



## **WORTH REPEATING**

This issue of the newsletter looks at some of the topics that we've looked at previously but which are always current.

### **Deciding on a doctor\***

Choosing a doctor you feel comfortable with and can talk to is important.

Some people prefer specialists who deal with them as equals, discussing all options with them and assisting them to make the final decision, while others like their doctors to take the lead and make decisions for them.

You need to feel that the specialist is acting in your best interest, and can give you the help and answers you need. There is also good evidence that seeing a doctor with a special interest and extensive experience in prostate cancer will result in improved outcomes.

### **Get a second opinion\***

Getting an opinion from another doctor about your cancer and treatment can help you feel that you are doing the right thing. Speaking to both a urologist and a radiation oncologist can be helpful.

Seeking a second opinion is the right of every cancer patient. If you feel awkward about it, remember that most doctors are used to it. Ask either your specialist or your GP to refer you to another specialist.

Studies have shown that specialists are more likely to recommend treatments that they understand and practise. It is possible that you will get different recommendations from different specialists. This is because we do not know as yet which treatment options are best.

*\*This material is from the 4th edition of "Localised prostate cancer: a guide for men and their families" prepared by the Australian Prostate Cancer Collaboration. Copyright Cancer Australia.*

## **Our Next Meeting**

Date: **Wednesday 14 October 2015.**

Time: **10:00 am to 12.30 pm**

Place: **Ivanhoe Uniting Church, Seddon Street, Ivanhoe** (Melways 31 F8)

- Meetings are open to anyone interested in getting support or information on a prostate cancer journey. Partners or carers are welcome to all meetings.
- **There is no charge for attending.**

## Keep your own personal medical record

A personal medical record is always available when you need it. This is especially important if you go to a new doctor or facility or if a record is lost or destroyed.

Whenever you have a diagnostic test or procedure, ask for a copy of the test results or procedure report.

Having your medical records at home gives you private time to read and understand them, which may help you feel more in control of your health care.

Because prostate cancer may have a genetic component, which means an increased risk can be passed from parents to children, a personal record of your diagnosis and treatment may be important for relatives, such as siblings and children.

Further information about keeping a personal medical record is available from <http://www.cancer.net/navigating-cancer-care/managing-your-care/keeping-personal-medical-record>

## Exercise is important

Physical activity and regular exercise is strongly recommended as part of cancer treatment and recovery.

Current exercise recommendations encourage cancer patients to be as physically active as their abilities and condition allow. Specifically, some exercise is demonstrably better than no exercise. Any effort to increase activity levels will be beneficial. Consult your GP or an accredited exercise physiologist specialising in cancer treatment before starting an exercise regime.

Key benefits of exercise to you include:

- Increased heart and lung health
- Increased muscle and bone strength
- Increased balance and physical function
- Improved sexual health
- Improved mental health
- Improved body composition
- Improved quality of life
- Improved sleep quality
- Reduced fatigue
- Reduced anxiety and depression

More resources are available at <http://www.cancervic.org.au/downloads/resources/booklets/exercise-and-cancer.pdf>

<http://lifestyle.au.truenth.org/why-exercise>

## Are you OK? Talk about it!

Too often we don't recognise just how stressful being diagnosed or living with prostate cancer can be for men and their partners.

You're not on your own. There is help available to assist you and your partner to cope with prostate cancer. Click on this link to read a Cancer Council publication which has useful information.

<http://www.cancervic.org.au/downloads/booklets/cancer-emotions.pdf>

## Some Resources for Depression:

**Beyondblue Helpline:** 1300 22 4636 (24 hours a day, 7 days a week)

"We all have good days and bad days. Then there are those days when something isn't quite right, you've got something on your mind, or things just seem too much. Whatever it may be, sharing the load with someone else can really help. So no matter who you are, or how you're feeling, you can talk it through with us."

**DISCLAIMER:** Information in this newsletter is not intended to take the place of medical advice. You should obtain advice from your doctor relevant to your specific situation before acting or relying on anything in this newsletter. We have no liability whatsoever to you in connection with this newsletter.

[www.beyondblue.org.au](http://www.beyondblue.org.au)

Includes interactive checklists, fact sheets on anxiety, depression, information on available treatments, how to help someone with depression, how to reduce stress and sleeping well.

**Cancer Council Helpline:** 13 11 20 (9am - 5pm, Monday to Friday)

As well as offering emotional or practical support, the Cancer Council can provide information on mental health professionals in your local area, particularly those who have experience in working with people with cancer.

### **Medicare & Chronic Disease**

Prostate Cancer is a chronic medical condition.

Prostate Cancer Patients may be able to claim Medicare rebates for a maximum of five allied health services per patient each calendar year from eligible providers. The eligible allied health services providers include exercise physiologists and continence physiotherapists.

To be able to claim the Chronic Disease Management items under Medicare, you must have a GP Management Plan and Team Care Arrangements in place. You should discuss this with your GP.

This information is based on the information provided at <http://tinyurl.com/k9tsojp>

### **Medicare & Mental Health**

A similar scheme enables Prostate Cancer Patients suffering from depression or anxiety to claim Medicare rebates under the Better Access to Mental Health Care initiative.

Medicare rebates are available to patients for selected mental health services provided by

general practitioners, psychiatrists, psychologists and eligible social workers and occupational therapists.

Normally the first step is to see your GP and have a GP Mental Health Treatment Plan prepared.

[http://www.health.gov.au/internet/main/publicshing.nsf/Content/0F792912834609B4CA257BF0001B74FA/\\$File/patients2.pdf](http://www.health.gov.au/internet/main/publicshing.nsf/Content/0F792912834609B4CA257BF0001B74FA/$File/patients2.pdf)

### **Pelvic Floor Exercises**

Research shows that beginning pelvic floor muscle exercises before prostate surgery improves continence outcomes.

Many urologists automatically refer their patients to a continence physiotherapist before surgery to learn how to do their pelvic floor muscle exercises properly.

It can take six weeks or longer to strengthen your pelvic floor muscles so it is best to start doing your pelvic floor muscle exercises before you have prostate cancer treatment. This will help you become better at doing the exercises and strengthen your pelvic floor muscles before your treatment starts. Remember, your pelvic floor muscles are like any other muscle in your body. It takes regular exercise and time to strengthen them.

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*Prostate Heidelberg provides information, education and support for those affected by prostate cancer. At the meetings, we*

- *Show respect to members and speakers;*
- *Allow people to speak and we listen;*
- *Respect confidentiality;*
- *Allow new ideas to be shared.*

We meet on the 2nd Wednesday of each month (February to December) from 10:00am -12:30pm.

We meet at the Uniting Church Meeting Room, Seddon St, Ivanhoe (behind the Commonwealth Bank in Upper Heidelberg Rd).

Free parking is available in a large public parking area at rear of the church. Ivanhoe railway station is nearby.

Meetings are open to anyone interested in getting support or information on a prostate cancer journey.

Partners or carers are welcome to all meetings

There is no charge for attending.

After the meeting you are welcome to join us for lunch in a local Thai restaurant.

If you can't attend daytime meetings, the Diamond Valley Prostate Cancer Support Group has evening meetings: <http://www.dvpcsg.org.au/>

**COMMITTEE:**

Max Shub, Facilitator 0413 777 342  
Paul Hobson Secretary 0405 086 869  
Chris Ellis  
Spiros Haldas  
Patrick Woodlock

**Annual subscription - \$5** from 1<sup>st</sup> January per individual, couple, or family.

**MEETING VENUE:**

Uniting Church Meeting Room  
Seddon St, Ivanhoe  
(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)

**CALENDAR** Meetings: **10:00am -12:30pm**

Wed 14 October '15

Wed 11 November '15

Wed 9 December '15 (Christmas lunch)

Please contact Paul Hobson to redirect or cancel receipt of this Newsletter.

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