

Central Australia Chapter



# PROSTATE SUPPORTER

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

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

**NOVEMBER  
2013**

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

**Volume 6:  
Number 10**

## ABC helps message to blossom

The benefits of ABC radio support  
for prostate cancer awareness  
have been broadcast across SA.

**A**BC Gardeners' Market on October 12 – one of the twice-yearly community markets promoted by radio station 891 ABC Adelaide – chose PCFA as its charity of choice, and this has provided a giant boost as the event attracted a huge crowd.

The combined forces of 891 ABC Adelaide, the United Fire-Fighters Union, Metropolitan Fire Service and the general public did PCFA proud at the October Gardeners' Market, reaping a profit of approximately \$19,000 – which is a record amount in the 20 years since this event was established.

891 ABC Adelaide announcers Ashley Walsh and Jon Lamb not only performed superbly on the day but the event was heavily pre-promoted and

the results were widely broadcast across the station.

Yet again, the men from the United Fire-Fighters Union and Metropolitan Fire Service came to the rescue.

PCFA's Karyn Foster could never have achieved such an amazing result without their assistance on the gate and the loan of their barbecues. They also provided entertainment by abseiling down the side of the ABC building, and their fire trucks on display always proves to be a crowd pleaser.

The spirit of generosity at the event even extended to the winner of the MFS Makeover raffle, Mrs Patricia Turner of Glenelg,

who has donated her prize back to PCFA. This will be re-sold at another fundraising event for well over \$1000.

This was a golden one-off opportunity and we sincerely thank the ABC, UFU and MFS for their contributions.



**LEFT: A huge crowd attended the ABC Gardeners' Market, and gave generously to volunteer firefighters collecting for PCFA on the day (above).**



**891 ABC  
Adelaide**

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

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

## Prostate Cancer Action Group

# Generous assistance makes country shows a big success

The participation of many support group volunteers has given a positive boost to PCFA information stalls, as David Merry from the Prostate Cancer Action Group reports.

**B**EAUTIFUL weather for the Public Holiday on Monday October 7 ensured impressive crowds at both the Jamestown and Strathalbyn Shows. At Jamestown, Allan and Joan Manfield from the Port Pirie support group gave sterling support to David and Judy Merry on the busy information stall located in the Stacey pavilion.

In Strathalbyn, the Action Group tent was well located and enjoyed a high level of activity, with help from Doris and Max Klenke and their team from the Murray Bridge support group.

Our volunteers at both sites reported a high level of awareness about prostate cancer among the visitors, and good support was received in return for the time and effort of our volunteers. An encouraging comment questioned why we could not present a similar stall at other rural shows in their nearby towns.

The Semaphore/Port Adelaide Awareness Evening, held in the excellent Salvation Army hall in Exmouth Rd on Tuesday October 8, was treated to a most comprehensive talk by lead speaker Dr Nick Brook, Director of Urological Cancer at RAH.

His impressive presentation raised many questions from the audience. Survivor talks by Ray Power and Bryan Hearn presented different experiences, and Louise Fowler, a physiotherapist from LifeCare Active, gave solid messages about the need to exercise for maintaining muscle mass, strength and flexibility.

We are hopeful that the number of attendees who indicated they may join a support group will participate in the



**LEFT:** The Action Group's presence with an information stall at the Jamestown Show on Monday October 7 was greatly bolstered by David Merry (left) being joined by Joan and Allan Manfield of the Port Pirie support group.

## COMING EVENTS

**NOVEMBER MEETING:** The Prostate Cancer Action Group SA holds its meetings in the upstairs meeting room at the Cancer Council SA building, 202 Greenhill Rd, Eastwood. The final meeting for 2013 starts at 5.30pm on Tuesday, November 12. Entry is via the rear stairway.

• For more information, visit the Action Group's dedicated website, with detailed archives containing newsletters, at [www.pcagsa.org.au](http://www.pcagsa.org.au) or make contact by phoning David Merry on 8270 2227, or email [djmerry@adam.com.au](mailto:djmerry@adam.com.au)

new Henley/Fulham support group, which held a meeting in the Henley Beach Uniting Church meeting room on Thursday October 17.

## JEFF ROBERTS REPORTS ON THE YORKE PENINSULA FIELD DAYS

TWENTY TWO men and partners attended the site from the Action Group and seven support groups, some attending more than one day. This was a very pleasing number and I would like to compliment everyone from the various groups for the excellent way they cooperated with each other.

About 2500 brochures and booklets

were distributed in carry bags or taken by people from a large display of resources set out on tables.

We received many complimentary remarks on our activities – especially from one man who attended our site two years ago, when he had just been diagnosed and was finding his situation very stressful.

He felt the conversation he had with one of our group greatly encouraged him to have a much more positive approach to handling the disease and has played a significant part towards attaining the quality of life he now enjoys.

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## Barossa Prostate Cancer Support Group

# Books and events that send out all the right messages

Smart education about prostate cancer extends from public events to within support groups, as Barossa support group co-ordinator Don Piro reports.

THE Barossa Valley has had some interesting events recently, with Kevin O'Shaughnessy coming to discuss his research into how prostate cancer affects partners and their relationships. Members really enjoyed his presentation, with very interactive discussion as the group members related his work to their own situations.

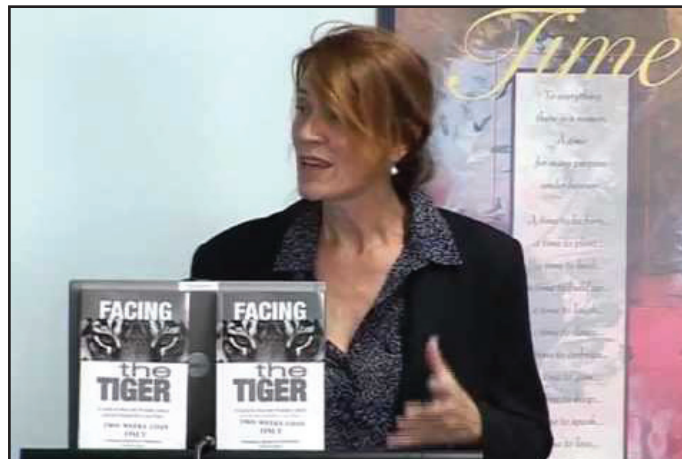
Kevin is about to have some of his papers published and we look forward to seeing them in a shortened version in the Prostate Supporter.

The Barossa group is going to be involved in the Saverglass Wine for Wickets Prostate Cancer Fundraiser event at Chateau Tanunda on Friday November 22, starting at 7am.

Local wineries have formed 10 cricket teams and will play in a round-robin tournament, with former Test star Greg Blewett as guest cricketer. This will be followed by an auction/dinner event in the evening, with Peter Walsh of ABC Radio Grandstand as MC.

The Barossa group will be providing bacon and egg breakfast rolls for the hungry cricketers, friends, families and guests.

Everyone is welcome to come and watch the event for



Professor Suzanne Chambers at the launch of her new book about prostate cancer, *Facing The Tiger*.

free, although support group members will be rattling the tins to obtain donations for the cause. Don Piro will be organising a roster for the breakfast cooks, so phone him on 8562 3359 if you can come and help on the barbecue.

PCFA has been fantastic by sending us more resources, especially some new books. This has inspired support group member and well-known Barossa winemaker Rick Burge to write a review of one of the titles – *Facing the Tiger*, by Professor Suzanne Chambers.

It is a good read for all men who are travelling with cancer, as their journey and reactions, concerns and affects on families are similar. Men do like to talk and the success of support groups demonstrates this –

although the conversation may often be a bit hard to get started.

**BOOK REVIEW** by Rick Burge: **FACING THE TIGER** by Prof Suzanne Chambers.

THIS is a well-written book that immediately connects and gives support to both prostate cancer sufferers and their close supporters. As I have learned at my local cancer support group, the personal stories in the book help greatly to moderate the early shock and a certain loneliness that can creep in.

Professor Chambers has structured the chapters well and allowed the numerous story-tellers to put flesh on the bone of this subject.

Having read the book, I now certainly don't feel alone; it feels as if I've visited about

### COMING EVENTS

- The Barossa Prostate Cancer Support Group will conclude its 2013 meetings with a Christmas lunch social gathering for group members and their partners, at the Tanunda Club, Basedow Rd, Tanunda, at 12.30pm on Sunday November 24.

- For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359 or email don@dppcs.com.au

40 to 50 'specialists' in the space of a few days through reading this story, and each person tells of an experience I can relate to.

*Facing the Tiger* is a comforting book that is written with feeling and respect, and a degree of practicality that men will immediately relate to.

It's a great read – and, in fact, I'm going to read it again before I give it back to the support group!

## Mitcham Prostate Cancer Support Group

# It pays to advertise the merits of your big events

Promotion and planning provided the boost required for a powerful and professional presentation – which added up to a notable support group highlight for 2013, as Mitcham support group's chairman Roland Harris reports.

A FULL-PAGE article in the September edition of the Prostate Supporter newsletter shone a spotlight on the coming presentation of guest speaker, Associate Professor Dr Nick Brook – and this certainly helped to attract 55 people at our meeting in late September, making it our most successful event of the year.

This was a combined Adelaide/Mitcham support group event, and such a good showing was certainly appreciated by Dr Brook and his personal assistant Jane Favretto who was also present.

The assembled audience admired Dr Brook's ability to relay this knowledge to us in simple language, and his personable nature encouraged many varied questions during and after the session.

Dr Brook covered the broad range of prostate cancer-related treatment options, catering for recently diagnosed men through to the post-operative phase of impotence and incontinence. In short, there was something of value for everyone to learn.

Because nerves to the penis are very close to the prostate gland, removing the prostate without damaging these nerves requires intricate surgery, even by an experienced urologist



**ABOVE: Associate Professor Dr Nick Brook at the September meeting of the Mitcham support group.**

adept at robot-aided surgery.

If there is evidence or likelihood that these nerves are at risk of cancer, it is prudent to remove them also, but it leaves the penis in a diminished state.

Dr Brook informed us that oral drugs such as Viagra, Cialis and Levitra are only effective if these nerves are intact. As a consequence, paying \$68 for a pack of four Viagra 100mg tablets may not be a worthwhile expense if the only result is a hot flush or headache.

If all else fails, one can resort to injections, a vacuum pump

or prosthetics. Dr Brook then provided advice and treatment options for incontinence, from pelvic floor exercises to surgical intervention.

A question was raised about the fate of the RAH-based Da Vinci robotic machine, which assisted prostatectomy operations from late 2004. We were told it ceased service in early October, and a new digital-technology robotic machine is now in action at St Andrews Hospital.

This memorable evening concluded with gifts to Nick and Jane, who then shared supper and a chat with

### COMING EVENTS

#### NOVEMBER FUNCTION

• The Mitcham support group's final gathering for 2013 will be held on Thursday November 28 – and following recent tradition, it will be a social dinner. This event will be held at a venue agreed on and announced at the support group's October 24 meeting.

• For more information on support group activities, visit the Mitcham Group's website at [www.psamitcham.org](http://www.psamitcham.org) or phone Roland Harris on 8277 2138.

everyone at the meeting. Dr Brook is certainly an articulate and personable communicator on prostate cancer, and the feedback from our joint-group meeting would encourage other PCFA support groups to also enlist him as a most enlightening guest speaker.

## Prostate Cancer Support and Awareness: ADELAIDE GROUP

# Membership decides to go ahead with group merger

The difficult decision over whether to merge with another support group has reached its conclusion, as Adelaide support group's Ian Fisk reports.

**D**UE to the small number of people who have been attending the Adelaide support group meetings and the lack of volunteers to serve in official positions, the future of this group has been questioned for a number of years. Now the crunch has come!

The Adelaide group's regular meeting venue wanted to know by late September details of our meeting requirements for 2014, and that request came just after our August meeting!

Because Pam and Ian Fisk were overseas until late September, Jeff Roberts was asked to quiz the group's regular attendees whether they wanted to merge with the Mitcham support group, or to continue on as the existing Adelaide group. An overwhelming majority expressed their desire to join with the Mitcham group.



**Ian Fisk: Stalwart supporter of the Adelaide group.**

As an example of this enthusiasm, most of the Adelaide group regulars attended the Mitcham group's monthly meeting on September 26. Please see the Mitcham group's report on the opposite page in this edition of Prostate Supporter for all details of that meeting.

At the Adelaide group's October and November meetings, further details will be decided about details of

the merger. In the meantime, we would like to extend our thanks to all those who have helped with the Adelaide support group meetings in the past.

Thanks also go to all those volunteers who helped at the Bunnings Mile End barbecue in September, which raised nearly \$1000. Special thanks must go to Merlene of Bunnings Mile End, who Jeff reported was a great and enthusiastic helper.

Pam and Ian Fisk attended the Prostate Cancer Research Institute Conference in Los Angeles from September 6 to 8. It was very interesting, especially a number of sessions about exciting new treatments for advanced prostate cancer. At the Adelaide support group's final meeting on November 18, the Fisks will speak about their highlights of the conference.

### COMING EVENTS

**NOVEMBER 18 MEETING:**  
The Adelaide Prostate Cancer Support Group will meet for the final time in the Community Room of the Fullarton Park Centre, 411 Fullarton Rd, Fullarton, on November 18. This meeting will start at 7pm.

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

## Alice Springs Prostate Cancer Support Group

### COMING EVENT NOVEMBER MEETING:

The Alice Springs Prostate Cancer Support Group will conduct its next meeting at Medicare Local NT, 5 Skinner Street, Alice Springs on Thursday November 14, running from 6pm to 7.30pm. Please note the **NEW MEETING TIME**. Please also note that the proposed mid-year dinner, which was cancelled due to PCFA's Ian Richard not being able to attend, has been re-scheduled for December.

• For more information about the Alice Springs support group, please phone group convenor Ian Wagner on 0409 534 950, or group secretary Grant Butler on 0417 736 195.



## Port Pirie Prostate Cancer Support Group

# Local nurses provide a

**A group of dedicated female health professionals from Port Pirie hospital explained the breadth of local cardiac care to the Port Pirie prostate cancer support group, as Joan Manfield reports.**

**G**UEST speaker at the Port Pirie Prostate Cancer Support Group's October meeting was Stephanie Connor, Clinical Service Coordinator of the Medical and High Dependency Ward and the Cardiac Rehabilitation Unit at the Port Pirie Hospital.

The explanation of her important roles within the local health network was made even clearer due to the input of two other colleagues she included in her presentation – Associate Clinical Service Coordinator Rowena Barratt and student nurse Kerry Bull.

Stephanie explained that everyone has risk factors which could trigger heart attacks and heart disease. These factors include being overweight; poor diet; lack of exercise; too much salt; family history of heart disease; high blood pressure; diabetes; smoking; high cholesterol; and advancing age (although

you can have heart issues from your teens to your 90s).

Modern cardiac rehabilitation services were introduced in Port Pirie from the late 1990s, when it was decided that patients needed greater education, support and exercise to overcome the risk of people having more heart attacks or heart surgery.

Nurses have worked in collaboration with other health professionals to map out a specific program that suits Port Pirie.

The resulting Heart Disease Prevention and Rehabilitation Program is open to anyone who has suffered heart disease, a heart attack, angina, high blood pressure, diabetes, or issues after heart surgery or investigations that have identified cardio vascular disease.

Originally, the programs ran for eight weeks but have now been reduced to six weeks. These group sessions are



**Cardio nurses with members of the Port Pirie support group (from left): Kerry Bull, Gerry Van Roekel, Bill Harrison, Stephanie Connor and Rowena Barratt.**

conducted by Rowena Barratt over two hours on Wednesday mornings.

“Cardiac rehabilitation is the sum of activities that favourably influence the underlying cause of the disease,” said Stephanie to the audience. “It also ensures that the participant is elevated to the best possible physical, mental and social condition. This is so that they may – by their own effort – preserve or resume as normal a place as possible within the life of the community.”

Stephanie outlined a raft of objectives for the program:

- Aims of cardiac rehabilitation are to maximise physical, psychological and social functioning, to enable patients to live productively and with confidence. Often people who have heart attacks or heart disease go into depression and don't want to go anywhere or do anything, because they think they can't do it. This is clearly not true; patients just may have to modify their lifestyle a little to achieve everything they want.

## Whyalla Prostate Cancer Support Group

- **THE Whyalla Prostate Cancer Support Group meets at 7.30pm on the first Tuesday of each month, in the new temporary location at 6 Zeven Street, Whyalla – until we find a new home.**
- **CONTACT Terry O'Brien (08 8645 1310) or Stan Oates (08 8644 0591) for more details. Everybody is welcome to attend these meetings – indeed, the wives and partners of group members are an integral part of this group, because any cancer affects the whole family.**

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## Port Pirie Prostate Cancer Support Group

# new help for patients

- Introduce ways of preventing further cardiac events.

- To facilitate and shorten the period of recovery after heart attacks and surgery. Swift recovery can be enjoyed after stents and angiograms, requiring only about six weeks off work.

- Setting realistic goals to change lifestyle habits that will help prevent further attacks, by taking small steps that are achievable.

- Promoting appropriate use of health services, including the correct way to take prescribed medication.

Rowena explained three separate phases of cardiac rehabilitation;

- PHASE ONE is in-patient education, delivered by a nurse or allied health professional following heart surgery or heart disease, to manage cardio vascular disease with diet, exercise, medication. It also addresses social and emotional issues.

### COMING EVENT

- **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.**

- **There is usually an excellent guest speaker, and late supper is provided for the 20-to-30 ladies and gentlemen attending each meeting. For further details about the group and its activities, please phone Port Pirie support group coordinator Allan Manfield on 08 8632 1324.**

- PHASE TWO is the cardiac rehabilitation program, which comprises two-hour weekly sessions for six weeks. Each session includes education, blood pressure reading, relaxation and one hour of exercise. Education speakers include a GP, physiotherapist or occupational therapist, dietician, social worker, pharmacist, ambulance officer and diabetic educator.

- PHASE THREE is the maintenance component where patients are encouraged to continue practising what they have learned. Some patients come back again

because they enjoy the social side of the program.

The program is free and a spouse, partner or friend can accompany the patient.

To get into the program you can be referred by nurses, GPs, specialists, or admit yourself if you feel that you are at risk.

The program can be modified to suit patients who have problems attending the sessions. An example would be a blind person, who can be accommodated in their own home, where they are in familiar surroundings.

Other changes can be for

out-of-town patients, who can attend a four-hour session rather than attend every week.

Kerry Bull spoke about her experience referring patients to the Cardiac Rehabilitation Unit since she began her placement at Port Pirie Hospital.

At the end of the talk, everybody in the support group audience was handed brochures on recognising the signs of heart attacks and contact details for the cardiac rehabilitation program. There were also lots of questions from an interested audience.

## Gawler Prostate Cancer Support Group

- **THE Gawler Prostate Cancer Support and Awareness Group has been formed to support men in the Gawler area diagnosed with Prostate Cancer – and their partners and carers – during the stressful and confusing time immediately after diagnosis and after treatment. Currently, the Gawler group is finding it hard to attract members to its meetings. This seems to be a common problem throughout the past year, but at least the main aim of having a local contact from the support group to telephone in times of need is still in place. Despite the difficulties, we urge the Gawler group to keep going.**

- **ANYONE is welcome to attend the Gawler support group meetings, which are held in the conference room at the Gawler Health Service facility (21 Hutchinson Rd, Gawler East, phone 8521 2000) at 7pm on the first Tuesday of each month. The next meeting is on NOVEMBER 5.**

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

## Limestone Coast Prostate Cancer Support Group

# Supporters at work to help their ailing mates

Spreading a prostate cancer awareness message in the community is vitally important but helping group members through tough times with their health is even more important, as Limestone Coast Prostate Cancer Support Group coordinator Richard Harry reports.

**L**IKE all support groups, tracking the health of our members can be something similar to a roller coaster ride, with some members travelling well while others are having a rough time. This is where the vital support aspect of our special groups kick into gear.

Many of our support group members either visit, phone or enquire about those doing it hard – and making these contacts not only helps those who are suffering but unites many within the group to look out for their mates.

At its most recent meeting, the Limestone Coast support group had the pleasure of welcoming Ian Richards, PCFA Support Group and Outreach Coordinator SA/NT. He explained to us what his job entails and how he acts as a conduit between a support group and staff at PCFA national office.

With Ian's appointment, it is hoped that many support group problems or queries can now be solved at a much earlier point, or rectified before they become large problems.

Ian has also been instrumental in the formation of new support groups and training group leaders. It is hoped that we will see more

support groups in the South East of South Australia in the near future.

Graham Hinze has been busy in trying to promote Prostate Cancer in Naracoorte and he advises that there will be a Men's Health Night at Billy Mac's Restaurant in Naracoorte on Thursday November 7 at 6pm.

Cost for the Naracoorte event is \$60 per head, with funds to be used locally. Speakers will include local doctors, a urologist, cardiologist, neurosurgeon and orthopaedic surgeon.

Another very significant event will be the Mount Gambier Lions Club Cancer Awareness Night, being held at Casadio Park, 7.30pm on November 1.

Speakers at this event will include Associate Professor Tim Price (a medical oncologist), radiotherapist Dr Scott Carruthers, Tony Siebert (General Manager Corporate Services at Cancer Council SA) and general surgeon Mr Matthais Wichmann. Entry is a gold coin donation.

The Limestone Coast Prostate Cancer Support Group has been asked to present an information stand at this meeting.



**WORKING TOGETHER IN THE COMMUNITY:** Gerry Remlein, Michelle Young of Bunnings and Max Clark at Bunnings Mount Gambier Community Day, when the Limestone Coast support group joined six other community groups to promote their organisations.

## COMING EVENTS

### NOVEMBER MEETING:

The next meeting of the Limestone Coast Prostate Cancer Support Group will be at the District Council of Grant offices, 324 Commercial Street West, Mount Gambier, at 7.30pm on Thursday November 7. This will be the support group's Annual General Meeting.

• For more information about the Limestone Coast support group, phone coordinator Richard Harry on 08 8724 9057 or 0427 978 898, or email richardharry@bigpond.com

With November now upon us, it is especially pleasing that the Limestone Coast support group has been asked

to be involved in two local functions designed to support this very worthwhile prostate cancer awareness event.



Fundraising efforts to raise prostate cancer awareness

# Mates start meandering

**The ambitious BraveHeart project gets off to an enjoyable start, as Graham Hinze reports.**

IT was a pleasure to attend the Echuca's Biggest Blokes Lunch on October 11, along with PCFA CEO, Dr Anthony Lowe, and Victorian PCFA Councillor David Schmidt. The venue was the Echuca Harness Racing complex, where a capacity field of 300 men sat down to lunch, with an excellent three course meal supplied with plenty of fillies and mares to wait on the tables and keep up supplies of food and drinks.

Former Australian Test cricketer Damian Flemming was compere for the day and there was plenty of entertainment when he was joined by fellow cricket legends Rodney Hogg and



Merv Hughes as they talked about some of the incidents that took place during their careers as Test cricketers. An address was also given by Chris Tuohey, a prostate cancer survivor from Bendigo.

The auction raised close to \$15,000 and items included a fishing trip, tickets to car races, hoilday packages and various sporting memorabilia.

Last year, the inaugural Echuca lunch raised \$40,000 and organisers hope to raise \$50,000 this year, with all proceeds going to PCFA.



**FAR LEFT:** Rodney Hogg, Graham Hinze, David Schmidt, Merv Hughes and Anthony Lowe at Echuca. **LEFT:** The Echuca venue. **BELOW:** Catering van to be used on the 2014 Murray Meander.



My visit to Echuca was twofold, not only to enjoy this great day but also to catch up with Dick Philips of the organising committee of the Murray Meander.

It was a valuable visit to clarify many issues, and as a result Swampy's BraveHearts are all paid up and ready to hit the river next year. The team

consists of Graham Hinze, Doug Redman, Des Hinton, Malcolm Porter (who are all prostate cancer survivors from the Limestone Coast group), a friend Geoff Berkin from Adelaide and Dr Anthony Lowe. Anyone interested in supporting can phone Graham on 0408 803 793 or email hinzeopen@yahoo.com.au

## Murray Bridge Prostate Cancer Support Group

• **AT the October meeting of the Murray Bridge Prostate Cancer Support Group, with 22 members in attendance, the financial report issued by treasurer Richard Parsons showed credit in the bank of \$2,981. This good result is due to two good barbecues at Bunnings Murray Bridge and Mount Barker stores recently. After this, Doris Klenke reported on Central Australia Chapter business, and it was decided by the group to have our break-up event for the year at the Murray Bridge Golf Club on Wednesday November 20.**

Ron Nance introduced guest speaker Ian Rick, who was a policeman until he was about 50 years of age, when he was struck down by an unexpected illness. Having been involved with dog kennels, he started hourly coughing fits and X-rays showed a large tumor on his lung and large abscess on his brain. His immune

system became inactive and many other problems erupted, such as severe headaches and an inability to walk. After several months in hospital and operations, Rick slowly regained his health. He had to learn to walk again and eventually regained reasonable health. He was diagnosed with *cryptococcus gattii*, believed to be caused by fungus related to sawdust from dead and contaminated Red River Gums or almond trees. This was a most interesting talk, followed by a light supper for the assembled group.

• The support group will host a fundraising barbecue at Bunnings Store in Murray Bridge on December 6.

• For more information about the group, phone Murray Bridge support group president Ron Nance on 08 8532 2873, or group secretary Max Klenke on 08 8532 1936.

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## McLaren Districts Prostate Cancer Support Group

# Less meetings and fewer leaders prepared to help

## Darwin Prostate Cancer Support Group

• The Prosper Darwin prostate cancer support group meets on the second Monday of each month, at the Harbour Room, Christ Church Cathedral, cnr Smith St and the Esplanade, Darwin, at 7.30pm. All guests and visitors are invited to attend – especially prostate cancer support group members who are visiting Darwin from other parts of Australia.

**Changes to the structure of support groups can prove beneficial – but willing volunteers are still necessary to ensure the group continues to function, as Colin Griffen reports.**

THE McLaren Districts Prostate Cancer Support Group has been going since 2007, and this year it has been conducting quarterly meetings. While this seemed a bold step and big departure from the previous monthly meeting format, these quarterly meetings have been quite well attended.

At our most recent meeting on August 22, there were 13 present and five other apologies were recorded.

Unfortunately, despite these encouraging numbers, we have a serious problem, and that is to replace our convenor and founder, Mr Bryan Hearn, whose

multiplicity of other duties has made it too difficult for him to continue running the group.

The first part of the August meeting took the form of a discussion about this problem, and Bryan explained what the duties of a Group Convenor entail. No volunteering hand was raised, but we continue to live in hope of a willing helper emerging.

The second part of the meeting was a round-table discussion of members' individual cancer experiences, and it seemed that no two were alike. One of the group had a radial prostatectomy which

was quite successful. A newcomer to the group is in need of this treatment and is now considering the options; he may well have been helped by what he heard at the meeting, and herein lies the true value of this group – which is why it must continue with a new leader.

For further information about the McLaren Districts support group, phone Bryan Hearn on 8323 7924. The quarterly meetings start at 7pm on Thursday nights and are conducted in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale.

## Riverland Prostate Cancer Support Group

### COMING EVENT NOVEMBER MEETING:

- The Riverland Prostate Cancer Support Group will conduct its final meeting for 2013 at the Combined Services Club Rooms, Kealy St, Berri, from 7pm on Tuesday November 12.
- The Riverland support group has been steadily building during 2013, with more members attending its regular meetings. Encouraged by this response, several group members have decided to get out and spread the word even further in the local community. They are declaring that help for men with prostate cancer is close at hand within the local support group, and they plan to set up prostate cancer information stations in shopping plazas in each town through the Riverland. They are confident this will promote greater prostate cancer awareness and hopefully get men to have medical check-ups regularly.
- As a trained prostate cancer ambassador, support group convenor Allan Dand is also planning to speak to local Men's Shed Groups, the Vietnam Veterans Association and various service clubs through the Riverland.
- For more information about the Riverland support group, please phone group convenor Allan Dand on 08 8582 1651 or 0488 994 803, or email [alglen@iprimus.net.au](mailto:alglen@iprimus.net.au)

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City of Onkaparinga Prostate Cancer Support Group

# A decade of work completed yet so much more still to do

Reaching the milestone of 10 years' service to the southern suburbs community underlines the City of Onkaparinga support group's enduring importance, as chairman John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group has just completed its first 10 years of providing support for men, their partners and families dealing with prostate cancer within the City of Onkaparinga area – and this is an achievement of which we are all understandably proud.

Fortunately, we can celebrate in appropriate fashion, as local urologist Dr David Elder has kindly agreed to be our guest speaker at the end of every year.

This is a great bonus for our group members, as Dr Elder is always happy to answer any questions that they have – or their wife and partner may have – about prostate cancer.

## NEW LOCALISED PROSTATE CANCER PACK ARRIVES

OUR thanks go to PCFA head office for sending the group a new support pack with some very informative books. These are now filed with our group librarian Ian Curtis, who will be happy to loan them out to you upon request.

PCFA has also sent a few USBs, if you would prefer to use these to load

the materials into your computer and read them on a screen instead.

For the support group's September meeting, we had an interesting Round Robin discussion to update our personal health situations, and then the group watched the ABC 4 Corners DVD called *Buying Time*, featuring an investigative report about chemotherapy and different drugs used in the treatment of advanced prostate cancer.

## NEWS ITEM SHOWS TREATMENT AMBITION

DENISE Rowland, a journalist with the Telegraph in the UK, reported on September 25, 2013 that a British firm plans to soon use technology from the recent quest to find "The God particle" in treatment for cancer patients.

British company Advanced Oncotherapy has acquired the first spin-off firm from the large Hadron Collider project that was designed to recreate the conditions of the "Big Bang".

This innovation through the collaboration has subsequently slashed the cost of Proton Beam Therapy, a type of cancer treatment that fires high-precision beams of particles at tumours, minimising

damage to surrounding body tissue.

While the large Hadron Collider is the world's biggest physics experiment, its technological advances have made it possible to shrink the size of equipment needed to accelerate protons to the speed needed for blasting tumours.

Advanced Oncotherapy is now working with Hadron Collider project members to make the technology suitable for hospitals.

The advance will allow thousands more cancer patients every year to benefit from Proton Beam Therapy, which causes much less damage to healthy tissue than the standard radiation treatments using X-rays and other types of particle beams.

Proton Beam Therapy is especially useful when tumours are in or near vital organs.

Six UK hospitals have already put in orders for the cancer treating device, with the first of these machines likely to be ready for use in 2016.

Currently only one centre offers the cutting-edge treatment in Britain – The Clatterbridge Cancer Centre – as the cost of existing Proton Beam Therapy

## COMING EVENT

NOVEMBER 6 MEETING:

The Onkaparinga support group will conduct its next meeting in the boardroom of the Noarlunga Community Hospital (Alexander Kelly Drive, Noarlunga) on Wednesday November 6 at 6.30pm.

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

• Special thanks go to our support group's generous sponsors: **Southern Primary Health Morphett Vale, Port Noarlunga-Christies Beach RSL Sub Branch, The Original Open Market and The City of Onkaparinga Council.**

machines is so high. Two US hospitals have also agreed to buy the new machines.

• There are more related articles about this technology at the website <http://telegraph.co.uk/finance/newsbysector/pharmaceuticalsandchemicals>

## SUPPORTERS HELPING TO PROMOTE PROSTATE CANCER AWARENESS

# Mining crews make their prostate support visible

**A**NDREW Birt, who is Safety Manager with Leighton Contractors in the Northern Territory, took the initiative to create prostate cancer awareness barbecues on his worksite and it was a huge success, raising about \$4000 in the space of five days.

It was a very effective project that grew from a simple idea. "We initially wanted to recognise and acknowledge cancer as our monthly initiative," says Andrew.

"I purchased some pink hi-visibility shirts for our Leighton team on the TMP-1 project and we agreed that we would wear them every Monday as a reminder for all of us that the continued good health of our families and ourselves is very important.

"The first day we wore them, one of the guys approached me and asked about whether we would specifically support prostate cancer.



**LEFT:** The Leighton Contractors workers in their hi-vis shirts attending the barbecues during their Big Aussie Barbie event.

**BELOW:** Some of the items that featured in the big PCFA raffle and helped raise more than \$4000.

"I started researching and the focus of our project then expanded to also raise prostate cancer awareness."

Unfortunately, due to strict site requirements and logistics, Andrew has not been able to get someone to visit the workforce and test the guys, but this is an idea he will pursue further.

As part of the on-site awareness campaign, Andrew conducted a raffle and all monies raised were given



to PCFA through the Big Aussie Barbie campaign. "I'm very proud that we raised

approximately \$4000 in five days, which is a fantastic achievement for all involved," says Andrew



## Big commitment from Com Bank staff

COMMONWEALTH Bank made a big commitment to supporting PCFA's Big Aussie Barbie campaign during September – and this was especially evident across South Australia. Local Com Bank branches took the initiative to present PCFA coin collection tins and merchandise in each branch.

Different branches also had different ways of presenting the prostate cancer

message to their customers, with the Hutt Street branch in Adelaide (pictured left) hosting a morning tea, and selling a few PCFA merchandise items at the front counter. The Campbelltown branch made more than \$1000 from its activities, the Port Pirie branch made \$515 from a barbecue conducted with the local PCFA support group, and the Northpark branch made \$425 out of selling cupcakes!

**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)**