

Central Australia Chapter



PROSTATE SUPPORTER

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

JUNE 2013

www.prostate.org.au

Volume 6: Number 5

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

Telethon pledges support

PCFA will benefit greatly from being selected as one of the charities of choice for 2013 by Channel 9 Telethon. Following a submission by PCFA's SA/NT general manager Karyn Foster, Channel 9 Telethon has chosen PCFA-SA as one of its charities for 2013.

As a result of airtime and support donated by Channel 9 South Australia, the highly successful Channel 9 Telethon organisation has supported South Australian charities since 1960.

Having initially provided financial support to a few charities through an on-air appeal, a Miss Telethon quest and a huge public raffle known as The House of Hope, the Channel 9 Telethon now supports more than 20 organisations each year with sponsorship packages.

PCFA will be involved with two events during this year – Telethon's Melbourne Cup luncheon and the La Dolce Vita feast at Longview Winery in October.

PCFA will be the beneficiary of proceeds from these great fundraisers – and the organisation will receive



Channel 9 Telethon general manager Pamela Howells gets the feel for Prostate Cancer blue bands with Channel 9 weather presenter Brenton Ragless and PCFA's Karyn Foster.

thousands of dollars worth of airtime from Channel 9. Karyn's long association with Channel 9 Telethon stretches back to her being a runner-up (sad but true), and highest fundraiser for Miss Telethon in 1976. For the 2013 appeal, Karyn and volunteer Janie Green will need to provide up to 50 auction, silent auction and raffle items for this charity in the next six months. It is

anticipated that up to \$15,000 will be raised. Channel 9 South Australia General Manager Graeme Gilbertson says the station is delighted to be involved with PCFA, especially because it helps send a crucial men's health message. "Many guys think that the test

is unmanly – but if there's a problem, the consequences can be VERY unmanly. I urge all men over the age of 50 (or 40 if prostate cancer is in the family) to ask doctors about being tested as part of an annual health check."

• **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

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

Meeting the people at the heart of the support groups

Ian relishes PCFA role as a new chapter in his life

The new chairman of the Central Australia Chapter Council – Ian Wagner – explains how he has quickly assumed great responsibility within PCFA since joining the Alice Springs support group three years ago.

MY involvement with PCFA began soon after I was diagnosed with Prostate Cancer in 2009. It was fortuitous that the Central Australia Chapter was holding a Chapter Council meeting in Alice Springs at this time, and after making contact with Murray Neck, who was the Alice Springs support group convenor, I was invited to a dinner meeting – and now I have assumed the role of group convenor.

It all began when I was put on a waiting list to see a visiting urologist in 2007. Following a two-year wait and after the usual tests, I was diagnosed in July 2009 and the process of treatment was rapid. I had a radical prostatectomy in November 2009 at Ashford Hospital in Adelaide, and due to my prostate being rather large, I was required to spend eight days in hospital. This operation did cause continence problems, and in November 2011 I underwent the advance sling procedure. Some minor incontinence is still present, and another procedure is planned for next month.

My wife Loretta and I have been actively involved with the Alice Springs Prostate Cancer Support Group since



Ian and Loretta Wagner enjoying some time with their grandson Edward in Melbourne this year.

July 2009 and I became convenor of the group in 2011, succeeding Murray Neck who had convened the group since its formation.

It seemed a natural step, as Loretta and I have been residents of Alice Springs for 40 years, having been transferred from Adelaide by my employer, Adelaide Brighton Cement, in 1973 for a two-year posting. By mutual agreement, I stayed with the company in Alice Springs until 1992, when I accepted a voluntary redundancy package.

We remained in Alice Springs as employment opportunities were good and I held a variety of contract managerial positions (including in the Masters Games Office) until I retired in 2001.

We have two daughters: Jane holds a senior management position with Department of Finance and Trade; Kate graduated with honours in nursing and now lives in Melbourne with her husband Steve and son Edward.

My community involvement includes being a member of the Lions Club of Alice Springs for 40 years, holding all executive positions in the club and receiving the Melvin Jones Fellow award and International Presidents Leadership medal for my service. I also served on Lions District Cabinet (SA/NT) for 14 years, holding the positions of Lieutenant Governor and District (Cabinet) Secretary. I was an inaugural member of the Northern Territory

Government's Seniors Advisory Council and served a pair of two-year terms.

Within my PCFA activity, I joined the Central Australia Chapter Council in 2012 and was elected Chapter Chairman at the AGM in November. My leadership role with both the Chapter Council and National Support Group Committee has been a valuable and rewarding experience, as PCFA is experiencing exciting changes to take the organisation forward. It is a new beginning for the National Support Group network, as well as PCFA generally, and I am extremely proud to be involved.

Without the support that I have received from Loretta during my prostate cancer journey over the past six years, I would not be in the good position that I enjoy now. She has been a pillar of strength and supportive of my effort to help support men and their families affected by prostate cancer.

Loretta and I are enjoying retirement, travelling when we are able and both look forward to further involvement within the valuable network of PCFA affiliated support groups – at a local, chapter and national level.

Meeting the people at the heart of the support groups

Our new team builder

From coaching corporate groups and elite sports stars in abseiling and adventure drills to counselling and mediation skills, new PCFA SA/NT staff member Ian Richards boasts a host of talents – as highlighted in this interview with David Sly.

IAN Richards is the new Support Group and Outreach Project Coordinator for PCFA in South Australia and Northern Territory – a new position designed to help with furthering the effectiveness and strength of the support group network.

His work in this part-time role will include the training and development of new support group leaders, connecting with and training PCFA Ambassadors, and helping to facilitate the establishment of new support groups within SA and NT.

“I see myself working alongside the existing groups in a supportive role rather than behaving as a supervisor,” says Ian.

“I see all of us within PCFA’s network working better as a supportive team – within the Central Australia Chapter Council, within the Action Group, and within all of the individual support groups.”

When Ian saw the application for the PCFA job posted online early this year, it piqued his curiosity – not in the least because it matched his professional skill set.

Ian has a degree in counselling, a graduate certificate in workplace mediation, and a Masters degree in mediation and conflict resolution, focusing on families.



Ian Richards, being active in the great outdoors, and abseiling with his daughter.

Before taking the PCFA job, Ian owned and operated his own experiential learning business for 14 years. This involved teamwork building camps – attracting clients from the Adelaide Crows footballers, to Santos executives, Australian air force pilots, to student groups from leading private schools.

“It was all about developing how people learn once they are taken outside of their comfort zone,” explains Ian.

“It was helping them to learn new skills when they are under pressure – and that is certainly required when men are diagnosed with prostate cancer.”

Having sold this business two years ago, Ian says he now had the time to take on a new challenge – and fulfill the drive he has to continue

making a difference with his teaching skills and experience.

Interestingly, Ian explains that prostate cancer has also only recently emerged in his consciousness. Knowing little about the disease, he went to a doctor last year for a checkup and discussed having a check for prostate cancer.

“I’m 47, and I could remember hearing somewhere that men really should be tested for prostate cancer by the time they turn 50,” says Ian.

“I didn’t know much more than that – but I had a blood test, and was very pleased that my PSA reading was normal.”

After seeing the PCFA job advertised, Ian did extensive research into prostate cancer to learn more about the disease and was alarmed by what he found – although he also

realised it presented a great opportunity to get involved with an organisation that is determined to affect positive change in the lives of men and their families touched by prostate cancer.

“I come to this organization with fresh eyes, so hopefully I will be able to identify gaps that need attention,” he says.

“Most importantly, I’m excited by the task of providing more information to the community, and that this information will empower more people to make smart decisions about being tested for prostate cancer.”

• Ian is based in the SA PCFA Office at 144 South Tce, Adelaide, on Tuesdays, Wednesdays and Thursdays. He can be contacted by phone on 0402 125 806 or email ian.richards@pcfa.org.au

Prostate Cancer Action Group

Making Trevor's final wish become a valuable reality

COMING EVENTS

JUNE MEETING:
The Prostate Cancer Action Group SA holds its monthly meetings in the upstairs meeting room at the Cancer Council SA building, 202 Greenhill Rd, Eastwood.

The next meeting starts at 5.30pm on Tuesday, June 11. 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 or contact by phoning David Merry on 8270 2227 or email djmerry@adam.com.au

The desire of the late Trevor Hunt – a driving force within the original Action Group – to encourage prostate cancer nurses is being realised, as David Merry reports.

IN accordance with the wishes of Coralie Hunt and her late husband Trevor, funds that were donated at the time of his passing will be spent on the training of a Prostate Cancer Nurse. At the time of these donations being collected, it is worth noting that PCFA National Office generously matched the sum of donations received.

Trevor was an inspiring foundation member of the Action Group, leading many Awareness public meetings and was actively involved in the early days of the Chapter Council.

The current group of Central Australia Chapter Councillors, members of the Action Group and former Chapter Council Chairman Malcolm Ellis have all welcomed this exciting opportunity to now fund two scholarships in Trevor's name, for Registered Nurses employed in South Australia.

PCFA Director of Nursing Julie Sykes has also fully endorsed this course.

The 13-week Prostate Nursing Care Course is the only specialised course of study in Australia that prepares registered nurses to care for men living with

prostate cancer and their families.

The course is offered by the School of Nursing and Midwifery within the Faculty of Health Sciences at La Trobe University.

Students have the opportunity to develop knowledge and skills in the specialist practice area of prostate care, particularly the nursing assessment and treatment options for men experiencing prostate problems.

Subjects covered within this study course include:

- Relevant anatomy.
- Physiology and pathophysiology.
- Benign and malignant prostate disease and its complications.
- Current trends in the treatment and management of prostate problems.
- Targeted assessment and management of symptoms related to the condition.
- Sexuality and psychosocial care for the patient and family, as well as detailing the nurse's role in health promotion.

This specialist course is structured as a flexible learning study in an off-campus mode, supported by a learning package,

with full access to the La Trobe campus course coordinator.

This happens via the online Learning Management Systems discussion board, library and other facilities.

The Central Australia Chapter Council is offering two scholarships to nurses from an oncology or urological background.

All fees will be paid from the Trevor Hunt Fund. Applications are being received now for the course that begins on July 29, 2013.

It is hoped there may also be an opportunity later in the year to receive PCFA grants through Cancer Australia to offer additional scholarships for the two courses available in 2014.

Further course information is available at www.latrobe.edu.au/nursingcpd/short-courses/prostate-nursingcare or from David Merry at djmerry@adam.com.au

It is indeed a delight that these developments in Prostate Cancer Nursing Care are helping to make Trevor Hunt's vision for better support become a reality.

Prostate Cancer Support and Awareness: ADELAIDE GROUP

Support group amalgamation discussed as a possible solution

The serious matter of possible combination of two suburban support groups headed discussion this month, as Adelaide Prostate Cancer Support Group's Ian Fisk reports.

GRAEME Bradley, secretary of the Mitcham support group, spoke briefly at the May meeting of the Adelaide support group about the possibility of our two groups combining. Some of the advantages included the opportunity to allow the present leaders and other hard working helpers a well deserved rest after years of work.

With a larger combined support group, more leaders may possibly come forward, a larger audience will hear guest speakers, less expenses will be incurred, especially with only one venue to pay for, only one report will be required for Prostate Supporter, only one person needed to organise meetings and no duplication of supper workers.

Graeme also felt that new members were not receiving the support they had many years ago. The members at the meeting decided to think about the proposal during the next few months, and in the meantime Mitcham members are very welcome at our meetings – and likewise, our members are very welcome to attend the Mitcham support group meetings.

If a decision is made to combine, important considerations on meeting venue, meeting day and other things will have to be agreed upon.



Wearing his trademark smile was guest speaker David Cronin, at the Adelaide Support Group's April meeting.

Our April speaker David Cronin introduced the interesting subject of Fun, Laughter and Play. David, among other things, works as Clown Doctor with children, staff and parents at a number of hospitals.

He believes laughter is a major health benefit in itself, and offers these 10 important reasons to laugh for no reason:

- Laughter is the Stress Buster!
- Laughter strengthens your immune system.
- Laughter brings more fuel to the body.
- Laughter is aerobic exercise.
- Laughter relaxes muscles.
- Laughter has a positive effect on people.
- Laughter is a natural pain killer.
- Laughter can ease high blood pressure.
- Laughter can decrease depression,

drug dependency and anxiety.

- Laughter makes you feel good.

These 10 reasons were all expanded during David's presentation and also feature on his website.

He also pointed to this wise proverb: "The body heals with play, the mind heals with laughter and the soul heals with joy."

Laughter Yoga also was discussed and practised. The website www.laughteryoga-australia.org offers this explanation of the practice: "The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter. One gets the same physiological and psychological benefits." Visit David's own website <http://laughline.org/> for more about David and what he has to offer.

COMING EVENTS

JUNE MEETING:

The Adelaide Prostate Cancer Support Group meets on the third Monday of each month in the Community Room of the Fullarton Park Centre, 411 Fullarton Rd, Fullarton, starting at 7pm.

The meeting on June 17 will feature Ian Fisk summarising the PCFA National Support Group Leader Training Conference held in Melbourne during May.

At our August 19 meeting, Ian Richards, Support Group and Outreach Coordinator for the PCFA Central Australia Chapter, will speak about his role.

Any ideas about speakers for the rest of the year would be appreciated.

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

Murray Bridge Prostate Cancer Support Group

Diet tips help in the fight to improve cancer prevention

The subject of improving cancer prevention provided a launching pad for information and good discussion, as Murray Bridge support group secretary Max Klenke reports.

THE Murray Bridge support group welcomed 27 members to its April meeting, along with guest speaker Dr Graham Lyons and visitors Ian Polkinghorne from Gawler, and Ian Richards from the Adelaide PCFA office. After the meeting was opened by support group chairman Ron Nance, Ian Richards addressed us to explain his role with PCFA, to work with and help men & families affected by Prostate Cancer. He hopes to connect with many such people and told us about the PCFA office he is located in, at 144 South Terrace, Adelaide.

Trevor Muirhead introduced guest speaker Dr Graham Lyons, who works at the University of Adelaide's Waite Campus and presented us with a very interesting talk and PowerPoint presentation.

His subject was Improving Cancer Prevention and Treatment, and Risk Reduction, which focused on improving lifestyle choices,

including the intake of foods containing selenium, grains, nuts, pomegranates and tomato paste, all of which have some benefits to people.

His key points were:

- Selenium is recommended; 200mcg/day (do not take more).
- Vitamin E: take 100-150 mg/day.
- Lycopene, the red carotenoid in tomatoes, is helpful and a dessertspoon of tomato paste per day is suggested.
- Pomegranate juice has proven beneficial in laboratory tests.
- Green tea has many beneficial agents, including vitamin C.

Chinese people drink a lot of green tea – and the incidence of prostate cancer in China is among the lowest in the world.

Some additional points made by Dr Lyons are that there are varying inherited values in DNA from parents to repair cancers in men regarding prostate cancer in early stages.

Throughout our lives from early on, prostate cancers attacking men, chances could be reduced a lot by our lifestyles, particularly our diets, over time drugs (new) additives can all make a significant difference.

Our general lifestyle, eating and dietary habits, as well as our exercising styles, can all have an affect on prostate cancer. It suggests that we done them at a much earlier age, by the time prostate cancer effects us we are usually over middle age – in my case, 72 years old.

Dr Lyons mentioned an informative book to read – So You Have Prostate Cancer Too – which will be purchased by the support group, and he also left additional literature with Max Klenke, who is happy to pass it on to any interested support group members. Malcolm Piggott moved a vote of thanks to Dr Lyons, then presented him with a certificate of thanks and a bottle of wine.

COMING EVENT

- The Murray Bridge Prostate Cancer Support Group conducts its monthly meetings at 7.30pm on the third Wednesday of each month.
- For the immediate future, meetings will continue to be held at Our Wellbeing Place, 108 Swanport Rd, Murray Bridge.
- The group's next meeting will be held on WEDNESDAY, JUNE 19.
- For more information about the group, phone Murray Bridge support group president Trevor Muirhead on 8569 1342, or group secretary Max Klenke on 8532 1936.

Gawler Prostate Cancer Support Group

- THE Gawler Prostate Cancer Support and Awareness Group has been formed to support men in the Gawler area diagnosed with Prostate Cancer – and their partners and carers – during the stressful and confusing time immediately after diagnosis and after treatment.
- 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 JUNE 4. More information about the Gawler support group can be obtained from Lynton Carle (phone 8524 4086) or Kylie Fotheringham (phone 8521 2080).

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

Prostate Cancer Research Update

Exciting research work is progressing in Adelaide

Recent research from the Dame Roma Mitchell Cancer Research Laboratories (DRMCRL) Prostate Cancer Research Facility has provided hope that a new class of drugs could be effective against advanced prostate cancer.

THE androgen receptor is a protein that is essential for the action of testosterone and other male sex hormones called androgens, which are required for the development and maintenance of male characteristics. However, the androgen receptor also plays a critical role in the development and subsequent spread (metastasis) of prostate cancer. Current hormone therapies used to treat men with metastatic prostate cancer work by inhibiting the production of androgens or blocking the binding of androgens to the androgen receptor.

Recent research has demonstrated that the development of particularly lethal forms of metastatic prostate cancer can be driven by super-active variants of the androgen receptor that do not require androgen for their activity. Because these variants promote prostate cancer growth independently from androgens,



Dr Luke Selth at work in Adelaide.

they are resistant to current hormone therapies.

Researchers in DRMCRL's Prostate Cancer Research Facility recently demonstrated that an emerging class of drugs, called HSP90 inhibitors, are highly effective at blocking the growth of prostate cancer cells grown in the laboratory that are driven by these super-active variants of the androgen receptor. This work was done in collaboration with scientists at the University of Washington and was published in the well-regarded international journal,

Oncotarget. The paper suggests that HSP90 inhibitors could be effective in men with advanced prostate cancer, and DRMCRL's Prostate Cancer Research Facility aims to test this in future clinical trials.

For more information, please contact Associate Professor Lisa Butler (lisa.butler@adelaide.edu.au) or Dr Luke Selth (luke.selth@adelaide.edu.au). Lisa and Luke are always willing to visit supporter groups and discuss the research being conducted at DRMCRL's Prostate Cancer Research Facility.

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.
- 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, phone group coordinator Allan Manfield on 08 8632 1324.

Alice Springs Prostate Cancer Support Group

COMING EVENTS

JUNE MEETING: The Alice Springs Prostate Cancer Support Group will meet for its next monthly gathering on Thursday June 13, from 6.30pm to 8pm at NT Medicare Local, 5 Skinner St, Alice Springs. Guest speaker will be Dr Deb Mitchell, principal GP, with Northside Family Medical Centre. Deb is the first GP to attend as a speaker, making this a meeting not to be missed. For more information about the Alice Springs support group – which usually meets on the second Thursday of each month – phone group chairman Tony O'Brien on 0438 530 366, convenor Ian Wagner on 0409 534 950, or deputy convenor Murray Neck on 8952 3550.

Deb is the first GP to attend as a speaker, making this a meeting not to be missed. For more information about the Alice Springs support group – which usually meets on the second Thursday of each month – phone group chairman Tony O'Brien on 0438 530 366, convenor Ian Wagner on 0409 534 950, or deputy convenor Murray Neck on 8952 3550.

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

Limestone Coast Prostate Cancer Support Group

Having a laugh helps us to learn about bones

Humour was the magic ingredient that helped the Limestone Coast support group understand more about modern chiropractic methods, as Richard Harry reports.

EVEN on a cool Mount Gambier evening, 19 members attended the Limestone Coast support group's May meeting and received some informative details about our body structure – while also enjoying a great laugh. Our guest speaker was Liana Ruggiero, a chiropractor who came to Mount Gambier in 1989 after graduating from RMIT in Melbourne. She initially intended to stay for 18 months, but is still practising locally.

Liana brought with her some plastic cutaways of what a healthy spine and nerve endings look like, and the comparison with a damaged spine with bone growth (spurs) or damaged discs. She explained how these changes can also damage the nerves between body parts and the brain.

Liana's assistant for the evening was Mr Bones, her plastic skeleton, although he

had very little to say and just hung around all night.

Liana explained how she would speak with her clients before any hands-on therapy began, to find out where pain or discomfort was located. As an example, she said that pain may be felt in the legs but actually originates in the lower back. She explained how the nervous system worked, connecting to our various organs and muscles, and detailed how pain is transmitted through our body to the brain.

Although this may sound like pretty heavy stuff, Liana made the explanations very clear, supporting her information with a large dose of humour. I must admit that I had never gone to a chiropractor as I had heard that they were "bone crackers" but Liana explained how she used low-force techniques that are safe on people with cancer and other illnesses,

as well as children.

It was a fun presentation that imparted some very important information to everyone present.

Two of our members attended the Male Bag Ride fun night in Mount Gambier on April 11, where Dr Barney McCusker – a local orthopaedic surgeon and a prostate cancer survivor – served as MC. David Parkin and his crew on former postie motorbikes headed off from Mount Gambier for Melbourne with not only extra funds for PCFA but also left behind the message for men to get regular health check-ups.

Thanks must be extended to the East Gambier Sportsman's Club for its assistance and promotion of the night.

On May 25, our Support Group held a barbecue at Bunnings, together with an information stand.

COMING EVENTS

JUNE MEETING:

The next meeting of the Limestone Coast Prostate Cancer Support Group will be at the District Council of Grant offices, Mount Gambier, on Thursday June 6 at 7.30pm. Guest speaker is Eloise Zanoni, a physiotherapist, talking on pelvic floors and continence.

• For further information about the Limestone Coast Prostate Cancer Support Group, please phone coordinator Richard Harry on 8724 9057 or mobile number 0427 978 898, or send an email to richardharry@bigpond.com

McLaren Districts Prostate Cancer Support Group

COMING EVENTS – AUGUST MEETING

- The McLaren Districts Prostate Cancer Support Group now conducts its meetings on a quarterly basis, with the next meeting scheduled for August.
- For further information, phone support group president Bryan Hearn on 8323 7924. The meetings start at 7pm and are conducted in the administration building at the rear of the McLaren Vale & Districts War Memorial Hospital, Aldersey St, McLaren Vale.

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

Barossa Prostate Cancer Support Group

Leadership conference inspires many new ideas

The opportunity to get together with other support group leaders at the recent national training conference sparked some brainstorming sessions that will lead to important new developments, as Barossa group co-ordinator Don Piro reports.

TREVOR Miller and myself (Don Piro) have just come back to the Barossa from the National PCFA Leadership Training Conference in Melbourne. It was a very successful event, jam-packed with speakers and workshops. There were even extra morning, lunch and evening sessions as PCFA attempted to get as much information out as possible. The idea was for workshops to focus on using the newly developed manual "Support Group Handbook" as training for support group leaders on how to develop and operate a support group. The speakers all gave presentations on various aspects of prostate cancer, and I will always remember Associate Professor Pauline Chiarelli's line on incontinence ("Suck your nuts into your guts") as she went through her presentation that showed the audience the best way to do pelvic floor muscle

exercises. She combined a lot of very good factual information and presented lots of humour about "using it or losing it".

There were many highlights of the conference, from meeting, greeting and networking with people from all over Australia, to getting many ideas on how to do things differently.

I was able to review and reflect on the way I do things now and the importance of checking with the group about the way we do things.

I felt very privileged to be invited to be part of a panel of five group leaders that discussed aspects of how each of us operate, and how well we got on with local medical specialists, media and the community. This was followed by general questions and discussion with the audience.

I also felt very privileged to be invited to an additional session with about 20 others discussing

future prostate cancer survivorship research ideas with Professor Suzanne Chambers. Survivorship research is obtaining more accurate data and information which will improve services to survivors. There are many gaps and information needs to be researched so that services can be improved.

The Barossa group has regular monthly meetings on the third Tuesday of each month and is planning a few extra events for the year.

In the next few weeks we will have a barbecue at our local Mitre 10 store, to be seen in the community. It provides great public exposure.

Later in the year (and still in the planning stages) we hope to have an event with all the Specialist Prostate and Incontinence Nurses together.

I think we would get a lot of community interest and support for such an event.

COMING EVENTS

- The Barossa Prostate Cancer Support Group has scheduled its 2013 meetings for the third Tuesday of each month, from 2pm to 4pm at various support group members' homes.
- The next meeting is being held on Tuesday June 18.
- For further information, please phone Don Piro, co-ordinator of the Barossa support group, on 8562 3359 or email don@dppcs.com.au

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.

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

Mitcham Prostate Cancer Support Group

Pioneer face surgery work proves medical possibilities

Inspired by a recent guest speaker, Mitcham support group chairman Roland Harris suggests that the old song lyric "Then I saw her face, now I'm a believer" may be an appropriate anthem of hope for patients of the Australian Craniofacial Unit.

THERE is only one word to describe the Mitcham support group's April 18 meeting – inspirational! The assembled group of 25 members was treated to a remarkable presentation by Bronwyn Chant, from the Adelaide-based Australian Craniofacial Foundation. Formed in 1984, this group supported the Australian Craniofacial Unit, led by Professor David David since 1975.

The Foundation provides fundraising, patient care, research and education programs.

The specialist field of craniofacial surgery owes much to the 1940s work of Royal Air Force surgeon Dr Archie MacIndoe, who pioneered facial reconstruction of badly-burnt aircrew.

Dr MacIndoe noted that pilots who ditched in the sea had better rates of recovery than those who came down on land. Saline baths were therefore a vital part of his



Spitfires in action.

treatment, a few years before penicillin and antibiotics were discovered. His RAF patients were known as The Guinea Pig Club.

It is chilling to note that a Spitfire pilot of that era was surrounded by up to 500 litres of 100 octane petrol, but had no fire-proof clothing.

Some present-day facts from

the Australian Craniofacial Foundation show that:

- Accident and assault trauma reconstruction is more common than facial birth defects.
- 95 per cent of the unit's patients are Australian, with 85 per cent from SA.
- 40 plus health care professionals operate in Adelaide with the Unit
- The Foundation receives no government funding.
- 300 new patients were treated in the first three months of 2012 at the Women's & Children's Hospital, mainly

due to accident and assault trauma. To find out how you can help this vital work with a donation, visit the website: www.craniofacial.com.au or phone (08) 8267 4128.

We thanked Bronwyn with a gift and donation to Craniofacial Australia, the public face of a most worthy surgical team.

The support group's guest speaker on May 23 was Dr Frank Voyvodic who gave a talk on Magnetic Resonance Imaging and Prostate Cancer.

A report of this event will be posted in the July Prostate Supporter newsletter.

COMING EVENTS – JUNE MEETING

• The Mitcham Group's June 27 meeting features Dr Nathan Harten, director and physiologist from Inform Health and Fitness Solutions. The Mitcham support group meets at the Colonel Light Gardens RSL Club, 4 Prince George Parade, Colonel Light Gardens, from 7pm to 8.45pm. Car parking is now within the RSL grounds.

• For more information on events and support group activities, visit the Mitcham Group's dedicated website at www.psamitcham.org or phone Roland Harris on 8277 2138.

Riverland Prostate Cancer Support Group

COMING EVENTS – JULY MEETING

• The Riverland support group's next meeting will be held at the Combined Services Club Rooms, Kealy St, Berri, from 7pm on July 9. For 2013, the group will continue to meet on the second Tuesday of alternate months, with future meetings in September and November.

• For further information, phone Allan Dand on 8582 1651 or 0488 994 803, or email algen@iprimus.net.au

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

City of Onkaparinga Prostate Cancer Support Group

Delve into your support group library for fine DVD resources

The collection of DVDs provided by PCFA provide fabulous current information about a wide range of prostate cancer topics, as Onkaparinga support group chairman John Shields reports.

THE City of Onkaparinga Prostate Cancer Support Group began its May meeting with an interesting round robin discussion. Malcolm Ellis then showed the group members some very informative DVDs that are part of the Ambassador Program.

These include Prevention and Early Detection; Treatment Options, Challenges and Carers; Popular Myths: About Symptoms; and Young Men Don't Get It – because a lot of young men aged from 30 to 40 are getting prostate cancer.

Another DVD talked about family history of prostate cancer and watchful waiting, and the choice between surgery, radiotherapy and the possible treatment side effects. To find more about what DVDs are available, check out the website www.prostate.org.au

DVD Review: *THINGS NOT TO IGNORE* by Dr Simon Wilcock. He spoke about the

health aspects of senior men, strategies for taking care of basics, and talked about how men and women think differently, emphasising that what works for men does not always work for women.

He also spoke about the seven-year life expectancy gap between the sexes and how lots of things affect the gap. He focused on how to close the gap further by focusing on the risk factors of high blood pressure, cholesterol, smoking and diabetes.

Men don't look after their bodies like they look after their cars, but why don't we look after our bodies properly? There is much more explained on this topic in a very good DVD and if you want to check it out for yourself, please ask our librarian Ian Curtis for a copy.

AUGUST BARBECUE

MILENA Welchman from Bunnings has already confirmed a booking for the Noarlunga support group

to have a barbecue at the Noarlunga Bunnings store again this year. Our barbecue will be at the corner of Beach Rd and Goldsmith Drive, Noarlunga, on Sunday August 25. Please plan to come along and assist us to raise some money that will keep our support group running.

PCFA has advised support groups that Bunnings will no longer officially be involved with the organisation, as it has in recent years, so we will revert to doing these events by ourselves once again.

SPEAKER APOLOGY

WE HAVE been notified by Lauren Wood, Prostate Cancer Specialist Nurse: Surgical & Specialties at Royal Adelaide Hospital, that she has re-started her university studies for this year.

With this commitment and working full-time, she has little free time to spare and will not be taking on any more speaking engagements this year.

COMING EVENT

JUNE MEETING:

In lieu of its June meeting the Onkaparinga support group will have a get together in the Noarlunga Community Hospital dining room (located next to the hospital shop, Alexander Kelly Drive, Noarlunga) on Sunday June 2 at 11am. Bring your own main meal and the group will provide sweets.

• For more information about the group and its activities, visit the City of Onkaparinga Support Group's website at 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.**

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.

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

Adelaide office opens with an official seal of approval

THE SA chapter office was officially opened by His Excellency Rear Admiral Kevin Scarce AC CSC RANR, Governor of South Australia, on Thursday May 9. The crowd comprised the local PCFA Board and members of the Central Australia Chapter, Action Group and support groups. Also in the crowd were media, sponsors and major donors. The Governor's wife, Liz, also attended and graciously mingled with guests.

After speeches by Governor Scarce, PCFA-SA acknowledged the generosity of the Australian Hotels Association-SA, which funded the fit-out of the office with a grant totalling \$30,000 through its Community Care Projects. Also acknowledged were Grant and Helen Burge of Grant Burge Wines, Margaret and Peter Lehmann of Peter Lehmann Wines, Coopers Brewery and Schweppes, which all provided beverages for the event.



ABOVE: SA Governor Kevin Scarce opens the Adelaide office with PCFA National Chair David Sandoe OAM, and PCFA-SA Acting Chair Michael Brock.



ABOVE: Max Klenke gets a head start to this year's Movember campaign.



Seen at the SA office opening function were (above) Doris, Bev and Pat, (left) Ian Wagner and (right) Trevor Muirhead.

