

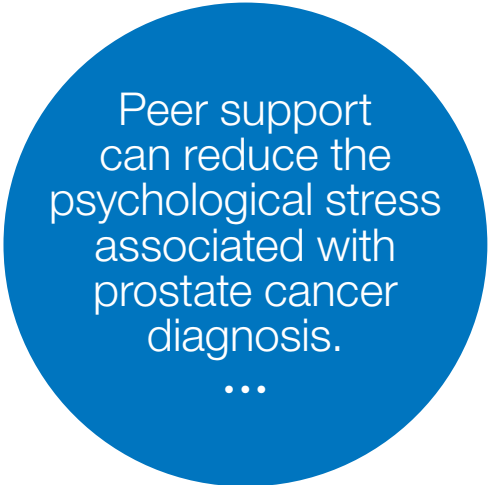
SUPPORT GROUPS FOR PEOPLE AFFECTED BY  
**PROSTATE CANCER**



**Prostate Cancer  
Foundation of Australia**

# WHAT IS A SUPPORT GROUP?

A **support group** is a group of men and women who have been affected by prostate cancer. They are often either dealing with a current diagnosis of cancer or are survivors of cancer. They meet on a regular basis to help each other, discuss shared experiences, and learn more about the disease and how to manage it.



Peer support can reduce the psychological stress associated with prostate cancer diagnosis.

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## **SUPPORT GROUPS IN THE COMMUNITY**

Support groups help raise awareness of prostate cancer in their local communities. Many groups invite guest speakers such as nurses, doctors, nutritionists, social workers, physiotherapists and pharmacists to provide people with more information.

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In Australia, around 20,000 men are diagnosed with prostate cancer each year and more than 3,000 men die of it — more than the number of women who die of breast cancer.

It's nice to have someone to confide in that you feel is in the same boat and that really knows what you're going through.

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### **WHY JOIN A SUPPORT GROUP?**

Studies have documented that a diagnosis of cancer can be very stressful. Peer support from people with similar experiences has been found to be very effective in reducing this stress. Peer support is a system of giving and receiving help, founded on the principle of mutual respect and shared understanding of the cancer journey for people with prostate cancer. The opportunity to connect with peers with lived experience of cancer can be very powerful to reduce psychological stress.

Some of the many reasons to join include:

- To avoid feeling isolated and alone
- To feel cared for – it's like being part of a family
- To meet others who are going through the same thing as you
- To talk it through so you feel less anxious about your cancer
- For encouragement, optimism and inspiration
- To receive and provide others with support
- To gain relief from feelings of fear and depression
- To be able to ask questions and discuss your concerns
- To learn more about prostate cancer through guest speakers, books, DVDs and newsletters.

Studies have shown the psychological stress associated with any cancer diagnosis and found that peer support can reduce this stress. Evidence suggests that support groups can improve quality of life for people with cancer and their carers.

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### **HELP RAISE AWARENESS OF PROSTATE CANCER**

Through your own experience and the knowledge you gain about prostate cancer through your support group, you can help raise awareness of prostate cancer amongst your friends and colleagues.

Support groups provide the opportunity to get involved in awareness and fundraising activities in the local community.

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### **SUPPORT GROUP ACTIVITIES**

Activities will vary from one support group to another, but often include the following:

- A range of guest speakers to help you learn more about various aspects of prostate cancer
  - Social events
  - Awareness and fundraising activities
  - Access to resources and information about prostate cancer
  - Regular meetings and discussion.
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### Nutrition

Enjoy a wide variety of foods from the five food groups everyday. Healthy eating is easy! For more information visit: [www.eatforhealth.gov.au](http://www.eatforhealth.gov.au)

### FURTHER INFORMATION

- 1800 220 099 or [www.pcfa.org.au](http://www.pcfa.org.au)
- 1800 624 973 or [www.canceraustralia.gov.au](http://www.canceraustralia.gov.au)
- 131 120 or [www.cancer.org.au](http://www.cancer.org.au)
- 1300 303 828 or [www.andrologyaustralia.org](http://www.andrologyaustralia.org)
- 1800 020 103 or [www.healthyactive.gov.au](http://www.healthyactive.gov.au)

### Support

PCFA has affiliated support groups in every state and territory for men and their families affected by prostate cancer.

### To volunteer

PCFA has a number of opportunities for people to assist with our work through fundraising and community education activities.

*For further information, please email us at [enquiries@pcfa.org.au](mailto:enquiries@pcfa.org.au)*

Many members  
have received  
medical treatment  
and live happy lives  
post treatment.

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The support group network includes over 150 affiliated groups in every state and territory who meet locally to provide peer support.

RAISE  
AWARENESS  
OF PROSTATE  
CANCER  
AMONGST  
YOUR  
FRIENDS  
AND FAMILY.



Featured on the cover:



**DAVID BUCKINGHAM**  
Sydney Shine a Light  
Support Group



**TONY KAY**  
Sydney Shine a Light  
Support Group



**ADRIAN LESTER**  
Perth Support Group



**LYN NORTHAM**  
Geelong Support Group

Prostate Cancer Foundation of Australia (PCFA) is a broad-based community organisation and the peak national body for prostate cancer in Australia.

We are dedicated to reducing the impact of prostate cancer on Australian men, their partners, families and the wider community.

**PCFA's five values are:**

- Integrity
- Optimism
- Compassion
- Respect
- Commitment

**RESEARCH  
AWARENESS  
SUPPORT**

For further information or to make a donation, please contact us on:  
**1800 220 099** (toll free)  
or visit: **pcfa.org.au**

All donations of \$2 and over are tax deductible and enable PCFA to develop services for men and their families with prostate cancer.

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