



## MOVEMBER



Why the moustache during November?

The Movember Foundation uses growing moustaches in November to raise funds to stop men dying too young.

These funds have started more than 1,200 projects around the world, many of them on prostate cancer.

See the 24 current Australian projects dealing with prostate cancer:

1. Go to [www.movember.com](http://www.movember.com) from the **ABOUT US** menu choose **"The Work We Fund"**;
2. From the **SELECT A PROGRAM CATEGORY** choose **"Prostate Cancer"**
3. From the **SELECT A COUNTRY** choose **"Australia"**

The Prostate Cancer Foundation of Australia (PCFA) manages and contributes to a number of these Australian projects.

In my family, participation in **Movember** by younger family members has been a source of solidarity and strength.

Even though November is half over, You can still grow a moustache, donate, or start conversations about men's health.

**Movember Foundation**  
**Stopping men dying too young**

## 19<sup>th</sup> 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

## WATCH FOR DEPRESSION or ANXIETY

Someone you know may be depressed if, for more than two weeks, he/she felt sad, down or miserable most of the time, or have lost interest or pleasure in usual activities, and have also experienced several of the signs and symptoms across at least three of the categories below:

1. Behavior;
2. Feelings;
3. Thoughts; and
4. Physical

If you think that someone you know may be experiencing depression, the above checklist is a quick, easy and confidential way to give you more insight. The checklist won't provide a diagnosis

- for that you'll need he/she to see a health professional - but it can help to guide you and provide a better understanding of how the person you know is feeling.

It's important to remember that we all experience some of these symptoms from time to time, and it may not necessarily mean he/she is depressed. Equally, not everyone who is experiencing depression will have all of these symptoms.

<https://www.beyondblue.org.au/the-facts/depression/signs-and-symptoms>

Depression can be dangerous; so help your friend sooner rather than later!

If help is needed, contact:

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

**Beyond Blue:** 1300 22 4636

<https://www.beyondblue.org.au/>

## RESILIENCE

Resilience is the capacity to recover quickly from difficulties; toughness.

<https://en.oxforddictionaries.com/definition/>

A man should be proud to be described by a number of his specialists as resilient.

A friend, who has lost her husband to a brain tumour, recently described resilience as living rather than dying. I took that to mean deciding to move on with living, rather than being in a state of thinking "I'm dying".

Life can be "*shitty*" at times. A resilient person says, "yes, I can recognize the worst, but I'm moving on as best as I can in the situation or condition dealt to me".

Being diagnosed with prostate cancer is one of life's "*shitty*" events. But there is a necessity to live with the diagnosis (and all that involves) rather than dwelling of the negative consequences.

It is important to give yourself "me time" when diagnosed and when later treatments are required. But do not dwell on the worst when there can be still good times to be had.

Do not forget, your partner is also suffering. Therefore give as much support to them and this will probably help you as well.

When things get "too much" remember you are not alone. Talk to your support group and if necessary, get professional help. It rarely works to just bear the burden alone.

Research is showing that resilience is a protective factor for distress among men with prostate cancer. Patients with prostate cancer might benefit from resilience training to enhance their ability to cope effectively with the stress of their diagnosis and treatment.

[https://skemman.is/bitstream/1946/12712/1/Laufey\\_Dis\\_Lokaverkefni.pdf](https://skemman.is/bitstream/1946/12712/1/Laufey_Dis_Lokaverkefni.pdf), et alia

## 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 **3<sup>rd</sup> 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.

**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.

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. 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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## COMMITTEE

Max Shub, Facilitator	0413 777 342
Barry Elderfield, Treasurer	0400 662 114
Patrick Woodlock, Newsletter	0438 380 131
Chris Ellis, Convenor	
Spiros Haldas, Library	
Janis Kinne, Membership	
David Bellair, Web site	

Please contact Patrick Woodlock to redirect or cancel receipt of this Newsletter at [ProstateHeidelberg@gmail.com](mailto:ProstateHeidelberg@gmail.com) or on 0438 380 131.

## CALENDAR

**2017** Meetings: **10:00am -12:30pm**  
Tues 21<sup>st</sup> Nov '17  
Tues 19<sup>th</sup> Dec '17 Carla D'Amico  
*"A nurse led Prostate Cancer survivorship clinic"* and Xmas lunch

**2018** Meetings: **10:00am -12:30pm**  
Tues 20<sup>th</sup> Feb '18 Michael Hoffman  
*"Changing the diagnostic & treatment paradigms with PET"*  
Tues 20<sup>th</sup> Mar '18  
Tues 17<sup>th</sup> Apr '18 Marie Pirotta & Jane Crow  
*"A GP's approach to shared care"*  
Tues 15<sup>th</sup> May '18  
Tues 19<sup>th</sup> Jun '18 David Owen  
*"A scientist's look at Prostate Cancer drugs"*  
Tues 17<sup>th</sup> Jul '18  
Tues 21<sup>st</sup> Aug '18 *"Survivorship studies, what are we learning?"*  
Tues 18<sup>th</sup> Sep '18  
Tues 16<sup>th</sup> Oct '18 *"ED and Incontinence; do we need to put up with it?"*  
Tues 20<sup>th</sup> Nov '18  
Tues 18<sup>th</sup> Dec '18 *"How genetics is impacting therapy now and in the future"* and Xmas lunch