



**COMMITTEE:**

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PO Box 241 Ivanhoe Vic 3079  
Annual subscription - \$5

Meetings: 10:00am -12:30pm  
Uniting Church Meeting Room  
Seddon St, Ivanhoe

**CALENDAR 2012**

Wed 13th June 2012  
Wed 11<sup>th</sup> July 2012:  
[10<sup>th</sup> Birthday celebration](#)  
Wed 8<sup>th</sup> August 2012  
Wed 12<sup>th</sup> September 2012  
[PSA & Prostate markers](#)  
[Ken Sikaris](#)  
Wed 10<sup>th</sup> October 2012  
Wed 14<sup>th</sup> November 2012  
[Erectile Dysfunction](#)  
[Chris Love](#)  
Wed 12<sup>th</sup> December 2012  
followed by [Xmas lunch](#)

**CALENDAR 2013**

Wed 13<sup>th</sup> February 2013  
Wed 13<sup>th</sup> March 2013  
Wed 13<sup>th</sup> March 2013  
Wed 10th April 2013  
Wed 8th May 2013

Remember, the PCFA's Localised Prostate Cancer Patient Pack is available to newly diagnosed men from local pharmacies including nationally all ChemMart Pharmacies and Terry White Chemists. Ask your urologist for a voucher or contact Patrick Woodlock.

*Prostate Heidelberg supports men with prostate cancer, and their families and carers. The support takes the form of shared experiences and knowledge from books, subscriptions, internet sites and help lines.*

**DISCLAIMER**

Information contained in this newsletter or discussed at meetings, should not take the place of proper medical advice from a qualified health professional. The services of a qualified health practitioner should be sought before applying the information to particular circumstances. This disclaimer is issued without prejudice.

**OUR CULTURE**

1. Show respect to members and speakers;
2. Listen and allow people to speak;
3. Respect confidentiality;
4. Allow new ideas to be shared.

The Prostate Heidelberg Cancer Support Group last met on 9<sup>th</sup> May 2012 at the Ivanhoe Uniting Church Meeting Room at 10:00 am with 16 members in attendance. Partners or carers are welcome to all meetings.

**Guest Speakers, Drs Taylor and Lawrence**

The meeting on May 9th was fortunate to be addressed by Dr Renea Taylor and Dr Mitch Lawrence from Monash University Medical Research Institute. They spoke about the research they are doing on tissue samples obtained from radical prostatectomies. In simple terms they discussed the different types of cells and how one particular type "carcinoma-associate fibroblasts", are associated with causing normal prostate cells to become cancerous

Separately we had a lengthy discussion about erectile dysfunction and its treatment. Members generously spoke on their personal experiences, successes and failures, with various treatments, e.g. vacuum pumps, PDE-5 inhibitors (Viagra, Cialis etc), cajojet injections, and penile implants."

**JULY'S 10<sup>th</sup> BIRTHDAY CELEBRATIONS**

A special reminder: we are celebrating our 10<sup>th</sup> birthday on Wednesday 11<sup>th</sup> July with a lunch at 12:30pm (immediately following our normal meeting). Banyule's Mayor, Tom Melican, is our guest speaker. Please tell your friends. If you know past members, invite them as well. Banyule Council have donated the catering. Reserve the date for yourself and partners.

For catering purposes, RSVP by the 4<sup>th</sup> July to 9480 2070 or [prostateheidelberg@gmail.com](mailto:prostateheidelberg@gmail.com).



## **FINANCIALS**

As of the end of May, Prostate Heidelberg has \$4,878 in the bank account.

### **Successful Health Condition Support Grant - 2011/12 and 2012/13**

We are yet to receive the Health Condition Support Grant monies (\$2,000 in each of 2011/12 and 2012/13). The group's application was approved. Under the Agreement, the allowed expenditure is to cover meeting hall rental, stationery, photocopying, postage, telephone costs, promotional material, advertising in local media, and books/CDs/DVDs for the library.

Other income that makes up our balance includes \$3,342 from 2011 Bunnings Fathers' Day Fund-raising. This money allows expenditure on speaker costs, web sites and other items not included in the Health Condition Support Grant.

### **Budgeted expenditures**

It is exciting that PHCSG has this money, but a Budget is needed to spend it wisely and without waste. The PHCSG's Steering Committee has developed a Budget that plans to expend this money strategically and according to the group's priorities. The major expenditures planned are outlined below.

### **Library**

The group wants to continually upgrade the library and buy the latest books and media that support the members and people seeking support from the group.

### **Expand the support group's role**

As a group, we are involved in 2 projects that are seeking to show that support groups can help men diagnosed with prostate cancer (and others on the journey with them) at time of diagnosis, and also throughout their journey. The group also wants to investigate how we support families of men who die of or with prostate cancer - a first observation is that we have to know the families before the time of grief.

### **Evening Meetings**

It is not possible to support everyone with only monthly morning meetings. The group will look at expanding its audience by perhaps evening meetings, formally networking with other support groups meeting in the evenings, and/or running information sessions in evenings.

### **The web site - [www.prostateheidelberg.info](http://www.prostateheidelberg.info) - and other IT expenses**

A web site can introduce people to the group's ability to support them on the prostate cancer journey. So far, Max has done a lot on the cheap. A professional site costs more. The purchase of updated hardware and software to support the speakers' presentations is something we need to continually update.

### **Advertising and Promotion**

It is important that the group lets people know who we are and when we meet.

Our catchment area is broad in that members come from the large area best described as Melbourne's North East Metropolitan Area. But members receiving the newsletter include people in regional Victoria, Northern Territory, New Zealand, and Canada. The Austin Health's catchment area coincides with the group's, but we are not the only prostate cancer support group operating in this catchment.

The above is an outline of PHCSG's finances. The feedback of the members is important to ensure there is no wastage, and that the member's opinions are heard.



## **QUESTIONS & ANSWERS**

### **WHAT CAN A CANCER SUPPORT GROUP OFFER ME?**

#### **Cancer is an emotional roller coaster**

The cancer journey, no matter how short, is an emotional journey as well as physical. The physical is addressed by the medical professionals. Most people on the journey do not seek psychological counselling unless the emotional side becomes depressed.

#### **You need a good support network. A Cancer support group can form part of this network**

Your support group provides the emotional support that is so important on the cancer journey. You may have your own support group in your family and friends. Each of us on the cancer journey needs a good support system in order to cope throughout the different stages of the process. But the services offered by a CANCER support group (CSG) can be different and complementary to those of a personal support group.

#### **A trusting environment to share you concerns**

The group is anonymous in that usually you don't know people in the group outside the group. The CSG provides a confidential and trusting environment where you have an entitlement to express concerns that are important to you; in turn, the group must listen with respect and empathy. Being able to express your concerns is a very healing process. I have seen situations where a couple use the CSG to express (through the group) their deepest fears. Really the couple are talking to each other about concerns which they are not normally able to express.

#### **Your cancer is unique but others have shared stages while on their journey**

Each cancer journey is unique. Therefore other persons' opinion and experiences most often do not apply in your case. A CSG is more aware of your journey's uniqueness while providing empathy and support from people who have travelled similar stages on the journey as you.

#### **Survivors can give you hope and coping mechanisms**

The prostate CSG is usually populated by survivors. This is because prostate cancers (last count there are 26 different prostate cancers) usually develop in bursts over years. Generally, unless you have Stage IV prostate cancer and are under 75, you will die WITH the cancer rather than OF it. A CSG can help you get through any medical procedures and medications while you get control of the cancer. Then the group can help you to move on with your life. Even having advanced prostate (Stage IV) cancer, where nothing progresses for years, can be emotionally draining; but you can get on with living (until the cancer goes to a next journey stage).

#### **Information to ask questions of your urologist**

A CSG can provide access to the most current information regarding available treatments (sometimes you can gain access to information often not available anywhere else). Therefore through libraries, shared experiences, snippets of information picked up in a CSG or elsewhere, you will often be offered enough information to understand what urologists/oncologists recommend and where your treatment is heading. Sometimes you pick up information that forms a question to your medical professional. A rule in the CSG is that nothing applies to you unless your medical professional (usually your urologist/oncologist) says it does. If you are not sure, ask until you are satisfied.

#### **Improves your health to share experiences**

Becoming part of a CSG can help people feel less isolated and distressed, and improve the quality of their lives. Apart from improvements in confidence, wellbeing, stress, and interpersonal comfort, cancer support groups are being studied for their direct effects on improving health of people who attend them. Some theories about these benefits ascribe health improvements to reduced stress from talking about emotional issues (the "placebo" effect) and learning about treatment options through interaction with others with common issues.



**UPCOMING EVENTS and SPEAKERS CONFIRMED;**

Wed 10<sup>th</sup> July, 12:30pm - 2:30pm **Prostate Heidelberg's 10<sup>th</sup> birthday** with City of Banyule's Mayor, Tom Melican, our guest speaker.

Wed 12<sup>th</sup> September, **Dr Ken Sikaris**, Director of Chemical Pathology, Melbourne Pathology.  
Topic: "How to interpret PSA and the latest developments in Prostate markers"

Wed 14<sup>th</sup> November, **Dr Chris Love**, Specialist in Urological Prosthetics, Bayside Urology.  
Topic: "Erectile Dysfunction"

**LIBRARY SNIPPETS**

Including material from the PCFA, the Cancer Council and other expert organisations, the PHCSG library includes books, pamphlets and DVDs on topics such as advanced or localised prostate cancer, treatments, incontinence, sexual dysfunction, diet and health, and a myriad of other titles. We encourage borrowers to return books. An important part of support is information dissemination; Therefore the policy is that if you really need to have your own copy of a book/CD/DVD/magazine, return it, and the support group will try to get you a copy (if in print). If you borrow material you found useful, let us know so others can share your enlightenment.

**PROSTATE CANCER SPECIALIST NURSE SERVICE**

The Prostate Cancer Specialist Nursing Service is a 3 year pilot program to trial 13 Prostate Cancer Specialist Nurses to provide care to those affected by prostate cancer in specific hospital settings.

There will be a full time Prostate Cancer Specialist Nurse employed directly by the Austin Hospital, and 12 others at selected hospitals in both metropolitan and regional areas in all States and Territories of Australia. Following the official launch and induction training on 3-4 May 2012, PCFA are providing ongoing education and support to the nurses throughout this trial following a structured program.

**Prostate Cancer Specialist Nurse Role**

The Prostate Cancer Specialist Nurse will be an expert point of contact for the man and his family providing both support and care to those affected by prostate cancer in a structured way.

The Prostate Cancer Specialist Nurse can help patients of their hospital in the following ways:

- By providing those affected by prostate cancer with ongoing point of contact and support.
- By assisting men access services both in their hospital and in their community during and after treatment.
- By providing men with reliable information about their diagnosis and treatment plan.
- By providing men with information on dealing with the effects of treatment and how to get further help to deal with specific problems they may have.
- By coordinating care - wherever a man is in his cancer journey.
- By helping men and families access a support group.
- By providing education and training to other health care workers as well as those affected by prostate cancer.
- By participating in projects and developments to improve care for those affected by prostate cancer.

Further information about the service can be obtained from the PCFA website through the following link: <http://www.prostate.org.au/articleLive/pages/Nursing-Program-Overview.html>



**NEXT MEETING:** 10:00 am to 12.30 pm, Wednesday 12<sup>h</sup> June 2012 at the Ivanhoe Uniting Church Meeting Room, Seddon Street Ivanhoe (Melways 31 F8) - behind the Commonwealth Bank in Upper Heidelberg Rd.

**CORRESPONDENCE:**

Prostate Heidelberg, PO Box 241 Ivanhoe Vic 3079;  
[ProstateHeidelberg@gmail.com](mailto:ProstateHeidelberg@gmail.com);  
[www.prostateheidelberg.info](http://www.prostateheidelberg.info).

The PCFA support group contact for Victoria and Tasmania is Amanda Pomery. Her email is the preferred contact at [amanda.pomery@pcfa.org.au](mailto:amanda.pomery@pcfa.org.au).

**SOME USEFUL PROSTATE WEBSITES**

Prostate Cancer Foundation of Australia [www.pcfa.org.au](http://www.pcfa.org.au);  
Cancer Council Victoria [www.cancervic.org.au](http://www.cancervic.org.au);  
Lions' Australian Prostate Cancer Collaboration [www.prostatehealth.org.au](http://www.prostatehealth.org.au);  
USA Prostate Cancer Foundation [www.pcf.org](http://www.pcf.org)  
National Cancer Institute: [www.cancer.gov](http://www.cancer.gov);  
Continence Foundation of Australia [www.continence.org.au](http://www.continence.org.au);  
Steve Dunn's Cancer Guide [www.cancerguide.org](http://www.cancerguide.org);  
Life Extension [www.lef.org](http://www.lef.org);  
Us TOO International Prostate Cancer Education and Support Network [www.prostatepointers.org](http://www.prostatepointers.org)  
American Institute for Diseases of the Prostate [www.prostateteam.com](http://www.prostateteam.com) (Dr Charles "Snuffy" Myers)