



# THE WALNUT

October 2013

Newsletter of the Prostate Cancer Support Group - ACT Region Inc.

Affiliated with the Prostate Cancer Foundation of Australia



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## Monthly meetings

All men and women are welcome to attend our regular monthly meetings. No notice is required - simply come along and introduce yourself, or contact one of the people listed later in this newsletter.

### When

Meetings of our support group are held on every 3rd Wednesday of the month except in December.

### Usual Location

Room 22, Building 1, Pearce Community Centre, Collett Place, Pearce, ACT 2607. See our web site here for details and map showing the location:

<http://tinyurl.com/bjoyczu>

### Time

6:30 for 7:00

### Next monthly meeting

The next meeting will be on Wednesday, 16 October 2013. Our guest speaker will be urologist Dr Hodo Haxhimolla. Dr Haxhimolla will compare the three radical prostatectomy procedures: open, traditional laparoscopic and robotic laparoscopic. He has experience in undertaking all three procedures. The type of questions that might be addressed include: under what circumstances/conditions/patient characteristics/clinical stage would each procedure be the one of choice in terms of outcomes for the patient; cost for each procedure; current and possible future availability of the robotic procedure in Canberra, Sydney and Brisbane; logistics for ACT patients if they were to have the procedure in Sydney or Brisbane. If there is time it may be possible for Dr Haxhimolla to tell us about the transperineal biopsy procedure. There will be time for new and existing members to discuss their status and to raise questions for which they would like answers. Then supper, with

the opportunity for more discussion and networking with other members who have similar interests.

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## Contact us

### Postal address

Prostate Cancer Support Group - ACT Region Inc.  
PO Box 717, Mawson, ACT 2607

### Personal support

If you would like immediate support, advice or assistance contact any of the following people:

President: Chris Hansen  
Phone: 02 6161 4135  
Email: [chriskayehansen@gmail.com](mailto:chriskayehansen@gmail.com)

Treasurer:  
John Lucas  
Phone: 02 6293 2532  
Email: [jandklucas@bigpond.com](mailto:jandklucas@bigpond.com)

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## Web site

Our web site provides details about the activities of the group, meetings, meeting location map, contact persons and lots of other useful information:

**Prostate Cancer Support Group - ACT Region Inc.**  
Supporting people in Canberra, the ACT and nearby NSW

Home page  
Site map  
How we can help you  
How you can help us  
The good news  
Some statistics  
Predicting the future  
Monthly meetings  
Planned and past events  
Reading, A\_V\_Research  
Organisations and services  
Picture gallery  
Some personal stories  
Contact us  
Technical pages

**Who we are and what we do**

**Role of the group**

When a man has indications of prostate cancer it usually comes as a nasty shock to him, his family and friends. Making decisions about diagnostic procedures, treatment options and post-treatment care can benefit from discussion with people who have undergone those processes. While members of the group **do not provide medical advice** they can help the newly diagnosed man, his partner and those concerned for his welfare to understand the options available, and how these options can be accessed. They can also provide views on what may lie ahead after treatment has been undertaken.

Views and information from our members can be obtained through attendance at one of our monthly meetings or by contacting individual members. If you have immediate

[prostate-cancer-support-act.net](http://prostate-cancer-support-act.net)

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## Disclaimer

From time to time in our newsletters we provide information about developments in the diagnosis and treatment of prostate cancer, research articles, documents, audiovisual products, presentations and other interesting materials. However, the Group's Executive and the editor of this newsletter do not have the medical expertise required to make an informed evaluation of the conclusions and recommendations presented in such materials, and we have not verified such conclusions and recommendations through appropriately qualified medical professionals.

The information presented in this newsletter must not be interpreted as being endorsed or recommended by the Executive or the editor. Any recommendations made in such materials may not be applicable in your particular case. Before implementing any recommendations made in the materials that are reported, it is essential that you obtain advice from appropriately qualified medical professionals. The view of the Group's Executive is that no two prostate cancer cases are alike and that no single treatment option is better than any other in all cases. While the information in this newsletter should be of interest, there is no substitute for getting informed medical advice from your own GP, specialists and other medical professionals.

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## From the editor

This edition provides information about our last meeting, planned events, and new books that can be borrowed. I have not been able to include a digest of research and reports that could be of interest, because of personal circumstances beyond my control. I'll do better in the next newsletter.

If you are aware of news, products, publications, web sites, services or events that may be of interest to members of the group I'd be happy to be informed of them. If you have received this newsletter indirectly and would like to be emailed a copy directly please send me an email. [mboesen2@gmail.com](mailto:mboesen2@gmail.com)

I'm happy to add any of your friends to the email list for the newsletter.

Past issues of *The Walnut* can be downloaded from this page of our web site:  
<http://tinyurl.com/42fyxd>

**Mike Boesen**

**Editor**

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## Secretary's report

The 18 September monthly meeting was attended by 26 people, including one new member and partner. The meeting was chaired initially by Peter Daley - President for 2012/13.

Peter indicated that we needed more volunteers for a number of upcoming functions: the German Autofest car festival, Murrumbateman Field Days and the Politicians BBQ.

We have been invited to have representatives of the group attend a dinner being organised by Bosom Buddies. It was decided that the group will meet the cost of attendance of two members who kindly volunteered to represent the Group.

The Library has received two new books which can be borrowed from U N Bhati (*see details later - ed.*).

The PCFA Rural Education Roadshow will be in town on 3rd and 4th October with the first session reserved for health professionals and the second for members of the public. The presenting team includes urologist Dr Mulcahy, two oncologists and Vivienne Van Dissel, prostate cancer specialist nurse.

At the conclusion of those housekeeping matters the Annual General meeting was undertaken. Treasurer Malcolm Whyte presented the annual finances. It was indicated that the Group has a strong financial position. Net profit for the year was approximately \$1,000 while there is a positive cash balance (mainly held as term deposits) of about \$28,000. Peter Daley informed members of his retirement from the position of President. As there was only a single nominee for each position on the Executive Committee for 2013/14, the committee was declared as follows :

- President - Chris Hansen
- Secretary - George Kayaba
- Treasurer - John Lucas
- Committee Member - Daryl O'Brien
- Committee Member - Richard Chapman
- Committee Member (ex officio) - Mike Boesen

The remainder of the meeting was chaired by Chris Hansen.

**George Kayaba**

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## President's report

This is my first report as incoming President and I want to start by sincerely thanking Peter Daley for his work as President over the past six years. Peter has had a heavy workload in chairing the monthly

meetings and meetings of the executive committee, communicating with PCFA, community groups and other organisations, providing counsel to newly diagnosed sufferers, organising group representation at events, attending many events himself and giving numerous awareness presentations. In addition, he has made the job very easy for the rest of us by doing much unseen work including setup and removal and storage of our gear used at functions. Peter's wife Patricia has also been invaluable in assisting with organisation of meetings and providing supper and acting as a volunteer at many of the events at which the group has been represented - thanks Patricia. Malcolm Whyte has also retired from the position of Treasurer after almost six years. We will miss his wise counsel.

The incoming Executive Committee continues to be supported by Mike Boesen as the Editor of the Walnut and Webmaster and by U. N. Bhati as the group's librarian.

The German Autofest was held on Sunday 22 September in the Treasury carpark (heavy rain earlier meant the normal site in front of Old Parliament House was not available). Nearly \$600 was donated to the group through collections including a large donation from the VW Car Club. In addition the same club donated \$1,220 directly to the PCFA, that amount being the proceeds of a raffle to support prostate cancer research.

The Politicians' BBQ took place on Wednesday 25 September outside King O'Malleys Pub in Civic. There was a smaller turnout than normal, probably due to a local bank close by handing out free sausage sandwiches. Nonetheless a large number of pamphlets were given out to passers-by.

Murrumbateman Field Days – our major event for this year - will be held on the weekend of 19 and 20 October. We have a number of people who have volunteered to assist but we need more. So if you can spare a couple of hours to hand out pamphlets and chat with folk, please put your name down on the sign-on sheet at our next meeting. The Field Days are quite enjoyable and it's worth while spending some time checking out the animals and equipment exhibits after doing your bit promoting prostate cancer awareness.

At our next monthly meeting on 16 October our guest speaker will be urologist Dr Hodo Haxhimolla. Details about the topic of his address are given on page 1 of this newsletter. This should be a very informative address.

**Chris Hansen**

**President**

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## **New books available for loan**

These two books are newly acquired and can be borrowed from me.

***Prostate Recovery MAP [Men's Action Plan]***. Craig Allingham. Redsok Publishing, PO Box 1881, Buderim, Qld 4556. 2013.

Urinary incontinence and erectile dysfunction are two common side effects of treating prostate cancer. This book deals with these side effects but focuses more on incontinence. It proposes a series of exercises to resolve incontinence. The author describes the exercises in detail and illustrates them with charts, photos and videos (videos available on YouTube). Written in plain English and in a humourous and witty style, it is a highly readable book. I believe, in our library, it's the best book on urinary incontinence.

***Facing the Tiger: A Guide for Men with Prostate Cancer and the People Who Love Them***. Suzanne Chambers, Psychologist. Australian Academic Press, Level 5, Toowong Tower, 9 Sherwood Road, Toowong Qld 4066. January 2013.

This is not a guide book about prostate cancer treatment options. Nor does it give any medical advice [our library has many books and DVDs on them]. But what it does offer, which it does exceptionally well, are practical strategies for coping with emotional and psychological stresses that affect people with cancer and their loved ones. It is a first rate - a must read - book on the topic. It deserves to be in PCFA's blue Localised Prostate Cancer Pack.

**U.N. Bhati**

**Librarian**