



RADIOTHERAPY AFTER PROSTATE SURGERY?

There is a wide range of treatment options for men diagnosed with prostate cancer, but the majority of men under 70 years of age take the surgical route with a radical prostatectomy. This is a major operation where the entire prostate gland is removed, along with the surrounding tissue. However, this doesn't always mean that the prostate cancer is 'cured'.

Men who have had prostatectomies continue to have PSA (prostate specific antigen) blood tests to check if the cancer is still present in the body, or has returned in some form. Because PSA is a protein produced by both normal prostate and prostate cancer cells, when the prostate has been removed, any rise in the PSA (say to a level of 0.2), is highly suggestive of prostate cancer returning and in most cases will detect problems a long time before scans will show any cancer. Not all men who have a rise in their PSA after surgery will ever develop problems from their cancer, even without treatment. In some cases, the cancer growth is so slow that patients will die of other causes before the cancer ever causes problems.

WILL THE CANCER RETURN?

After a radical prostatectomy, a pathologist will carefully examine the prostate gland which has been removed. There is some chance that the PSA will rise again in the future if the cancer has grown:

- to the edge of the prostate gland (positive margins)
- outside the capsule or lining that encloses the prostate (extracapsular extension)
- into the seminal vesicles (the glands that sit above the prostate)

RADIOTHERAPY BENEFITS

There has been a lot of controversy about what should be done for men who are felt to be at high risk of their cancer returning after surgery. Recently, however, three important clinical trials have demonstrated a significant benefit to having radiotherapy up to four months after the operation^{1,2,3}. This is called 'adjuvant radiotherapy'.

FROM THE CEO



The recent few months have been a very interesting time for PCFA.

On the one hand we have felt, like many other charities, pressure on our traditional income streams as people struggle to deal with the impact of the current financial situation. Our income has been down across the board – however I have been very grateful for the fact that although the dollar amount of donations is down – the number of donations has stayed the same. This is a wonderful example of the commitment of all of our supporters that even in these tough times you still view our work as vital and while some donors cannot commit at their normal traditional level – they are still supporting our work. Thank you for sharing our passion and let me assure you that despite the economic climate, PCFA has made a commitment not to cut back on any of the vital services that we provide free of charge to men with prostate cancer and their families across Australia. As always if you need help or support just contact your local PCFA office.

PCFA has also been very active in the recent Federal Government initiatives around the development of an inaugural National Men's Health Policy. PCFA has had a presence of staff, Support Group members and Ambassadors at all of the public forums around the country. Our aim was to ensure that the issue of prostate cancer was put front-and-centre of this new policy. Thank you to everyone who has helped in this process and I look forward to being able to update you on the draft of the policy in our next Newsletter.

The past few months have been sad ones for many of us as we have farewelled some great friends. This issue we pay tribute to the lives of three great men, Mr Victor Cipants, Mr Geoff Surtees and Mr James Dean.

Next issue we will pay tribute to Mr Richard Pratt who has lost his battle with prostate cancer just as this publication was going to print. Mr Pratt was a great friend and generous benefactor to PCFA and I would like to express our gratitude for his generous support and, in particular, his work to raise awareness of prostate cancer.

All these men will be sadly missed.

Andrew Giles

NATIONAL BOARD

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Jim Hughes
National Board Member
PCFA Queensland
Chairman Jim Hughes joined the Queensland board at the end of 2007. He has held a range of senior roles and directorships within the commerce and insurance sectors, and brings a wealth

of business acumen to PCFA, along with a confident, can-do attitude.

'Our board is a dedicated group of very capable people who share the same ideals,' said Jim. 'We're all prepared to roll up our sleeves and do what we can to beat the menace of prostate cancer.'

Jim has been national president of the Apex Clubs of Australia and is a Life Governor of Apex and Chairman of the Apex Foundation. He is also a past member of Rotary.

'In my experience, communities achieve the greatest outcomes if they're prepared to pull together to make things happen, he said. 'PCFA is a proactive organisation that is able to provide peak leadership to bring communities and expertise together for an essential common purpose.

'An enormous amount of work is being done to encourage men to get tested and raise awareness about prostate cancer. We still have a long way to go, but if PCFA continues to push as hard as possible with funding, scientific endeavour and worldwide collaboration, some day we hope to overcome this terrible disease.'

All three studies show that adjuvant radiotherapy halves the risk of the cancer returning and many specialists feel that this approach should be regarded as the new standard of care for all men who have had a radical prostatectomy and who have any of the risk factors.

The largest study (Bolla et al) compared adjuvant radiotherapy after surgery with 'observation' (or 'wait and see') and found that at 5 years, the radiotherapy group had a 72% chance of having a normal PSA, compared with 51.8% in the group that only had surgery. The Swanson study especially showed a large benefit in having adjuvant radiotherapy in patients where the cancer has grown into the seminal vesicles⁴.

	Likelihood of having a normal PSA at 10 years	Likelihood of having no metastases at 10 years	Likelihood of being alive at 10 years
With radiotherapy	36%	66%	71%
Observation	12%	47%	51%

RADIOTHERAPY IN PRACTICE

Advances in technology have improved radiotherapy dramatically over the last decade. Following surgery, radiotherapy generally involves around 30 15-minute daily treatment sessions over approximately 7 weeks. Most men will experience some side effects from radiotherapy and patients are monitored regularly. Many side effects go away shortly after radiotherapy is stopped, but in some cases side effects can be serious and long lasting. Short term side effects can include tiredness and fatigue, passing urine more often, discomfort when passing urine and worsening of urinary incontinence, especially if this was a problem before radiotherapy. Some patients may also notice more frequent and uncomfortable bowel motions, with mucous or spots of blood. In the long term, a small number of men may have problems with their bowels or with worsening urinary incontinence or reduced flow. Radiotherapy is also likely to have a negative effect on the recovery of erections or sexual functioning. This is more likely to happen if there were difficulties before the treatment. Serious injury to the bladder, bowel, urethra or other parts of the pelvis is rare.

AN ALTERNATIVE TO ADJUVANT RADIOTHERAPY

Adjuvant radiotherapy right after surgery has been proven to reduce the risk of prostate cancer returning, but commits all men to having radiotherapy, along with the potential side effects. Another approach which is practiced widely in Australia is 'active surveillance' where men are watched very closely, with regular clinic visits and PSA tests. Radiotherapy is only given if the PSA starts to rise. In this situation, nearly half the patients would be spared the inconvenience and possible side effects of radiotherapy. There is now evidence that this 'salvage radiotherapy' is also effective⁵, but it is not known whether this or adjuvant radiotherapy is a better approach. The only way to



Dr Andrew Kneebone.

find out is with a clinical trial to compare these two approaches. A major trial between the Trans Tasman Radiation Oncology Group (TROG) and the Urological Society of Australia and New Zealand, led by Dr Maria Pearse from Auckland Hospital and Dr Andrew Kneebone from Royal North Shore Hospital Sydney has just begun across Australia and New Zealand. This RAVES (Radiotherapy – Adjuvant Versus Early Salvage) trial is looking to recruit nearly 500 men soon after their surgery to either receive adjuvant radiotherapy, or to be watched closely and be given salvage radiotherapy if the PSA rises to 0.2. To participate, men need to:

- have had a radical prostatectomy
- have one or more risk factors – positive margins, extracapsular extension, cancer in the seminal vesicles
- have PSA after surgery of less than 0.1
- be able to start radiotherapy within four months of surgery

The PCFA is proudly supporting this important trial. For more information, contact lead investigator, Dr Andrew Kneebone: AKneebone@nscchahs.health.nsw.gov.au

- ¹ Bolla M, van Poppel H, Collette L et al. Postoperative radiotherapy after radical prostatectomy: a randomised controlled trial (EORTC trial 22911). *Lancet*. 2005 Aug 13-19; 366(9485):572-8.
- ² Thompson IM Jr, Tangen CM, Paradelo J et al. Adjuvant radiotherapy for pathologically advanced prostate cancer: a randomized clinical trial. *JAMA*. 2006 Nov 15;296(19):2329-35
- ³ Wiegel T, Bottke D, Willich N et al. Phase III results of adjuvant radiotherapy (RT) versus 'wait and see' in patients with pT3 prostate cancer following radical prostatectomy (RP) (ARO 96-02/AUO AP 09/95). *J Clin Oncol*. 2005; 23 (June 1 Supplement):4513
- ⁴ Swanson GP, Goldman B, Tangen CM, et al; Southwest Oncology Group 8794. The prognostic impact of seminal vesicle involvement found at prostatectomy and the effects of adjuvant radiation: *J Urol* 2008 Dec;180(6):2453-7
- ⁵ Stephenson AJ, Shariat SF, Zelefsky MJ et al. Salvage radiotherapy for recurrent prostate cancer after radical prostatectomy. *JAMA*. 2004 Mar 17;291(11):1325-32.



Victor Cipants and his wife Anne at the inaugural PCFA National Conference, November 2008.

Victor was totally committed to improving the quality of life of other cancer sufferers, not for a single minute did his dedication waver.

VALE VICTOR CIPANTS

BY GABRIELLE MORAN

Members of the Nepean/Blue Mountains Prostate Cancer Support Group have been celebrating the life of Victor Cipants who passed away on 4 February 2009. Victor's family had fled Latvia ahead of the advance of the Russian army in 1945, making a perilous journey to the port of Liepaja. They spent five years in refugee camps in Germany before being offered passage to Australia in 1949 as displaced persons. In 1991 en route home from work, Victor was involved in an horrendous car accident and after several serious operations had to learn to walk again. His ability to bounce back from this experience was proof of his tenacity and determination. In 2002 Victor was diagnosed with prostate cancer, and later, diagnosed with non-Hodgkins lymphoma. It was at this time that he joined a new support group which had been established for cancer patients in the area and today the group's growth to some 300 members has surpassed all expectations.

In 2004 Victor was elected the Group's President, a position he held until 2008 when he took over the role of Secretary. He was a tireless worker, both at a local level with members of the support group, and in the wider sphere dealing with PCFA and support groups throughout the state. Victor also made many friends within the group which subsequently developed into rich and rewarding relationships, and as he said on more than one occasion, 'Look at what I would have missed if I didn't have cancer'.

Victor particularly enjoyed the support group's board meetings held every two months at one of the member's homes. After the official business, there was always an afternoon tea with wine, cheese and great camaraderie, which inevitably strengthened the bonds between those present.

Together with his wife Anne, Victor was a delegate at the national PCFA conference on *Supporting Quality of Life* held in November 2008, on the Gold Coast and although unwell, like many others, he still managed to expand his knowledge of the insidious disease we know as prostate cancer, and returned home with a wealth of valuable information for support group members. Victor was totally committed to improving the quality of life of other cancer sufferers, not for a single minute did his dedication waver.

Victor's story is remarkable, as someone who started with nothing, gave of everything and would always be there for anyone in need. A man who would lighten the mood, make you feel better with his cheeky smile and who supported those around him no matter what. How would we describe him? There's only one way, 'A Good Man' with a great sense of humour, a kind, compassionate person whose strong leadership qualities benefited the community over many years, and who never made any secret of how deeply he loved his wife, children and grandchildren, and cared about his friends. He leaves behind an inspirational legacy in his zest for living and never giving up in the face of adversity, and the echo of his laughter will live in our hearts forever.

PROSTATE CANCER AND DEPRESSION

It's normal to go through the spectrum of negative emotions following a diagnosis of cancer – numbness, shock, anger, sadness and anxiety. However, these feelings generally ease with time, particularly when treatment begins.

In some people, however, these feelings can continue for a long time and could be a sign of depression or an anxiety disorder. Research shows that men with prostate cancer are nearly twice as likely to develop depression as men in the general community. Partners of men with prostate cancer also face a higher risk of developing depression and both men with prostate cancer and their partners are also at greater risk of developing an anxiety disorder.⁶ This may result from worry about PSA levels, concerns about treatments and potential side-effects and fear of the cancer recurring.

Supported by funds from the Movember campaign, *beyondblue: the national depression initiative* is pursuing research into the link between men's cancers and mental illness and with PCFA has produced a fact sheet on depression and/or anxiety and prostate cancer.

CEO of *beyondblue* Leonie Young said, 'It is essential that people recognise the signs and symptoms of depression and anxiety, and know what help is available and where to get it. These conditions are treatable and with help, most people recover.'

To order the fact sheet, or for more information visit www.beyondblue.org.au or call the *beyondblue* info line 1300 22 4636 (local call cost).



⁶ Couper, JW, Bloch, S, Love, A, Duchesne, G, Macvean, M and Kissane, DW (2006). The psychosocial impact of prostate cancer on patients and their partners. *MJA*, 185 (8), 428 – 432.

TOUR DE CURE – ON THE ROAD AGAIN

The Tour de Cure started over a coffee between two mates and is now an annual cycling tour that raises money to fund projects that help find a cure for cancer. On 29 May a team of 57 people will leave Brisbane to cycle 1,555km to Cairns in 10 days, with the aim of raising \$600,000.

Tour de Cure's 2007 and 2008 funds enabled the convenor of each of the 73 PCFA Support Groups, with their carer, to attend PCFA's inaugural national conference *Supporting Quality of Life* for men with prostate cancer last November.

The PCFA Jersey which was designed by Reg Mombassa for Mambo, is awarded for GUTS and in 2008 was won by David Campbell (pictured). You can support the Tour de Cure by purchasing this jersey – enquiries to mharris@prostate.org.au

For more information about dates and the route please visit www.tourdecure.com.au
To support the crew in their fantastic effort, donations can also be made on this site.

David Campbell, earning his GUTS jersey on a very, very steep hill.



PCFA 2010 CONFERENCE – ADVANCING QUALITY OF LIFE

PCFA's second national conference on *Advancing Quality of Life* will be held on the Gold Coast in 2010, and once again the conference will bring together the largest Australian gathering of prostate cancer survivors, clinicians and researchers. The 2010 conference will build on the great success of our first national conference held in November 2008. The national conferences are part of PCFA's comprehensive push to reduce the impact of the disease in Australia and to elevate its importance on the national health agenda.

PCFA is very enthusiastic to repeat the success of the inaugural conference and the scientific and medical discussions of the 2010 conference will be greatly enhanced by the participation of prostate cancer survivors and their families.

The conference will bring together hundreds of representatives from prostate cancer Support Groups, as well as other local and international consumer advocates, to participate in a direct dialogue with leading researchers and medical specialists from around the globe on the advances in approaches to managing prostate cancer in Australia.



Getting together at the *Supporting Quality of Life* national conference 2008. Left to right: Jim Kiefert (Chairman US Too), Dr Stephen Strum, Tom Kirk (President US Too), Andrew Giles (CEO PCFA), Tom Hudson (Chairman Europa Uomo) and Virgil Simmons (Chairman The Prostate Net).

To be held at Conrad Jupiters on the Gold Coast, the conference will feature three full days of workshops and presentations from Friday 4 June to Sunday 6 June 2010. Conference registrations open on 1 August 2009. For information please visit www.prostate.org.au or call 1800 668 137.



PIRTEK, THE PARRAMATTA EELS AND A FISHING CHALLENGE

Legendary rocker and long time PCFA supporter Angry Anderson joined forces with the Pirtek Parramatta Eels at the Good Friday match against the Dragons at Parramatta Stadium, to raise awareness for prostate cancer through the National Pirtek Fishing Challenge. At the match, PCFA volunteers handed out more than 6000 cards raising prostate cancer awareness and promoting the Pirtek National Fishing Challenge.

At the Pirtek National Fishing Challenge over the Easter Weekend, NSW Men's Health Ambassadors fished their hearts out to raise funds and awareness.



Left to right: Basil Williams and Tony Sonneveld tossing in a line.

A MEN'S HEALTH POLICY FOR AUSTRALIA

On 17 February the Australian Department of Health and Ageing began a series of community consultations that will lead to the development of a long overdue National Men's Health Policy. Announced in late November 2008, the National Men's Health Policy will focus on reducing the barriers men experience in accessing health services, tackling men's reluctance to seek treatment, improving male-friendly health services, and raising awareness of preventable health problems that affect men.

Along with the formal consultations, community groups are also encouraged to hold their own local discussions about men's health. At 78.7 years, life expectancy for Australian men is 4.8 years less than that of women. Men under 75 years are almost three times more likely to die from coronary heart disease, stroke and vascular disease than women, and Australian men have the second highest rate of bowel cancer in the world. Prostate cancer is the most common cancer diagnosed in Australia (excluding non-melanoma skin cancers). In 2006

some 18,700 new cases of prostate cancer were diagnosed in Australia. Tragically, in 2005 more than 2,900 Australian men died from prostate cancer.⁷

Despite these concerns, many men are still reluctant to seek medical help or even talk to someone about their health. Health policies are needed that recognise the unique needs of men and also address the specific health needs of communities of men who have the poorest health outcomes, in particular Aboriginal and Torres Strait Islander men, and men living in rural and remote areas.

Consultations have occurred around Australia and PCFA has taken the opportunity to attend these sessions. Areas raised by PCFA for inclusion in the proposed policy included:

- an audit of existing men's health services on either a national or state basis (government and non-government)
- the review of existing men's health projects and activities with a view to achieving government funding
- the establishment of a government department to facilitate increased linkages between government departments and non-government organisations to ensure more effective service delivery to men
- increased use of existing men's health networks as a means of delivering men's health messages and services
- increased research into men's health issues
- government assistance to drive men's health care messages to GPs and health care providers.

PCFA is grateful to the members of the National Support Group Network, our Ambassadors and other supporters and friends who have attended the sessions across the country and for their contribution to these important first steps to redefine the future of men's health in Australia.

Information on the proposed policy and the background papers, and a feedback form are available at www.health.gov.au/menshealthpolicy.



⁷ AIHW (Australian Institute of Health and Welfare) and AACR (Australasian Association of Cancer Registries) 2007. Cancer in Australia: an overview, 2006. Cancer series no. 37. Cat. No. CAN 32.

COFFS COMMUNITY SUPPORTS MEN WITH PROSTATE CANCER



Coffs Harbour Prostate Cancer Support Group convener Bruce Robertson joins PCFA NSW State Manager Wendy Farrow (far right) in thanking local members of the Coffs Harbour community on 19 February.

With the generosity of Coffs Harbour community groups and support from PCFA, the North Coast Cancer Institute at Coffs Hospital has purchased an ultrasound Bladder Scanner which will improve treatment for men receiving radiotherapy for prostate cancer.

According to Stuart Greenham, Area Manager Radiation Therapy, the Bladder Scanner will help his team to identify patients at risk and put in place processes to prevent side effects from occurring. 'When they do occur, it will help us better identify and respond to the precise needs of the patient,' he said.

The task of raising the \$18,000 for the machine was no easy matter, however. The local Prostate Cancer Support Group was able to draw on \$6000 raised earlier by the Coffs Harbour Businessman's Group for Prostate Causes, and this was matched by a PCFA grant for \$12,000.

GRANVILLE BOYS WALK TALL FOR MEN

When a group of Year 12 students from Granville Boys High School agreed they wanted people to view their school in a positive light, they decided the best way to show their qualities as men was to do something that would help men. The result was an 80km, two-day walk that not only brought the school and members of the community together, but also raised more than \$6000 to fight prostate cancer.

The boys planned the two day walk just before the start of the 2009 school year, from Granville Boys to Brisbane Waters Secondary College, Woy Woy and then set to work to promote the event and get as much support as possible, from donations of water, sausages, chops, bread and fruit, to backpacks, sunscreen and first aid kits. They also drew monetary support donations online and at school.

PCFA GOES MOTORBIKE CRAZY!

PCFA has received a flood of support from Australia's motorcycle enthusiasts with sponsored rides and requests for PCFA presence at these events.

Ulysses is an organisation for motorbike enthusiasts aged 40+ and at their AGM from 16 to 22 March, more than 3000 attendees were also met by Alan Moran and the PCFA team, along with Ambassadors and members of the Nepean Support Group who talked about all aspects of prostate cancer, PCFA activities (especially upcoming biking fundraisers), and local services.

On 5 April the first **Blue Ribbon Motorcycle Ride**, organised by Wayne Bradwell, travelled from Bosley Park to Picton with more than 300 riders helping to raise money for PCFA. And on the Easter long weekend, the annual **Barry Sheene Festival of Speed** race meeting was held at Sydney's Eastern Creek Raceway. Over 250 riders on vintage bikes attended to celebrate the life of motorcycling legend Barry Sheene. A race was named for PCFA and a portion of the weekend's takings donated to the Foundation, while PCFA manned an information stall.

The **Long Ride 2010** from 1 to 8 May 2010 begins in Sydney and finishes in Darwin although there will be five different routes winding to Darwin with riders meeting up in Charleville, Tennant Creek and Katherine. This is the second Long Ride event Chris Dunne has organised for PCFA, raising over \$20,000 in 2008.

For information see www.everydayhero.com.au/event/LongRide2010



Fundraising motorbike event veterans Bundy the blue heeler and Tex, hitting the tar to get the message out.

APEX GOLF DAY RAISES FUNDS FOR PCFA



According to John McGarry, 'Apex is a young men's service club, formed in Australia in the 1930s to develop the rising generation of youth. We have three basic aims – service, friendship, and citizenship. Over the past eight years, our Club, Burleigh Heads, has organised an annual charity golf day to raise funds for worthy causes, and the success of the day seems to grow each year.'

'For the 2008 charity day, our Club chose PCFA as the charity to benefit from the day. Some of our Club members have family and friends recently affected by prostate cancer and we felt it was the least we could do. As the Club is for men under the age of 45, we also felt Apex was a good platform from which to raise awareness of prostate cancer and to promote the need for men to have a regular check up to combat this horrible disease.'

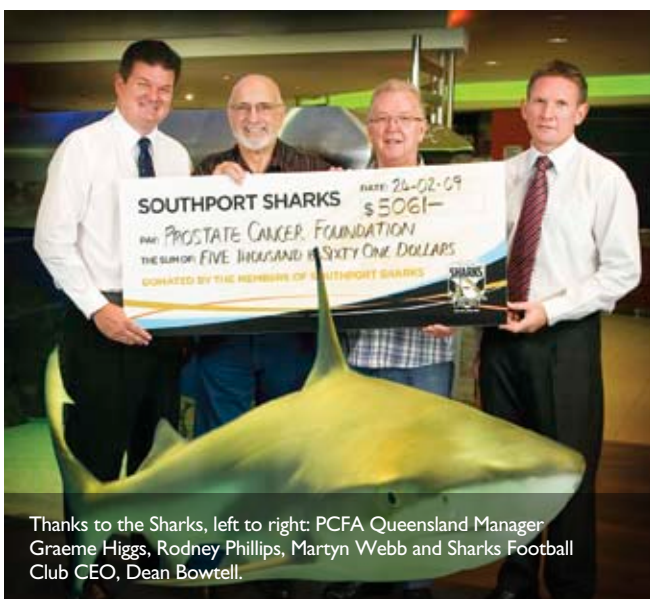
People interested in joining Apex can access the Apex Australia website to locate their nearest club and start becoming an involved community member and develop enduring friendships.

SOUTHPORT SHARKS IN FIGHT AGAINST PROSTATE CANCER

Committed to making a positive impact on the local community, the Southport Sharks' ongoing community program helps support causes which closely align with the club's own visions and values, as well as the values of their members.

One of the Southport Sharks' initiatives involves donating \$1 from every club membership to one of three charities, including PCFA.

'When members join or renew their membership with the Southport Sharks they can nominate one of the three charities, assured their donation is helping to make life a little easier for those facing tough challenges,' said Sharks CEO Dean Bowtell. 'The first donation of \$5,061 was raised from only the first quarter of the Sharks' financial year, so PCFA can expect another donation within the next couple of months.'



COMBINED MAJOR SUPERANNUATION FUNDS CONFERENCE

In his role as Executive Manager Business Development with Cbus the super fund for the construction and building industry, PCFA Board member and Support and Advocacy Committee Chairman, Peter Gebert, has been the organising force behind fundraising efforts conducted during the annual Combined Major Superannuation Funds (CMSF) Conference which have raised over \$200,000.

Over their three-day annual conference, CMSF representatives raise funds for PCFA and the National Breast Cancer Foundation (NBCF) by running a golf day, holding a serious raffle and conducting a silent auction.

Many of the large superannuation companies attend the CMSF conference and often use reports to their members to promote health issues. This year over 1100 delegates attended the conference on the Gold Coast and raised \$55,000, which will be split between PCFA and NBCF.

'Naturally I'd like PCFA's share to be used in helping the Support Group network,' said Peter, who also acknowledged the role of Macquarie Bank as one of the major sponsors of the golf day.

'This reflects their ongoing commitment to CMSF's fundraising and is very much appreciated,' he said.

10 YEARS FOR THE WESTGATE SUPPORT GROUP



Westgate Support Group founding members, left to right: Noel Cartwright, Les Mather (volunteer convenor) and Ken Edgar.

This year the Westgate Support Group celebrated its 10th anniversary with a lunch on 2 March for 50 people including founding members Les Mather, Noel Cartwright and Ken Edgar, along with Robyn Metcalf from the Cancer Council Victoria (CCV), who assisted with the formation of the Support Group.

The CCV was also represented by Doreen Akkerman AM, Director of the Cancer Information and Support Service, who addressed the audience and spoke of the historical importance of the Westgate Support Group and how it is highly valued by the CCV.

PCFA was represented by Community Partnerships & Health Promotion Manager, Jo Fairbairn, who highlighted the commitment and dedication of the Westgate Support Group Convenor, Les Mather, a passionate volunteer, supporting men and providing information and resources for men in the western suburbs of Melbourne.

MURRAY MEANDER SUPPORTS RURAL NURSES

Men in rural and regional Australia have a 21% higher prostate cancer mortality rate than men in capital cities.⁸ To help improve services for rural men along the Murray River, special Rural Prostate Care Nursing Scholarships of \$5000 each were awarded in February to seven nurses from Echuca and Kerang. The scholarships are provided by PCFA and Echuca Health and sponsored by the Horizon Committee Ltd-2009 Murray Meander with a donation of \$35,000.

The Murray Meander comprises a fleet of tinnies travelling along the length of the Murray River. In February 2009 the

event started at Brigenbrong Bridge near Corryong and finished after 700km at the Port of Echuca. PCFA Ambassador Roy Francis spoke at local Rotary and Lions Clubs along the way and was on hand to present the scholarships at the Moama Bowling Club.

For more information on the Murray River Prostate Care Nursing Scholarships contact Jo Fairbairn at jfairbairn@prostate.org.au or visit www.horizonechuca.com for more information on the 2010 Murray Meander.



Rural Prostate Care Nurses, from left to right: Kerri Pearn, Monica Harrop, Jenny Kerslake, John Carey (Echuca Health Head Clinical Nurse Educator), Bianca Fleming, Serena Morely and Nicole Gladwin. Bernadette Gray not in photograph.

⁸ Michael D Coory and Peter D Baade. Medical Journal of Australia 2005; 182 (3): 112-115. Urban-rural differences in prostate cancer mortality, radical prostatectomy and prostate-specific antigen testing in Australia.

NEW BENEFITS TO A HEALTHY HEART



Dr Mark Moyad spreading the message of the importance of a healthy heart.

New research is showing that having a healthy heart can reduce the risk of dying from prostate cancer and Dr Mark Moyad, Director of Preventive and Alternative Medicine at the University of Michigan Medical Centre, has been travelling the country as the guest of PCFA, spreading the word at Men's Health Evenings.

Following very successful presentations in Melbourne, Dr Moyad spoke at a Men's Health Evening in Perth on 17 March on how Australian men can make a difference by changing their lifestyle and diets.

'We need to start thinking broadly about our health and how conditions such as cardiovascular disease can impact our bodies in other ways. A vast majority of men with prostate cancer die as a result of cardiovascular disease, and our research overseas has shown that men with high PSA (prostate specific antigen) levels tend to have high or very high cholesterol levels,' said Dr Moyad.

'Quite simply, men have to get more motivated to increase their exercise and lower their cholesterol levels. We already know that lack of exercise and poor cardiovascular health can lead to a raft of health issues, this is just one other reason to improve heart health.'

According to Dr Moyad, you can have a healthier life after prostate cancer with:

- a minimum 30 minutes every other day of weight-bearing and aerobic exercise
- supplements including vitamin D, calcium, Women's multivitamin, Omega 3, and flax seed
- a balanced diet
- reduced cholesterol
- decreased 'belly-fat' and
- practice moderation, especially alcohol.

These important health information events are supported by Abbott. Thanks to Abbott and Dr Moyad, his book *Promoting wellness for prostate cancer patients*, is available to every Australian PCFA-affiliated Support Group.

A FAMILY FUN DAY AT YANCHEP



Tara and her cousins raising awareness of prostate cancer at Yanchep.

Yanchep is a small community 50km north of Perth where young businesswoman Tara Annandale lost her grandfather to prostate cancer last year. She decided to raise awareness and funds for breast and prostate cancer by arranging a Family Fun Day.

Local business provided media coverage and sponsorship, enabling activities for children and live entertainment throughout the day. Tara's boyfriend and extended family were all involved. Grandmother Lynn said, 'We all miss Kevin very much, but I see him everyday when I look out to sea where his ashes are. I am very proud of Tara for making others aware of this disease.'

PCFA received \$2100 from the day.

FREMANTLE LECTURE

The Fremantle Maritime Museum donated its lecture theatre for a lecture on 21 March by local urologists, Drs Thavaseelan and La Bianca on treatment options for urinary incontinence and erectile dysfunction, including surgical implants. These serious topics were addressed factually, but with humour, and questions from the 40 men and women in the audience resulted in lively discussion.

VALE JAMES DEAN: MOVEMBER HERO



James Dean, Movember hero, 2008

Movember 2008 was an astounding success, with over \$17.5 million raised in Australia alone to support the vital work of PCFA and *beyondblue: the national depression initiative* in the fight against prostate cancer and depression. Of the 124,622 registered Mo Bros and Mo Sistas around the country, there is one in particular whose inspirational Movember effort will be remembered for years to come.

James Dean grew up in Sydney and studied arts and science at the University of Sydney, where he also met his future wife Stephanie. After completing further study in Europe and a Master of Teaching degree, James went on to teach at high schools in Sydney and Orange in western New South Wales. Sailing was his lifelong passion and he loved working on boats in Sydney Harbour or participating in regattas, including the Sydney to Hobart Yacht Race.

In 2007, shortly after he and Stephanie were married, James was diagnosed with mediastinal germ cell cancer. During his illness James endured months of chemotherapy and radiotherapy, as well as chest and brain surgery. In late 2008 he was admitted to Royal Prince Alfred Hospital after the cancer spread to his spinal cord, resulting in paraplegia.

The radiotherapy had caused James to lose the hair on his head, but he was still able to grow facial hair. Determined to make the best of a bad situation, James joined the Movember fundraising drive and set about growing a moustache to help raise money and awareness. From his hospital bed he garnered the financial support of family, friends, friends and the wider

community and wrote a daily blog on the Movember website, with photo updates of his moustache. Word continued to spread and James was interviewed by Adam Spencer on 702 ABC Radio about his personal cancer experience and commitment to the Movember cause.

Through his amazing dedication, James became the highest Movember fundraiser worldwide in 2008, personally raising over \$39,000 in donations for his mo-growing effort. He was also part of a fundraising team of family and friends called 'Rebel with a Cause' whose collective tally was over \$42,000.

Like his famous namesake, James did not enjoy a long life and he sadly passed away on 24 January 2009 at the age of 29. His funeral was attended by over 600 people, a testament to how loved he was by those who knew him.

'James was a very easygoing and positive person, who never got angry about his diagnosis or treatment,' said Stephanie. 'He loved teaching others, whether as a scout leader, teacher or sailing instructor, and is fondly remembered by many as a friend and mentor. It's a great tribute that during his short life so many people learned from him or were touched by his story.'

Movember co-founder Luke Slattery commented, 'James was truly an inspiration and is one of the reasons we do what we do at the Movember Foundation. Even in the face of adversity James was passionate about doing all he could in the hope that fewer men in the future will have to experience what he went through.'

THE VALUE OF SUPPORT GROUPS



Our main focus this year will be to try and engage better with the entire medical world and to educate them on the benefits of referring more people to the Support Group network for assistance.

Bill McHugh (top) and Peter Gebert, new Support and Advocacy Committee Chairman.

In 2009, after two intensive years, Bill McHugh stepped down as Support and Advocacy Committee (SAC) Chairman, with Peter Gebert taking up responsibility for the 84 support groups affiliated with the PCFA around Australia.

'Bill McHugh's leadership has been outstanding,' said Peter Gebert, 'and he has placed SAC and the Support Groups in a great position where we can go forward with a lot of confidence.'

'There has been a significant growth in the number of support groups from 69 at the beginning of 2008 to 84 in 2009, with around 10 more due to join in the next three months. These encompass between 8000 and 8500 regularly attending members, with Chapters in every state and territory, but with the greatest concentration in Queensland. Each Chapter has an elected Council to provide governance and direction and to strengthen business relationships at a state level and to liaise with PCFA employees and boards.'

'Our main focus this year will be to try and engage better with the entire medical world and to educate them on the benefits of referring more people to the Support Group network for assistance.'

'I believe our Support Group resources for newly diagnosed men are exceptional. We want to prove to the medical world that they should be comforted that the PCFA Support Group network can play a vital role in helping men and their families get through the various treatments that they face.'

'The best way to learn about a journey that you're about to take is to talk to someone that has returned from the same

journey. With so many men in our groups who have been through the various prostate cancer treatments, we can talk first hand about various issues.'

'PCFA does a great deal to persuade men to talk to their doctors about prostate cancer. We now need the medical profession to refer those men who need support to the groups best equipped to give it.'

Other plans for 2009 include:

- Gaining appropriate training in being a consumer representative for research, trials and committees.
- Advocating for a representative unit for prostate cancer sufferers within Australian Government health departments.
- Developing a research project to investigate the value of community care nursing for prostate cancer sufferers

Peter Gebert comes to the role of SAC Chairman after three years with his local Support Group, two years on the Victorian Board of the PCFA and two years on the SAC. As Executive Manager Business Development with Cbus the super fund for construction and building workers, he has been involved with fundraising for the PCFA for five years, especially through the annual Combined Major Superannuation Funds Conference.

'I am also trying to get all the large industry super funds to engage with their members about health matters such as prostate cancer. My employer Cbus has 570,000 building workers of whom 94% are men and we educate them about prostate cancer as one of the biggest killers of men.'

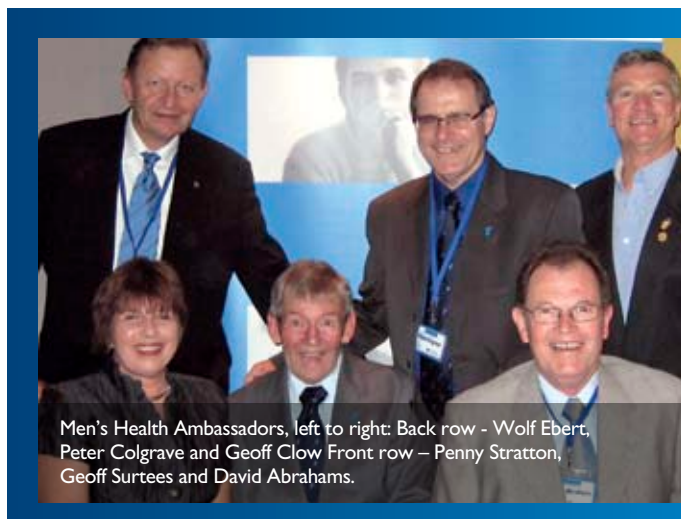
AMBASSADORS

TASSIE HEROES – PETER COLGRAVE AND GEOFF SURTEES

Peter Colgrave, a real estate agent from Tasmania, has been raising money for men's health since 2003. In 2006 he began working with PCFA to help combat prostate cancer by raising awareness among Australian men. As part of the National Men's Health Ambassador Speaker Program, Peter frequently addresses community groups and professional organisations to spread the word about prostate and continence health and the importance of early prostate cancer detection. As a fundraiser, Peter coordinates an annual Golf Day that raises between \$5000 and \$7000 each year and in 2008 he organised a highly successful Men's Breakfast in the lead up to Father's Day.

'Knowing we're making a difference is the most rewarding aspect of being involved with PCFA,' said Peter. 'Awareness is the most important thing – getting men to recognise any symptoms they may have and encouraging them to get tested early.'

Fellow Tasmanian Geoff Surtees was also dedicated to spreading PCFA's message to as many men as possible. A PCFA Ambassador since 2006, Geoff inspired others with his personal story of how early testing helped him to overcome bowel cancer and prostate cancer. To honour his outstanding work for PCFA, in February 2009 Geoff was named patron of



Men's Health Ambassadors, left to right: Back row - Wolf Ebert, Peter Colgrave and Geoff Clow Front row – Penny Stratton, Geoff Surtees and David Abrahams.

the National Men's Health Ambassador Program. Sadly, after being diagnosed with motor neurone disease in late 2008, Geoff passed away on 3 April 2009, while at home with his wife Judith.

According to PCFA Community Partnerships and Health Promotion Manager, Jo Fairbairn, 'PCFA is very proud of Geoff and his wonderful work and leadership as a PCFA Ambassador Speaker in Tasmania from 2006 to 2008.'

According to Peter Colgrave Geoff helped spread our message to men all across Tasmania and was truly an inspiration.

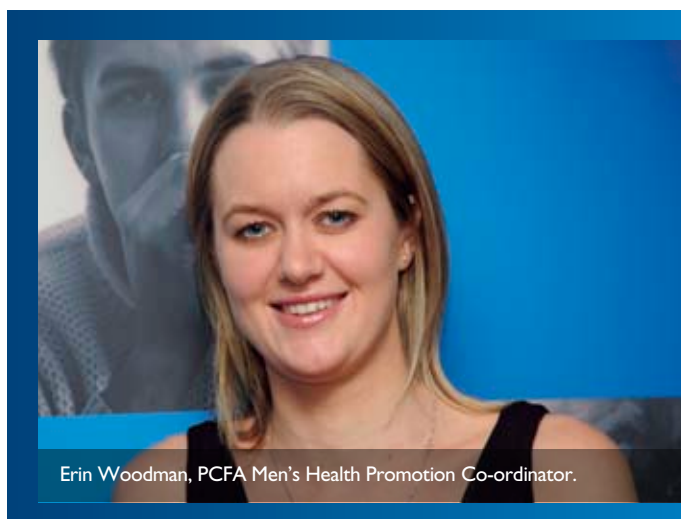
ERIN WOODMAN

Erin Woodman completed a Bachelor of Health Science Degree in 2007 with first class honours, majoring in health promotion, psychology and disability studies.

Erin joined PCFA in July 2008 as Men's Health Promotion Co-ordinator and manages all aspects of the National Men's Health Ambassador Speaker Program, which is funded by the Australian Government Department of Health and Ageing under the National Continence Management Strategy, National Men's Continence Awareness Project.

'My role varies from day to day,' said Erin. 'It includes liaising with government, PCFA staff and community organisations; marketing the program; planning events and training programs; welcoming Ambassadors to training in every state and territory and supporting Ambassadors in the community.'

PCFA currently has 85 Ambassadors nationwide who work tirelessly to get more Australian men talking about their health, which is the first step towards the early detection of prostate cancer and continence health issues. By June 2010, Erin hopes to see the



Erin Woodman, PCFA Men's Health Promotion Co-ordinator.

Ambassador Speaker Program reach 50,000 Australian men.

'The most rewarding thing about my job is working with a national team of volunteers devoted to raising awareness of men's health,' said Erin. 'The Ambassador Program is very exciting as it truly has the capacity to change people's lives.'

HEALTH AMBASSADOR SPEAKER TRAINING



Ambassador Speaker Training in Brisbane, left to right: Fiona Rogers (Sippy Downs, Physiotherapist), Trish Husband (Cungulla, Townsville, Community Nurse), Kay Josephs (Continece Nurse Advisor and lecturer on Continece Health), Craig Allingham (Buderim, Physiotherapist), Ros Male (Dundowran Beach, Continece Nurse), Joanne Curtis (Longreach, Continece Nurse), and Trish Sorbello (Andergrove North Mackey, Cancer and Palliative Care Nurse).

The National Men's Health Ambassador Speaker Training for Queensland was held in Brisbane in February and included six health professionals (two physiotherapists and four nurses). The next month one of the new Ambassadors, Trish Husband, assisted the Continece Foundation of Australia with a very successful seminar entitled Everybody's Business in Townsville,

Queensland, and also presented on the National Ambassador Program to the large crowd of health professionals from all over Queensland. The Townsville Prostate Cancer Support Group, led by convenor Merv Albion, manned the PCFA information booth.

Ambassador Speaker training was also held in Hobart in February with Ambassadors travelling from Sydney, Warrnambool and rural Tasmania to attend training. Trainees included David Gregory, Hobart Prostate Cancer Support Group convenor and Cancer Council Tasmania speaker and Terri Cooper, Continece Nurse Advisor, who also gave the lecture on continece health at the Ambassador Training.

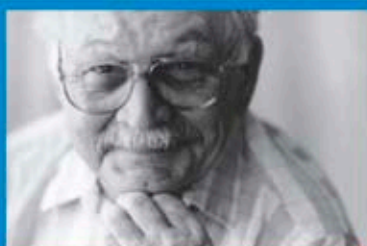
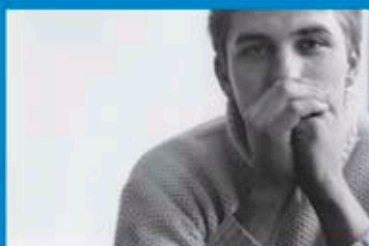
The training session in Cliftons in the ACT in April saw 12 new Ambassadors trained, including four from the ACT, three from NSW and five from SA. This session was attended by Bev Hamming from the Australian Government Department of Health and Ageing which funds the National Men's Health Ambassador Speaker Program. RogenSi Executive Public Speaker Training Consultant David McQueen provided his expertise and Continece Physiotherapist, Irmina Nahon, was the expert continece health presenter.

MEN'S HEALTH AMBASSADOR SPEAKER PROGRAM

Invite a National Men's Health Ambassador Speaker to present on Prostate Health and Continece Health to your:

- Community Group
- Organisation
- Corporation
- Local Council
- Sports Club
- University
- Industry
- Men's Health Event

Our target is to TALK ABOUT Men's Health with 50,000 people nationally YOU can help!



Australian Government
Department of Health and Ageing

Please contact 1800 206 700
ewoodman@prostate.org.au

 Prostate Cancer
Foundation
of Australia

PERTH ROTARY RAISES NEARLY \$19,000 FOR THE FIGHT AGAINST PROSTATE CANCER.



The 21st Vienna Pops performance was held on New Years Eve 2008 at the Perth Concert Hall. This event, supported by the WA Youth Orchestra, allowed Perth Rotary to raise nearly \$19,000 for prostate cancer.

THANK YOU TO ALL OUR DONORS, PARTNERS AND SPONSORS FOR YOUR GENEROUS SUPPORT.

MEN'S HEALTH PARTNER: MOVEMBER FOUNDATION



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