



VALE PAUL HOBSON

Our friend and colleague Edward “Paul” Hobson passed away peacefully on Sunday 3 September 2017.

He was a long-serving office bearer of Prostate Heidelberg. Within the Group, at various times, he was secretary; he wrote the Newsletter for two years; he chaired a number of our meetings; he was the new member contact; and, as well as these services, he was a font of all things prostate cancer. He was a powerful influence for the better on all members of Prostate Heidelberg.

He was for years a powerhouse of the Australian Advanced Prostate Cancer Support Group, JimJimJimJim - as member of the Executive Management Committee, as a prolific poster on their website, and personally supporting members on the phone, by email and private message.

He is best described as generous with his time and knowledge, a carer and a good listener. He will be remembered as a quiet, caring person who managed to face his own situation with good grace, while always managing to find time to help others. Paul will be sorely missed.

A memorial will be held by the family at the Melbourne’s Savage Club, 12 Bank Place, Melbourne, from 2-5pm on Saturday 14th October, (eulogies commencing at 3pm) which would have been Paul’s 70th birthday. If you are able to attend the service, please email hobson.mgt@gmail.com (Christopher Hobson); or phone: 0439 393 085 (David Hobson); Dress code: formal (jacket and tie for men). When arriving, please look for the unmarked red door

and ring the buzzer.

As a recognition of Paul’s advocacy for drug availability on behalf of men with prostate cancer, and his participation in the first Lutetium-177 trial, donations can be made to the Prostate Cancer Foundation of Australia (PCFA), tied to financing the second Lutetium-177 trial: <http://pcfafundraising.org.au/event/pcfainmemory>.

Vale Paul.

From the Prostate Heidelberg Committee

19th DECEMBER 2017 SPEAKER: PROSTATE CANCER SPECIALIST NURSE - CARLA D’AMICO

“A nurse led prostate cancer survivorship clinic.”

Our guest speaker for December 2017 will be: Carla D’Amico - prostate cancer specialist nurse. Carla is with the Olivia Newton John Cancer, Wellness and Research Center. Carla is an excellent speaker with a wealth of information for Prostate Cancer sufferers.

As a Prostate Cancer Specialist Nurse Carla works as part of a multi-disciplinary team to coordinate your care wherever you are in your cancer journey. This support service provides individualised information about your diagnosis, treatment plan, side effects and any other concerns or questions you may have.

If you are still undergoing treatment you should not miss this opportunity to attend this meeting

DR NIK ZEPS' TALK

Nik spent 2 hours talking to the group on trends in prostate cancer research, asking many questions. Those who attended the meeting were very appreciative of his time and knowledge.

MOVEMBER

Movember (<https://au.movember.com/>), the month of November, is nearly upon us. Get yourself ready. Starting locally, it now raises funds internationally for the awareness of prostate cancer as well as mental health issues. Movember has started, for example, the prostate cancer nurse program, and much new prostate cancer research. Be ready and donate either your upper lip or to someone who has!

MENTAL HEALTH UPON PROSTATE CANCER DIAGNOSIS

A cancer diagnosis is an entrée to a world of uncertainty. Many can be totally unprepared for dealing with issues suddenly thrust upon them. At the same time, a man's life seems to be out of his control.

Most men are shocked when diagnosed, particularly as there are often no symptoms to warn them. So men go through shock, fear, anger and anxiety. Depression is also common. It's a time more than ever when a man needs resilience.

Receiving a diagnosis of prostate cancer, most men confront three factors:

- getting rid of the cancer;
- maintaining continence; and
- maintaining erections.

At a time when clear thinking is required, anxiety and depression can interfere with the decision making.

The first thing is the treatment (or no treatment) to consider. Not many men have the background to feel comfortable deciding what treatment is

best; particularly as every treatment can have drastic side effects. These side effects impact on a man's beliefs and expectations of

- sex;
- being a good husband, partner and friend; and
- his identity and emotional state.

This is when anxiety and depression often start. Depression can be caused by your emotional state or as a side effect of a treatment.

It is important to

1. take the time to make an informed decision;
2. ask all the questions and not be satisfied until answers are understood; and
3. develop an emotional support team to whom a man can talk to about all his concerns.

Resilience

Resilience is a process of adapting well in the face of adversity or significant sources of stress (such as a serious prostate cancer diagnosis). It means "bouncing back" from difficult experiences. A resilient man

1. looks forward to future events;
2. is in the moment;
3. communicates with others; and
4. relaxes.

Men who are diagnosed with any cancer need to develop resilience. But how can a man develop resilience? The following list is examples to allow you to be resilient:

- ensure you have a good diet (and, if necessary, lose weight)
- exercise;
- develop a social and emotional network of friends or relatives with whom you can vent;
- before rising, determine three (3) things for which you're grateful;
- recognise it's all right to not be in control;
- appreciate the day's unique moments (birds singing, sunsets, people relaxing in company of others);
- look for inspiration or mentoring from others or in personal stories;

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- prepare for holidays to maximise outcomes;
- find a hobby or passion (particularly something able to be done in a group) that is a distraction from pain (if applicable), as well as all the medical tests and consultations; and
- use a peer support group for knowledge, empathy, and emotional support.

Anxiety

When diagnosed with prostate cancer, it is common to be anxious and for good reason: most of us are suddenly having to be in a world out of our control and in which we don't experience or knowledge.

Anxiety is a fear or worry about the occurrence or non-occurrence of a future event or condition. A man must realise when he is anxious so as to try his best to be calm and informed when making decisions. If anxiety is persisting, a man should talk to his GP.

Generally symptoms of anxiety include fearfulness, excessive worry, nervousness, feeling isolated, hyper alertness, shakiness and an irritability.

There are symptoms specific to those diagnosed with prostate cancer include:

- a worry about cancer recurrence, including "PSA test anxiety";
- fear your body might let you down;
- fear of incontinence; and
- fear of relationship breakdown.

Depression

Depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act. There are treatments, medications, and support available through a man's GP.

It is important if a man thinks he is depressed, he needs to talk to his GP. Depression is a medical condition for which there is help and

treatment.

Symptoms include low mood and/or loss of interest and pleasure in usual activities, as well as other symptoms. Symptoms of depression interfere with all areas of a person's life, including work and social relationships. In the case of a diagnosis of prostate cancer, there is serious interference with a man's decision making.

Other than medications, a man can:

- exercise;
- improve your diet (if needed);
- talk to others (sharing your feelings);
- look after yourself; and
- do things you enjoy.

Prostate cancer specific depression symptoms include a loss of interest in activities you used to enjoy, a loss of sense of masculinity or identity, and a loss of intimacy.

Lifeline Australia - 13 11 14
<https://www.lifeline.org.au/>

Beyondblue Support Service 1300 22 4636
<https://www.beyondblue.org.au/>

*Dr Addie Wootten, Clinical Psychologist,
 CEO of **Smiling Mind***

*This article is based on notes from her talk to
 Prostate Heidelberg in 2013*

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OUR MEETINGS

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 **3rd Tuesday** of each month (except January) from 10:00am - 12:30pm 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 and various bus routes are 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 (depending on numbers). If you can't attend daytime meetings, the Diamond Valley Prostate Cancer Support Group has evening meetings: <http://www.dvpcsg.org.au/>

CORRESPONDENCE

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Spiros Haldas, Library	
Janis Kinne, Membershp	

Please contact Patrick Woodlock to redirect or cancel receipt of this Newsletter.

CALENDAR

2017 Meetings: **10:00am -12:30pm**

Tues 17th Oct '17

Tues 21st Nov '17

Tues 19th Dec '17 Carla D'Amico & Xmas lunch

2018 Meetings: **10:00am -12:30pm**

Tues 20th February '18

Tues 20th March '18

Tues 17th April '18

Tues 15th May '18

Tues 19th June '18

Tues 17th July '18

Tues 21st August '18

Tues 18th September '18

Tues 16th October '18

Tues 20th November '18

Tues 18th December '18

Xmas lunch