health checks in a manner that men find both respectful and informative.

Men's health workers are more common in health centres, where they can evaluate how male-inclusive their work-site is. Organisations such as Foundation 49, beyondblue, Australian Institute of Male Health Studies and Prostate Cancer Foundation of Australia also produce male-appropriate health information which groups and individuals can access.

COMING EVENTS

AUGUST 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, starting at 7pm.

The group's August 15 meeting will feature guest speaker Stephanie Miller from Health Consumers Alliance of SA, a not-for-profit peak body of individuals and organisational members that provides an independent health consumer voice.

• For more information about coming events and a detailed archive of support group activities, visit the Adelaide Support Group's dedicated website at www.psaadelaide.org or contact organiser Ian Fisk by phoning 8296 3350, or send email to info@psaadelaide.org

Murray Bridge Prostate Cancer Support Group

Appreciating holistic health

The aim of homoeopathic remedies is to heal the whole patient rather than just focus on an isolated illness, as Murray Bridge support group member Max Klenke reports.

THE Murray Bridge Prostate Cancer Support Group was introduced to the subject of homoeopathy by Mr Cornelis van Dalen at the group's July meeting.

Homoeopathy was a defining development in early 19th century medicine, achieved by German doctor Samuel Hahnemann (1750 - 1843). Dr Hahnemann was disillusioned with the medicine of his era, which primarily meant bloodletting and powerful purgatives. Many drugs used were potent crude chemicals such as mercury and arsenic.

As a brilliant chemist, botanist, linguist and translator of 11 languages, Dr Hahnemann came across a text by an Edinburgh physician who stated that Peruvian bark (chincona) cured malaria. Hahnemann was skeptical. He experimented, ingested the bark and indeed developed the symptoms of malaria.

This began Hahnemann's medical development of matching symptoms of patients with symptoms created in healthy people who had taken and proved the remedy.

The law of "like cures like" is central to homoeopathy – the word Hahnemann coined from the Greek homoeos (similar)

and pathy (symptoms).

Homoeopathic remedies are proved by healthy people. The healing of disorders comes about with the restoration of harmony of the Vital Force, which is explained as the hidden and unseen principle which keeps the body in health.

In our modern terms, the notion of the immune system can be seen as a manifestation of the Vital Force.

Homoeopathy became internationally known in the 19th century, especially in times of epidemics. Indeed, rampant cholera and typhoid epidemics brought Hahnemann fame as his homoeopathic method had far lower mortality rates (10

per cent) than the estimated 60 per cent of deaths for patients undertaking orthodox treatments of the era.

During the 1918 Spanish flu epidemic, in which an estimated 20 million people died worldwide, very few died when treated homoeopathically, which is an astounding fact that has been buried in history.

Mr van Dalen described the method of how patients seek and receive homoeopathic help. In homoeopathy, the practitioners believe that there are no diseases – only sick people. Each person is viewed holistically, with a view to make the whole person well rather than treat only isolated

areas. A homoeopath listens to the patient's description of symptoms, and makes their own objective observations.

The symptoms which the patient can describe are important, which include the emotions and sensations felt in sickness – even such personalised explanations as "the bed feels too hard", or "my feet smell", or "my nose is cold".

These minute details all help to select the most similar homoeopathic remedy that can be matched to the patient's symptoms.

The audience enthusiastically asked Mr van Dalen many questions, which led to a discussion of the naturopathic view of living wholesomely and of using old folk cures.

He believes that health today is compromised by poor quality food, and he urges the return to simple and wholesome, home-grown vegetables and produce from animals raised on natural pastures with fertile soils. He even explained that the value of common nettles is not to be overlooked.

A vote of thanks was offered to Mr van Dalen from the support group members, with an invitation extended to return for more enlivening information and discussion.

COMING EVENT

- The Murray Bridge support group conducts monthly meetings at 7.30pm on the third Wednesday of each month, at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge.
- The next group meeting on WEDNESDAY AUGUST 17 will feature a talk from local diabetic nurse Nicola Thompson. As usual, the evening will finish with tea, coffee, biscuits – and some friendly chat.
- Please note that the Murray Bridge support group now has its own postal address. Please send correspondence to: PO Box 880, MURRAY BRIDGE, SA, 5253.

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

Golfer: "Think I'm going to drown myself in the lake."

Caddy: "Think you can keep your head down that long?"

Golfer: "I'd move heaven and earth to break 100 on this course."

Caddy: "Try heaven, you've already moved most of the earth."

Golfer: "Do you think my game is improving?"

Caddy: "Yes, you miss the ball much closer now."

Golfer: "Do you think I can get there with a 5 iron?"

Caddy: "Eventually."

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

Alice Springs Prostate Cancer Support Group

Blokes are becoming more inclined to open up and talk

Times are certainly changing as more men involved with prostate cancer support groups now openly talk about their journey, as Alice Springs convenor Murray Neck reports.

SINCE its inception in 2006, Alice Springs Prostate Cancer Support Group has conducted a number of meetings where members are asked to talk of their prostate cancer experiences and treatments, concerns and satisfactions.

We did this again in July, echoing the agenda that the Adelaide Support Group used for its May meeting and outlined in the Prostate Supporter newsletter – although we also posed an additional set of questions that were covered during each speaker's talk, in an endeavour to summarise all their experiences.

These meetings have always been well supported and identified as being of special interest to members in the "Wait and See" category regarding their prostate cancer situation.

What has been highlighted from our past two meetings of this type is that four members who have undergone radical prostatectomy said it was only after they had been diagnosed and recommended for early surgery that they became aware that either their fathers or uncles had earlier received treatment for prostate cancer.

All four members regretted that they had not been put in the picture about their family's cancer history, and as a consequence had not been



Open support group discussions are of special benefit to those in the Wait & See category regarding prostate cancer.

able to take early warning tests.

What does this tell us? Those of us who are getting on in age can recall that using the word cancer was once almost prohibited in most households, where it was shunned as if it were the plague.

Fortunately, having taken a cue from the courageous ladies fighting breast cancer, there are now many men's organisations throughout Australia dedicated to getting awareness information about prostate cancer into the community.

The remarkable members of the Movember organisation, who each year raise millions of dollars for prostate cancer research, have recently made contact with support group

members in Central Australia, and mentioned that the group is scoping possible projects.

In addition to this, the recently announced four million dollars in funding from the Federal Government will surely go a long way towards increasing the number of support groups throughout Australia.

However, despite such strong backing it is now up to all support group members to further our efforts in spreading community awareness about prostate cancer.

As famous Australian songwriter and balladeer Mike Brady so forcefully tells men in his special anthem about prostate cancer, "Talk about it ... tell someone how you feel ... it just might save your life".

COMING EVENTS

AUGUST MEETING: The Alice Springs Prostate Cancer Support Group will meet on Thursday August 11 from 6.30pm to 8pm in the conference room of General Practice Network NT, Skinner St, Alice Springs.

- The Central Australian National Seniors Expo will be held in the Alice Springs Council's Andy McNeil room on August 16 and 17.

- Stride for Health is being held in Alice Springs on Sunday September 25. It is a family outing designed for people to walk, jog or push a pram over 4km. Proceeds from this fundraising event will go to breast cancer and prostate cancer charities.

- PCFA Central Australia Chapter Annual Conference will be held in the Arkaba Hotel, Adelaide, on November 18 and 19.

City of Onkaparinga Prostate Cancer Support Group

A mine of interesting topics

Support group meetings can provide a gamut of information, from brachytherapy to the mysteries of police forensic work, as Onkaparinga support group chairman John Shields reports.

MEMBERS of the City of Onkaparinga Prostate Cancer Support Group enjoyed a very successful July meeting for several reasons. Firstly, we welcomed Peter, who is interested in finding out more about brachytherapy and was given the contact details for Bryan Hearn, chairman of the McLaren Districts Prostate Cancer Support Group, who has had brachytherapy.

We also enjoyed a fascinating speech from our special guest Ian Cramond, officer in charge of the Forensic Response Section of SA Police.

Ian gave an excellent talk about his work in forensics and painted an overview of the SAPOL Forensic Services Branch, which includes a DNA Management Unit, Fingerprints, Armoury and Forensic Response divisions.

Ian talked specifically about the disciplines of the Forensic Response Section, including:

- Ballistics examination
- Crime Scene Investigation
- Fire Investigation Unit
- Photographic and Crime Drafting Unit
- Physical comparisons and tool marks
- Vehicle identifications
- Building composite face identifications

Ian also provided a case study on the murder of Richard Kelvin and explained the forensic evidence that led

to the conviction of Bevan Spencer von Einem.

Our sincere thanks go to Ian for an exceptionally well presented and very interesting, interactive presentation – one that I can wholeheartedly recommend to all other support groups.

Our thanks also go to support group members Don and Margaret Cramond, who have every right to be very proud parents of Ian and his work.

FUNDRAISING CONCERT

A PROSTATE Cancer fundraising concert featuring the Adelaide Male Voice Choir will be held at Concordia College Chapel, Highgate, at 2pm on Sunday October 9.

Central Australia Chapter representatives on the organising committee for this event are Jeff Roberts (thebanjeff@bigpond.com) and John Shields (jshields@iinet.net.au), who will be working with all of our support groups to help sell tickets. Perhaps you may know some people or groups who may be interested in helping to raise funds for this worthy cause by attending the concert.

BUNNINGS BARBECUE

BUNNINGS has sent us the registration and information pack for our support group barbecue at the Bunnings Noarlunga store on Saturday September 3. John Shields has completed the necessary preparations by completing

the Temporary Food Event Notification Form required by the Noarlunga Council.

Volunteer helpers will be pleased to know that the Mayor of Onkaparinga, Lorraine Rosenberg, has kindly offered to slice the onions for us on the day. Perhaps I need to let her know that Melena at Bunnings has suggested that we buy at least 20kg of onions, which will be quite a big job for Lorraine.

NURSING EDUCATION GRANTS SCHEME

JULIE Sykes, National Manager - Prostate Cancer Specialist Nursing Program, let us know by email that PCFA is offering Australian nurses the opportunity to further their education and gain prostate cancer-specific skills through its Nursing Education Grants Scheme.

The Barry Collins Nursing Internship Grants, valued at \$5000 each, will be awarded to two nurses registered to practice in Australia. These grants will enable successful applicants to travel and spend time in a health care environment to examine and refine their nursing practice in the field of prostate cancer care, and to learn about the challenges of delivering care in different contexts.

This funding program is a step in the right direction and we look forward to future reports on the progress of this excellent new grants scheme.

COMING EVENT

SEPTEMBER MEETING:

The next City of Onkaparinga Prostate Cancer Support Group meeting will be at 6.30pm on Wednesday, September 3, held in the boardroom at Noarlunga Community Hospital, Alexander Kelly Drive, Noarlunga. The meeting will feature a screening of a DVD issued to the group by PCFA, titled *Life Matters*.

- For more information about meetings and coming events, visit the City of Onkaparinga Support Group's website at www.pcsog.org
- Special thanks go to our support group's generous sponsors: **Southern Primary Health Morphett Vale, Port Noarlunga-Christies Beach RSL Sub Branch, Cartridges Now Christies Beach, The Original Open Market and The City of Onkaparinga Council.**

Numbers needed to make coming events a big success

Significant advances in preparations for public events now need to be supported by strong attendance, as Prosper Darwin group convenor Keith Williams reports.

THE Dry Season in the Top End this year must be the best on record – which is just as well, as the Darwin Prosper support group has been doing it tough for several weeks, with just about every couple sporting a casualty through one health problem or another.

The net result is that we're really struggling to muster enough people to run the prostate cancer information stalls being set up at the two Bunnings stores in our area. This could be a real disappointment, as it looks as though we will have wonderful support from the Bunnings staff for these events.

I would have to say that this great help is being achieved by (not lightly) disregarding advice to only approach the respective stores' activities organisers. It took some perseverance but we finally worked our way up to contact the manager at the Palmerston store.

He is new to the job and is totally open to guidance as to what the store could do for an event such as this. As a consequence, the store has agreed to completely run a raffle, run the barbecue and have collection tins placed throughout the store.

Last year we were told by

COMING EVENT

The Prosper Darwin support 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.

previous staff that none of these things were possible.

We're still progressing with things at the Darwin store, but have every reason to expect the same arrangement there, with the added bonus that Jill Naylor (from NT Cancer Council) will be involved with us at a special men's function.

If anyone wants to bring their caravan up to Darwin and help out at these barbecues, we can offer free parking on an A1-rated site, which is available upon request.

Jill Naylor has become a huge fan of PCFA and support groups since she attended the Central Australia Chapter's AGM and conference last year, and is working towards going through the process to become a specialised prostate cancer nurse.

I would urge all groups to explore the possibilities of encouraging appropriate health professionals from their area to attend this

year's chapter conference, as it may also inspire them to get even more involved in specific prostate cancer support tasks.

MOVEMBER FOCUSES ON RURAL AREAS

I RECENTLY had a long discussion with Paul Villanti, the CEO of Movember. The Movember organisation is currently looking for projects and targets to fund as part of its aim to assist men in rural and remote areas of Australia with prostate cancer.

Movember, which is certainly looking to achieve its aims in conjunction with PCFA, also contacted Murray Neck in Alice Springs to gain further insight into rural and remote prostate cancer support groups.

REACHING OUT TO THE LOCAL MEDIA

THE SUPPORT group has managed to get some handy publicity in Darwin media about the new localised prostate cancer information packs, but haven't heard

of any requests for them as yet.

We will give these packs a big plug on our monthly community radio broadcast, which has a good audience.

I emailed our resident urologist in Darwin to see how much he was up to speed on this new initiative. He replied that he had already placed his own order for information packs so that he could "strike while the iron was hot".

REACHING OUT WITH SUPPORT GROUPS

FINALLY, our friends Graham and Cynthia – the Banana-Bending refugees who have spent so much time in Darwin recently – are still with us.

They were so touched when we made them honorary members of the Prosper Darwin Prostate Cancer Support Group that they look like being here for our August meeting.

What an advertisement this is for the power of reaching out to others within our network of support groups!

Our program for the support group's August meeting is a mystery at the moment, as life has been so full that I haven't put actual plans in motion, but I promise that it will be a fun night.

Mitcham Prostate Cancer Support Group

Learning how to relieve the discomfort of arthritis

Prostate cancer only strikes men but arthritis is a very common disease that unfortunately can affect everyone, as Mitcham support group joint-chairman Roland Harris reports.

THE July meeting of the Mitcham support group gave members the opportunity to learn about a disease which doesn't discriminate between the sexes, and to some degree exists in most of our group members – arthritis.

This is not a single disease, as the word arthritis covers more than 100 conditions that cause inflammation of the joints. The three most common types are osteoarthritis, rheumatoid arthritis and gout.

We learnt this and much more from our guest speaker David Jones from the Arthritis Foundation of SA. David told us he was diagnosed with rheumatoid arthritis when he was 36 and is certainly well qualified to talk about the subject.

He developed the disease while employed in the baking industry. Fortunately he found medication that

COMING EVENT

AUGUST MEETING

The Mitcham support group's next meeting will be held on Thursday August 25. The group meets on the fourth Thursday of each month at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm. The meeting will feature Professor Neil Piller, director of the Lymphoedema Assessment Clinic at Flinders Medical Centre, as guest speaker.

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

worked for him, and was able to continue working in a completely different area. After four years of retraining, he has now settled into a job he loves, as education support officer for the Arthritis Foundation of SA.

David spoke to us without notes or aids for almost

an hour, including a lively question and answer session, and his very engaging speech was well received.

The Arthritis Foundation of SA conducts courses that are designed to assist people suffering from all kinds of chronic conditions.

The organisation's Moving

Towards Wellness course runs a two and a half hour session each week for six weeks, and introduces participants to a wide range of "how to" skills for better self-management of arthritis problems.

Lessons include how to:

- Manage your symptoms.
- Communicate effectively with your doctor.
- Lessen your frustration.
- Fight fatigue.
- Make daily tasks easier.
- Get more out of life.

For more information about this disease and how to deal with it, phone 8379 5711 or email info@arthritissa.org.au

The assembled support group members all agreed that "there's no other speaker like David Jones" and thanked him with a cheque to Arthritis Foundation and a bottle of 2006 Shiraz.

Gawler Prostate Cancer Support Group

New group starts generating local support

THE new Gawler Prostate Cancer Support Group has commenced monthly meetings at the Gawler Health Service, 21 Hutchison Rd in Gawler East, located in the day centre opposite the emergency services entrance.

In August, the group's meeting featured guest speaker Kevin O'Shaughnessy talking about his

ongoing research project into prostate cancer patients.

This gathering will be followed by other group meetings in the same venue on the first Tuesday of each month. The next meeting will therefore be held on September 6.

Phil Davis, who had previously been instrumental in creating the Payneham Prostate Cancer

Support group, has agreed to serve as convener of this fledgling group for the remainder of this year, but hopes that a willing local prostate cancer supporter will take over the leadership of this group.

For any further details, Phil Davis can be contacted by phoning 0411 181 273 or email classic100@lifestylelsa.net.au

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

Whyalla Prostate Cancer Support Group

Group receives a new home

The fledgling Whyalla support group takes a significant step forward thanks to the generous support of the University of SA, as group convenor Terry O'Brien reports.

SOME positive notes can be reported from the Whyalla Prostate Cancer Support Group. From August, we move into our new home, thanks to the University of South Australia.

The university has made available to us – at no cost – a large meeting room, which includes a lounge area and also an adjacent smaller meeting room with 10 seats, complete with some kitchen facilities. This facility will be ideal for our group meetings and possibly some small social functions.

The room was inspected by the support group after our July meeting, with all members agreeing that the venue would be quite suitable. Having a meeting

place centrally located in the city relieves any of the problems associated with holding meetings in people's homes.

The other positive note for the Whyalla group is that we will be celebrating our first anniversary as a support group during August.

A social gathering for all members and partners to commemorate this achievement is being planned, with the date and venue to be decided at our August meeting.

We have good reason to celebrate, because while the group is small and has not yet developed a public profile, during the past 12 months we have made contact with all medical practices in the city and

some units at the hospital, to let them know that we are here and that we can provide valuable help to men diagnosed with prostate cancer.

Importantly, we have also learned considerably more about prostate cancer, different treatments and their possible side effects, plus up-to-date reports on research developments. All this has been gleaned from listening to each other's stories, and the information provided to us from PCFA's national office.

All of the support group's future meetings will be held on the first Tuesday of each month at room 69 in the University of SA campus in Whyalla, located on Nicolson Ave, Whyalla Norrie.

COMING EVENT

NEXT MEETING:
The Whyalla Prostate Cancer support group meets on the first Tuesday of each month. Contact Terry O'Brien (08 8645 1310) or Stan Oates (08 8644 0591) for details.

Barossa Support Group

COMING EVENT AUGUST 16 MEETING

- The next meeting of the Barossa Valley Prostate Cancer Support Group will be held from 2pm to 4pm on Tuesday August 16 at Rudy Dubsy's house, 35 Second St, Nuriootpa. Please contact group coordinator Don Piro for further information on 8562 3359 or 0419 863 124.
- Please note that meetings are usually scheduled on the 3rd Tuesday of each month at this time. Please contact Don at the above number for more information.

Port Pirie Support Group

- The Port Pirie Prostate Cancer Support Group conducts monthly meetings (from February to November) at 7.30pm on the first Tuesday of the month at the BHAS Bowling Club, Halley St, Port Pirie.
- For further details about the group, please contact group coordinator Allan Manfield on 08 8632 1324.

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

Two 90-year-old men, Mike and Joe, have been friends all their lives. When it's clear that Joe is dying, Mike asks, "Joe, we both love football and played football on Saturdays together for so many years. When you get to Heaven, you must let me know if there's football there."

Shortly after Joe passes on, Mike is awakened by a blinding white light and a voice calling out: "It's Joe. I'm in heaven and I have some good news and a little bad news."

"Tell me the good news first," says Mike. "The good news," says Joe, "is that there's football in heaven. All of our old friends who died

before us are here, too. Better than that, we're all young again. Better still, it's always springtime and it never rains, we can play all we want and we never get tired."

"That's fantastic," says Mike. "It's beyond my wildest dreams! So what's the bad news?"

"You're in the team this Saturday!"

MAJOR PROSTATE CANCER AWARENESS ACTIVITIES IN SA

Generating enthusiasm for a bonanza month of barbecues

It has been a popular feature of September activities for several years, but in 2011 PCFA hopes to enjoy a huge increase in both the participation rate and fundraising amounts collected from Big Aussie Barbies. The onus is now on us all to get involved.

SEPTEMBER 1 marks the start of International Prostate Cancer Awareness Month, and the public is being encouraged to hold Big Aussie Barbies around Australia throughout September as part of a major fundraising and awareness drive for Prostate Cancer Foundation of Australia.

All proceeds from the Big Aussie Barbies will go towards PCFA helping to fund world leading research, raising awareness of prostate cancer and supporting men and their families affected by the disease.

Dr Anthony Lowe, Chief Executive Officer of PCFA, says barbecues are an ideal way to encourage Australians to support PCFA.

“September is the start of spring, footy grand finals and Fathers’ Day, so it really is the perfect opportunity for Australians to get behind PCFA’s cause by hosting a Big Aussie Barbie and contributing as much as they can,” says Dr Lowe.

“Prostate cancer is still the most common cancer in Australian men and the second most common cause of male cancer deaths.

“More than ever, we are seeing the far-reaching effect of prostate cancer in our community. It is through the continued generosity from the general community and corporate Australia that we are able to continue to



Volunteers needed to don more barbecue aprons

KARYN Foster (pictured left) is putting out the call yet again for volunteers in South Australia to help with prostate cancer awareness events during September.

There are special prostate cancer barbecues being held north, south and in between, both at Bunnings stores and other venues – and Karyn desperately needs support to ensure adequate numbers at such a wide spread of events.

If you can provide assistance at Modbury, Munno Para, Marion, Kent Town, Murray Bridge, Noarlunga or at the Adelaide Central Market, contact your local support group or phone Karyn on 8231 6339 (please leave a message if she is not in the office).

Duties will not only include cooking the barbecues but also distribution of PCFA literature and donation tin rattling. Ask your friends to join in and offer their time with you to ensure the success of this important platform for prostate cancer awareness.

invest money into the cause, treatment and prevention of prostate cancer.”

In addition to hosting their own Big Aussie Barbie at home or in parks with friends, Australians can also support PCFA’s Big Aussie Barbie campaign by purchasing a PCFA Barbecue Kit via www.prostate.org.au

Priced at \$30 (which includes postage and handling), each kit contains barbecue tongs, apron, stubby holder and

serviettes. Proceeds from the sales of these barbecue kits go directly to PCFA.

Buy a kit for someone you care about. They make a great Fathers’ Day gift or a bright, colourful addition to any barbecue occasion.

• For more information about prostate cancer, hosting a fundraising barbecue, or to register your Big Aussie Barbie, visit www.prostate.org.au or call 1800 220 099.



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