

“ My message is clear. It is vital that all men over 50 speak to their doctors about regular checks. ”

JOHN SMARSZ

chapter 8

Further Information and Support



Support Groups

Talking about your fears and feelings with your doctors, family and other men through support organisations like the **Vietnam Veterans Counselling Service** (VVCS - available to ALL veterans) and prostate cancer support groups can be very helpful. Support groups offer information for men with cancer, and often also to their family and carers. These groups offer a chance to share experiences, practical suggestions and ways of dealing with non-medical problems.

Who can help?

This publication provides information on prostate disease to start you on your way. Included in this section are organisations that can also provide a range of services and information, including written and audio information.

Always check the information you obtain from the Internet with your doctor.

Department of Veterans' Affairs

DVA can:

- answer questions and provide information about DVA pensions and allowances, and about health care entitlements
- provide up-to-date information about health and support services available through DVA and in the community
- work with local service providers to ensure that veterans, war widows and widowers have access to appropriate services
- work with community agencies to develop programs to meet the needs of veterans, war widows and widowers and their dependants.

To phone the Department of Veterans' Affairs:

133 254 (metropolitan)

1800 555 254 (non-metropolitan)

Or visit the DVA web site at:

www.dva.gov.au

New South Wales

Tower B, Centennial Plaza
280 Elizabeth Street
SURRY HILLS NSW 2010

Postal Address:

GPO Box 3994
SYDNEY NSW 2001

South Australia

Blackburn House
199 Grenfell Street
ADELAIDE SA 5000

Postal Address:

GPO Box 1652
ADELAIDE SA 5001

Tasmania

Montpelier Building
21 Kirksway Place
BATTERY POINT TAS 7004

Postal Address:

GPO Box 481E
HOBART TAS 7001

Western Australia

AMP Building
140 St Georges Terrace
(Cnr. William Street)
PERTH WA 6000

Postal Address:

GPO Box F352
PERTH WA 6001

Victoria

300 Latrobe Street
MELBOURNE VIC 3000

Postal Address:

GPO Box 87A
MELBOURNE VIC 3001

Queensland

259 Queen Street
BRISBANE QLD 4000

Postal Address:

GPO Box 651
BRISBANE QLD 4001

Andrology Australia

Andrology Australia provides information to consumers and health professionals to improve understanding of male reproductive and sexual health.

Phone 1300 308 878 or visit www.andrologyaustralia.org

Cancer Councils

The Cancer Council Australia is Australia's peak national cancer organisation. The state and territory cancer organisations provide information and support for people affected by cancer via a national Cancer Helpline. The Cancer Helpline is a non-medical service that offers information and counselling for people with or concerned about cancer and their families, friends and carers.

Phone the Cancer Helpline on 13 11 20 (toll free).

The Cancer Council Australia

GPO Box 4708, Sydney NSW 2001

Telephone: (02) 9036 3100

Facsimile: (02) 9036 3101

www.cancer.org.au

info@cancer.org.au

State and Territory Cancer Councils

The Cancer Council ACT

Building 44, Richmond Avenue

Fairbairn ACT 2609

Telephone: (02) 6257 9999

Facsimile: (02) 6262 2223

www.actcancer.org

reception@actcancer.org

The Cancer Council New South Wales

153 Dowling Street,

Woolloomooloo NSW 2011

Telephone: (02) 9334 1900

Facsimile: (02) 9358 1452

www.cancercouncil.com.au

feedback@nswcc.org.au

The Cancer Council Northern Territory

Units 2 & 3, Casi House,
Vanderlin Drive
Wanguri NT 0810
Telephone: (08) 8927 4888
Facsimile: (08) 8927 4990
www.cancercouncilnt.com.au
admin@cancernt.org.au

The Cancer Council Tasmania

180-184 Collins St,
Hobart TAS 7000
Telephone: (03) 6233 2030
Facsimile: (03) 6233 2123
www.cancertas.org.au
infotas@cancertas.org.au

The Cancer Council Victoria

1 Rathdowne Street,
Carlton VIC 3053
Telephone: (03) 9635 5000
Facsimile: (03) 9635 5270
www.cancervic.org.au
enquiries@cancervic.org.au

The Cancer Council South Australia

202 Greenhill Road,
Eastwood SA 5063
Telephone: (08) 8291 4111
Facsimile: (08) 8291 4122
www.cancersa.org.au
tcc@cancersa.org.au

The Cancer Council Western Australia

46 Ventnor Avenue,
West Perth WA 6005
Telephone: (08) 9212 4333
Facsimile: (08) 9212 4334
www.cancerwa.asn.au
inquiries@cancerwa.asn.au

Queensland Cancer Fund

553 Gregory Terrace,
Fortitude Valley QLD 4006
Telephone: (07) 3258 2200
Facsimile: (07) 3257 1306
www.qldcancer.com.au
qldcf@qldcancer.com.au

Continence Foundation of Australia

The Continence Foundation of Australia (CFA) offers free and confidential advice about bowel and bladder problems. The CFA provides fact sheets on different types of continence issues. It also operates a National Continence Helpline with nurse advisers you can speak with. Phone 1800 33 00 66 (free call) or visit www.contfound.org.au

The National Public Toilet Map shows the location of more than 14 000 public and private toilet facilities across Australia. It can be used to help plan both short and long trips. Visit www.toiletmap.gov.au

Impotence Australia

Impotence Australia is a not-for-profit organisation established to decrease the suffering of men with impotence and their partners by providing quality telephone counselling. In addition to telephone counselling, Impotence Australia provides information fact sheets on many sexual issues.

Phone 1800 800 614 or visit www.impotenceaustralia.com.au

Lions Australian Prostate Cancer Website

The Lions Australian Prostate Cancer Website provides a range of information resources for consumers and patients, including location of Prostate Cancer Foundation of Australia (PCFA) support groups and online question facilities. Visit www.prostatehealth.org.au

Prostate Cancer Foundation of Australia

The Prostate Cancer Foundation of Australia (PCFA) is the peak body for prostate cancer in Australia. The PCFA provides prostate cancer information and support and runs a national network of support groups. Phone 1800 220 099 or visit www.prostate.org.au

Prostate Health Improvement Program (Mr PHIP)

Mr PHIP is a prostate health education program for men and their families.

The Mr PHIP information sheets include:

- Prostate Cancer: Should I Be Tested?
- Prostate Cancer: Interpreting the PSA Test
- Prostate Cancer: After the Diagnosis
- Prostate Cancer: Monitoring After Treatment
- Prostate Cancer: Hormonal Therapy
- Prostate Cancer: Sexual Function After Treatment
- Prostate Cancer: Useful Resources

Visit www.prostatehealth.org.au/PHIP

Urological Society of Australasia

The Urological Society of Australasia is a professional society for urological surgeons in Australia and New Zealand. The society aims to inform the community about urology and has patient information sheets on common prostate diseases and can help in finding a urologist. Phone 02 9362 8644 or visit www.urosoc.org.au

Us TOO International

UsTOO International is a prostate cancer and education support network that strives to enhance the quality of life for all those affected by prostate cancer. Visit www.ustoo.org

Vietnam Veterans Counselling Service (VVCS)

The Vietnam Veterans Counselling Service (VVCS) provides free and confidential counselling and group program services for veterans and their families. Veterans of all conflicts and peacekeeping missions and their immediate families, including war widows, are eligible. VVCS centres are located in each State and Territory capital and several regional centres. After hours telephone crisis counselling is available through the Veterans' Line on 1800 011 046.

YANA: You Are Not Alone Now

YANA is a prostate cancer support website designed by men for men with prostate cancer. YANA provides comfort and support to any man diagnosed with prostate cancer. It helps him and his family to decide how best to deal with the diagnosis by providing guidance on suitable information. Visit www.yananow.net

Books

Choose Health: Be Active - Department of Veterans' Affairs, 2005. Available from DVA – phone 133 254 (metropolitan) or 1800 555 254 (non-metropolitan).

Conquering Incontinence - Peter Dornan. Allen & Unwin, 2003. Available from book stores.

Localised Prostate Cancer - a guide for men and their families - Australian Prostate Cancer Collaboration, 2003. Available from the national Cancer Helpline - phone 13 11 20 or online at www.prostatehealth.org.au/articles/Consumer_Guide.pdf

Men's Health Matters – Consumer Guide - Andrology Australia. Titles available 'Erectile Dysfunction' and 'Prostate Enlargement in the Older Male'. Available from Andrology Australia – phone 1300 308 878.

There's Some Good Years Left Yet - the experience of a prostate cancer survivor - Barry L Oakley - Prostate Health Improvement Program, South Australia. Available from Repatriation Hospital, Daw Park - phone 08 8275 1169.

Your Guide to Prostate Cancer - the disease, treatment options and outcomes - Dr Prem Rashid (Urologist), 2003. Available from Port Macquarie Urology - phone 02 6581 3456.

Your Prostate, Your Choice - Geoffrey Hirst and Sally Wilde. Bantam Books, 1999. This book is written by an Australian Urologist and covers both urinary symptoms and prostate cancer. Available in book stores.

References

- (1) Nickel, J.C. 1998. *Prostatitis: myths and realities*. *Urology*. 51(3): p. 362-6.
- (2) Quinn, M. & Babb, P. 2002. *Patterns and trends in prostate cancer incidence, survival, prevalence and mortality. Part II: individual countries*. *British Journal of Urology International*. 90(2): p. 174-84.
- (3) Australian Institute of Health and Welfare, and Australasian Association of Cancer Registries. 2004. *Cancer in Australia 2001*.
- (4) Jepsen, J. & Bruskewitz, R. 1998. *Recent developments in the surgical management of benign prostatic hyperplasia*. *Urology*. 51(Suppl. 14A): p. 23-31.
- (5) National Health and Medical Research Council. 2003. *Clinical Practice Guidelines: Evidence-based information and recommendations for the management of localised prostate cancer. A report of the Australian Cancer Network Working Party on Management of Localised Prostate Cancer*.
- (6) Report of the Medical Services Advisory Committee, Commonwealth of Australia. 2001. *Brachytherapy for the Treatment of Prostate Cancer*.
- (7) Potosky, A.L., et al. 2004. *Five-year outcomes after prostatectomy or radiotherapy for prostate cancer: the prostate cancer outcomes study*. *Journal of the National Cancer Institute*. 96(18): p. 1358-67.
- (8) Wyatt, G.K., et al. 1999. *Complementary therapy use among older cancer patients*. *Cancer Practice*. 7(3): p. 136-44.
- (9) Wilt, T., A. Ishani, A., & Mac Donald, R. 2002. *Serenoa repens for benign prostatic hyperplasia*. *Cochrane Database of Systematic Reviews*. (3): p. CD001423.
- (10) Hernandez-Reif, M., Field, T., et al. 2005. *Natural killer cells and lymphocytes increase in women with breast cancer following massage therapy*. *International Journal of Neuroscience*. 115 (4): 495-510.

Acknowledgments

4th edition compiled by

Department of Veterans' Affairs

PO Box 21

Woden ACT 2606

The department would like to thank:

- Dr Carole Pinnock, Principal Research Scientist, Repatriation General Hospital, Daw Park, South Australia.
- Professor Villis Marshall, Clinical Director, Surgical Specialties Services, Royal Adelaide Hospital.
- Dr Graeme Killer, Principal Medical Adviser - Department of Veterans' Affairs.
- Mr Barry Oakley, Mr Ray Alcorn, Mr Richard Stone, Mr John Smarsz.
- Associate Professor Mark Frydenberg and the Urological Society of Australasia.
- The veterans who have provided comments and feedback.

Photographs supplied courtesy of:

- Geoff Pearson photographs
 - Australian Defence force - Digital Media Unit
 - Department of Veterans' Affairs
 - Australian War Memorial Images 1- 11.
- (1) MSUS, Libya, 1942-01-08. Sergeant Ron Simes of No. 3 Squadron, RAAF, who had shot down three enemy planes. AWM negative number 023118, pictured on cover.
- (2) Leconfield, England. 1944-01-17. The crew of a Halifax of No.466 Squadron, RAAF, standing beside their aircraft as they prepare to leave for a bombing raid somewhere over occupied Europe. F.Sgt W.D Flett, FO C.W Reynolds, Sgt N.M. Page, FO H.R. Hoare and Sgt E.G. Beldin. AWM negative number UK00959, pictured on inside covers.
- (3) Sergeant Vance Drummond standing next to his Meteor F.8 at Kimpo, 1951. Drummond was shot down while flying this aircraft on 1 December 1951 and taken prisoner. Picture appears on page 1.
- (4) New Guinea. 1943-08-10. Mount Tambu fighting. Pte. Walter White, of Williamstown, Victoria, who cut off by the Japanese for seven days, made his way back to the Australian lines. White lived on a few native figs picked up from an abandoned garden, and water from a creek. This photo was taken on his return. Donor G. Short, AWM negative number 015482, pictured on page 7.
- (5) Singapore. 1950. Squadron Leader (Doctor) William Lockhart Rait RAAF checking blood pressure of an Airman and watched by three aircrew members. Donor W. Rait, pictured on page 17.

- (6) Lincolnshire, England. 1943-09-09. 419018 Flight Sergeant R. C. Dunstan, Frankston, VIC, leaning against the rear turret of "D2" for Donald, a Lancaster aircraft of No. 460 squadron RAAF of bomber command based at RAF Station Binbrook. In this turret, as tail gunner, he has made twenty two trips over enemy territory. He is the only one-legged air gunner in the RAAF, having lost his leg while serving with the AIF in the Middle East. After being invalided out of the army 1942-02, he was back in uniform 1942-06. AWM negative number UK0489, pictured on page 25.
- (7) Australian airmen of 460 squadron, RAAF, returning from a raid over Germany, 18 August 1943. AWM negative number UK000402, pictured on page 35.
- (8) Gona, Papua, 1942-12-16. The three Chapman brothers of South Australia, who all joined the 2/27th Infantry Battalion, pause for a break just after the fall of Gona. Left to right: Private Desmond Chapman; Private Maxwell Maurice Chapman and Private Raymond Chapman. AWM negative number 013844, pictured on page 49.
- (9) Owen Stanley Ranges, New Guinea. C. 1942-09-01. Corporal H.G Evans and Sgt. L.R Martorana of the A.M.F at a native village shortly after their unit has clashed with the Japanese in the Kokoda area. Photographer D. Parer, AWM negative number 013265, pictured on page 55.

- (10) Signalmen of the light cruiser HMAS Melbourne mend clothing on duty in the North Sea. Royal Australian Navy warships joined the Grand Fleet in Great Britain, blockading Germany. Melbourne was in the 2nd Light Cruiser Squadron, hunting for German raiders, submarines and mine layers. Signalman Ernesto Campagnolo, at left, was lost at sea during a storm on 21 December 1916, aged 19. AWM negative number EN0160, pictured on page 59.
- (11) Flight Lieutenant William Ellis Newton VC of No. 22 Squadron RAAF beside his aircraft, with ammunition belt draped around his neck. He was awarded the Victoria Cross posthumously following his execution by being beheaded at Salamaua by the Japanese on 1943-03-29, after being shot down over Salamaua Isthmus, New Guinea. AWM negative number 100644, pictured on page 73.