

**Prostate Cancer Support Group
Jacaranda Lodge**

185 Fox Valley Road, Wahroonga NSW 2076
9487 9061, support@sah.org.au

Proudly affiliated with



Prostate Cancer
Foundation of Australia

October 2016 NEWSLETTER

Meeting program October — December 2016

All those who have been affected by prostate cancer, both patients and carers, are invited to attend San Prostate Cancer Support Group meetings. There is no need to book and you do not have to be a patient of the Sydney Adventist Hospital. Video footage of speaker sessions will be available a few weeks after the meeting on DVD from the Cancer Support Centre or on the Sydney Adventist Hospital and PCFA websites. Please see the back page of this newsletter for further information about afternoon and evening meetings, as well as venue and parking details.

Below is a schedule for our upcoming meetings:

10 October 2016 - 3pm: Group discussion

24 October 2016 - 7pm: Stuart Baptist - Physiotherapist

**Topic - Men's continence and erectile function
after prostate surgery**

28 November 2016 - 7pm: Dr Vincent Tse - Urologist

**Topic: Bladder dysfunction, urethral and pelvic
floor reconstruction**

12 December 2016 - 2.30pm: Christmas afternoon tea

**A big welcome to all present & past members of the group to enjoy our usual
Christmas afternoon tea get together.**



Afternoon meetings will now be held bi monthly. Next meeting will be 10th October 2016—3pm

Change to Prostate Cancer Support Group

Graham Staggs and his wife Adele have been part of the Prostate cancer support group since 2004, however following his recent birthday Graham has decided to step back from a leadership role at the end of this year. Graham and Adele have been leading the group since 2014 and have been part of the leadership team since 2006 and I'm sure you will agree they have been doing a splendid job! They have been passionate about supporting men having surgery for prostate cancer, along with their partners, and have played an active role with the PCFA. Graham and Adele will still attend but we will be looking for a new person to lead the group, supported by the team at the cancer support. Please let me know if you are interested in this role.

Shirley Lofgren
Manager Cancer support centre
9487 9062



A Serious Gap in Emotional Support

A three-year study of more than 2000 patients across 13 cancer centres in Australia has found that::

- 50 per cent of cancer patients were not offered emotional support.
- 31 per cent of cancer patients were never asked about emotional wellbeing.
- 25 per cent of cancer patients report possible depression.
- 20 per cent of cancer patients report possible anxiety.

*Reference: Herald Sun 17 May 2016



If you or your carer are concerned about your emotional wellbeing, the Cancer Support Centre has a free counselling service that you may find helpful. No referral required. Phone 9487 9061

Prostate News Support & Community Outreach Webcast

We were recently joined online by a large number of participants for our first Ask the Experts webcast on Prostate Cancer: Diet, Supplements & Lifestyle, which took place during Men's Health Week on Wednesday 15 June 2016. Hosted by Julie McCrossin, the panel of expert speakers comprised Professor Mark Moyad, Professor of Preventive and Alternative Medicine from Michigan University; Professor Phillip Stricker, Urologist from St Vincent's Hospital; Dr Erica James, an exercise and nutrition expert from the University of Newcastle and Jaime Rose Chambers, a dietician and nutritionist. The lively discussion addressed questions submitted by the audience with a focus on the use of supplements and the importance of nutrition and physical activity in the management of prostate cancer across the cancer experience: from diagnosis to treatment through to survivorship. It was great to see participants from across Australia and New Zealand, including those who live in regional and remote areas. A particular highlight came from St John of God Hospital in Bunbury, WA who hosted a special event to screen the webcast for staff and the community.

For those who missed the webcast, it is available to view on the PCFA online Community—[htt://onlinecommunity.pcfa.org.au/video-gallery](http://onlinecommunity.pcfa.org.au/video-gallery)

*Article reprinted from Prostate News Issue 64/ August 2016 with permission.



Life Story Writing

A six week course commencing 10.30 a.m. to 12.30 p.m. October 26 for those affected by cancer. You will learn to use writing as a tool for tuning into your inner reflective self, telling your story. Writing skills are not required. Each person finds their own particular style of expressing themselves. Cost \$120. Subsidised by the Cancer Support Centre.

For further information and for bookings, contact the Cancer Support Centre:
9487 9061 or support@sah.org.au

FACULTY OF RADIATION ONCOLOGY:

Targeting Cancer and our first documentary on radiation therapy

The Targeting Cancer campaign team driven by clinical lead, A/Prof Sandra Turner, has worked with respected health journalist Dr Norman Swan and his team at Tonic Health Media to produce a documentary titled 'Below the Radar.'

The 28-minute documentary shows real patient stories about the value of radiation therapy and delivers the campaign messages about safety, effectiveness, cost effectiveness and the sophisticated technologies involved with radiation therapy. 'Below the Radar' was broadcast on ABC News24 on 6 and 7 February 2016.

The documentary has been edited into four shorter videos, which will be played in the waiting rooms of general practitioners across Australia, through the Tonic Health Media Network, for the next two years.

The four videos are now available on the Targeting Cancer website. Please visit targetingcancer.com.au to watch and share within your network to spread the word on radiation therapy.

Please like Targeting Cancer on Facebook, or follow @targetingcancer on Twitter, and help us promote radiation therapy as a safe and cost-effective cancer treatment option.

Funding for radiation oncology

The Medicare Benefits Schedule Oncology Clinical Committee (which will include surgical, medical and radiation oncology) is currently being established, and we are pleased that a number of faculty members (from both radiation oncology and radiology) have been invited to participate. The Faculty has established a working group, which will lead our work in responding to and participating in the Medicare Benefits Schedule review process, to help ensure the ongoing provision of accessible and affordable quality radiation oncology services to our patients.

The Department of Health is also undertaking a review of Radiation Oncology Health Program Grants—a Commonwealth capital funding initiative (outside of Medicare) for radiation oncology equipment.

The faculty made a written submission to the Department on 18 March, in response to a few specific areas of interest of the program grants review e.g. the purpose, benefits and limitations of the scheme, equipment eligibility and alternative funding models. The submission is available on the College website.

It is the Faculty's position that Radiation Oncology Health Program Grants play a vital role in maintaining radiation therapy capital equipment, especially the nation's fleet of linear accelerators, within its agreed lifespan, and it should be maintained.

*Articles reprinted from Cancer Forum, Volume 40 Number 2 July 2016 with permission.



What's new at Cancer Support?

Oncology Massage

Oncology Massage is now available at the Cancer Support Centre for those receiving Chemotherapy, Radiation Oncology or Palliative Care.

Oncology Massage has been proven to reduce pain, nausea, anxiety and depression.

For further information and for bookings, contact the Cancer Support Centre:

9487 9061 or support@sah.org.au

This is a free service.

ONCOLOGY MASSAGE
now available at
San Cancer Support Centre



Graham and Adele Staggs



The San Prostate Cancer Support Group meets:

- 3pm : **Bi monthly** the second Monday of the month
August - October - December
- 7pm : Fourth Monday of the month

Venue and Parking Details:

The support group meetings are held at the San Cancer Support Centre, Jacaranda Lodge, Sydney Adventist Hospital, 185 Fox Valley Road, Wahroonga.

Parking is plentiful and parking tickets can be validated for \$5.00. If you have any questions please do not hesitate to contact the San Cancer Support Centre on 9487 9061 or support@sah.org.au



FINDING YOUR WAY....

Visitors to the Cancer Support Centre can enter the site at Gate 1 or Gate 2. If entering via Gate 1 keep to the right and proceed to the roundabout, turning left into the multi deck car park. Enter the hospital via the walkway indicated in yellow, take the lift to level 3 and then make your way to the rear of the building and down to Jacaranda Lodge, past the new building site.

If entering via Gate 2 proceed to the roundabout and turn left to the parking area behind Jacaranda Lodge.

For those with mobility limitations there are six parking spots outside Jacaranda Lodge.

Cancer Support Centre, Jacaranda Lodge, Manager Shirley Lofgren, support@sah.org.au, phone: (02) 9487 9061

Prostate Cancer Support Group leaders:
Graham and Adele Staggs

- Useful websites:** www.pcf.org.au www.prostatehealth.org.au www.beyondblue.org.au
www.cancercouncil.com.au www.andrologyaustralia.org
- Useful websites USA:** www.ustoo.org www.prostatenet.org www.pcri.org www.malecare.org

Disclaimer: The information in this newsletter is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your qualified medical professional. While the SAH PCSG is proudly affiliated with Prostate Cancer Foundation of Australia (PCFA), content of this newsletter is independently published and does not necessarily reflect the views of PCFA.