

LET'S HAVE A TALK ABOUT PROSTATE CANCER

If members of your group need to know the basics about prostate cancer and how it could affect them or those dear to them, our Group can provide that information. We have members who can give a powerpoint presentation followed by a question and answer session. The presentation can be tailored to the specific needs of your group.

Who are we?

The **Prostate Cancer Support Group - ACT Region Inc.** is a voluntary association of men (and partners of men) who have been diagnosed in the past as having prostate cancer. The men have undertaken procedures that are used in detecting and diagnosing prostate cancer, undergone various treatment options and rehabilitation activities. Their ages range from 45 to 90.

We are NOT medical practitioners or medical experts; we are simply people who are able to provide information and suggestions to other people, based on our real-life experiences with prostate cancer and its treatment.

We are affiliated with the Prostate Cancer Foundation of Australia (PCFA).

What are our group's objectives?

The groups objectives are to:

- * promote testing that will lead to early detection of prostate cancer
- * provide information and sources of information about prostate cancer and the options for detection, diagnosis and treatment
- * provide support to those diagnosed with prostate cancer and to their partners
- * convince Government of the need to allocate more resources to activities relating to prostate cancer
- * provide financial support for training of prostate cancer nurses
- * raise funds for PCFA and assist through its consultative processes

How do we achieve those objectives?

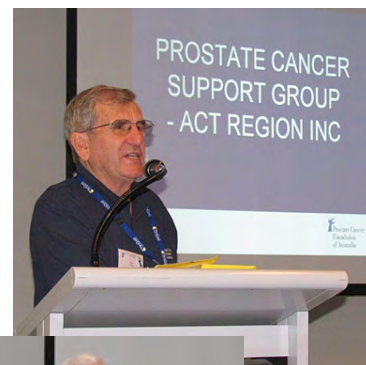
We try to achieve those objectives through:

- * presentations to workgroups and social groups
- * awareness-raising stalls at events
- * if needed, one-on-one confidential support
- * group discussions at monthly meetings
- * organising presentations to be made by medical experts
- * our library
- * our web site
- * our monthly newsletter
- * submissions to the Government/s and to PCFA
- * funding the training of prostate cancer nurses

What we can cover in a presentation to your group

We can do this in a presentation:

- * provide basic information about what prostate cancer is and its prevalence
- * describe its symptoms (which can be non-existent)
- * indicate risk factors associated with its occurrence
- * explain how it can be detected and diagnosed
- * describe treatment options and their possible side effects
- * inform you about how our Group functions and how it can be of assistance
- * give you the names of Group members you can contact
- * inform you about our library, our web site, newsletter and some excellent other sources of information
- * tell you the good news



What's the good news?

- * If prostate cancer is detected early, the chances of treatment leading to enduring remission and with minimal or manageable side effects are good
- * Prostate cancer is usually slow growing and after treatment, survival rates are high and improving
- * Even if not detected early, there are treatments for which side effects are manageable, enabling an enjoyable and useful life for many years

Who would gain from our presentation?

These types of people would benefit particularly from the presentation:

- * men aged 40 or more
- * partners or friends of such men

What happens in our presentations?

We can tailor a presentation to meet the needs of your group. Our most common form of presentation is:

- * about 40 minutes of a powerpoint presentation
- * followed by about 15 minutes for questions and answers
- * presenter usually a male member of our Group and where possible assisted by a female who would provide a woman's perspective
- * informal situation

For more information or for copies of this document:

Contact one of these people:

- * Chris Hansen (President): Phone 6161 4135 Email: chriskayehansen@gmail.com
- * Mike Boesen (Committee member): Phone 6254 3493 Email: mboesen@gmail.com

Or go to our web site: prostate-cancer-support-act.net

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