

ProstateMatters

The newsletter of The Prostate Cancer Foundation of New Zealand Inc



GIB Boys on Bikes - see story page 5.
Photo Courtesy Fairfax

New Prostate Guidelines for GPs

Last September the Ministry of Health issued the new Guidelines for the Management and Referral of Prostate Cancer – a document that has been developed by the Prostate Cancer Working group after wide consultation.

The issue of comprehensive guidance for medical professionals advising, managing and referring men in respect of prostate cancer is a significant step in building awareness about prostate cancer, its management and treatment. It is also a world-leading initiative which will be of considerable interest to other countries.

PCFNZ President Mark von Dadelszen issued a media release at the time welcoming these new Guidelines. “Primary care health professionals have an obligation to their patients to be up-to-date with the best, latest information about prostate cancer,” he said “and when prostate cancer is just one of the many things

a General Practitioner needs to know about, the new guidance will give doctors most of what they need to know when consulted by men about prostate health. In particular, this guidance will help them to identify the men who should be tested, and how to interpret the test results and what to do if further advice or treatment is indicated.”

Our expectation is that these Guidelines will now be implemented by GPs and health professionals across the country resulting in better and more consistent care for men presenting with prostate cancer issues.

Helpline **0800 477 678**

www.prostate.org.nz

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BlueSeptember

Facing up to Prostate Cancer

MAN UP! AND GIVE PROSTATE CANCER THE FINGER

Our 2015 annual awareness and fundraising campaign took on a fresh approach and featured the unique personality that is well-known actor Mark Hadlow.

Mark fronted new television commercials and was the face of Blue September on posters, print media and even on the back of buses in Auckland and Wellington! His message was a little confronting, dealing directly with the inhibitions many men have about getting a physical check for prostate cancer with a digital rectal examination (DRE).

Blue ribbons were also a feature of the campaign being given as a token receipt for donations made over the counter at sponsors' and supporters' outlets throughout the country. We estimate approx. 270,000 ribbons were distributed – that is a huge number of New Zealanders who supported this Blue September campaign that overall raised nearly \$700,000.



www.blueseptember.org.nz

Bikers Bring in the Bucks

Blue September ambassador Buck Shelford led the way in the Southern Scooter Challenge organised by PlaceMakers.

About 120 riders, including Buck, wrapped up warm, mounted their 50cc scooters and made the journey from Bluff to Queenstown and, with the support of many sponsors, they raised over \$67,000!

Bikers in Blue this year attracted over 300 riders to dress up and ride across Auckland from PlaceMakers Pakuranga to enjoy a great barbeque and auction at PlaceMakers Albany. And they raised \$9,500 on the day!

The more sophisticated bikers turned out for the **Distinguished Gentlemen's Ride**, this year held in Auckland, Christchurch, Tauranga, Blenheim and New Plymouth. Dressed in their finery they certainly made an impression, particularly in Auckland where 200 riders took to city streets, including the Tamaki Drive waterfront, and rode to MOTAT for an outdoor Blues and Bikes afternoon event. Overall \$71,000 was raised through these rides for prostate cancer research.

DGR Auckland organisers Leigh Beckhaus and Mike Andrews



Having Fun Raising Funds!

The German Business Association chose Blue September as their charity for the 2015 Oktoberfest event held at Shed 10 on Auckland's waterfront.

Over 700 attended this authentic Bavarian event, with classic hearty food. As well as consuming a reasonable quantity of the amber liquid, and dancing to the magnificent Ompah Band the silent auction raised \$5000.

Ambassador and gossip columnist David Hartnell hosted a

Celebrity Quiz Night and Sky City hosted a **Learn to Play Poker Night** – together raising over \$18,000. And over 700 international **Masters Rugby League** players at their tournament supported Blue September raising \$6,600.

Winner takes all at Poker Night



Thank you to our sponsors

Not only do our sponsors spread the message of Blue September, they, and their customers make very significant contributions to support the work of the Foundation. Here's what some of them raised:

- **PlaceMakers** raised \$212,000 through a variety of activities and events in their outlets around NZ.
- **Farmers** raised \$114,800 over 2 weeks through over the counter donations from customers.
- **The Coffee Club** sold blue ribbons and donated funds 5 cents per coffee for a total of \$44,000.
- **Corys** Electrical outlets held events that raised a total of \$60,000.
- **Auto Super Shoppes** donated \$10,000 through their 70 workshops nationwide.
- **Mad Butcher** stores promoted Blue September and collected donations at point of sale.
- **SkyCity** provided hospitality for special events and hosted the Learn to Play Poker Night that raised \$15,000.
- **M2 Magazine** provided several pages of advertising and editorial.
- **NZ Hothouse** placed a huge billboard in their site near Pukekohe and also had signs on trucks promoting the Blue September message.



Support Groups

A diagnosis of prostate cancer will be, for most men, a traumatic issue to deal with. The uncertainty of the future, the decisions to be made regarding treatment, and the after-effects of treatment can be a real struggle.

Around New Zealand there is a great network of prostate cancer support groups organised by the Foundation. They are led by volunteer Co-ordinators who have all experienced the disease, and have also had training in how to support their peers through their prostate cancer journey. Men and their

partners who are living with prostate cancer issues are welcome to attend these groups.

For details of the Groups, and the contacts see <http://prostate.org.nz/support-groups/>

Support is also available over the phone on 0800 477 678.



Fundraising Blue Bales

Following the success of pink bale wrap to support breast cancer, Agpac have this year introduced blue bale wrap so farmers and agricultural contractors around New Zealand can support prostate cancer.

Silage bales in a distinct blue shade are now appearing in paddocks around the country and we thank Agpac and their customers for this support.



Auckland Marathon

A clash of dates with the final of the 2015 Rugby World Cup did not deter our 9 dedicated runners who joined the "Run For Prostate" team competing as charity runners in the Auckland Marathon. Running either the quarter, half or full marathon these competitors between them raised \$18,656. Well done!

Boxing For a Cause

Our thanks to Peter Ewing and Bruce Glozier who organised the Construction Industry Fight Night at the Auckland Boxing Association. Over 600 attended this event that staged 14 amateur 3-round fights contested by workers (including 2 females) from a number of construction businesses. As well as raising over \$9000 the event was aimed at building awareness of prostate cancer and Peter Ewing took the opportunity of sharing something of his personal journey with the disease. A second event is being planned for 29 April this year.

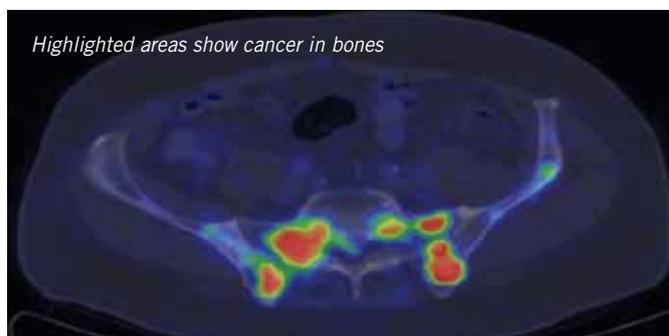
GIB Boys on Bikes – Blenheim to Bluff

For the last few months, 11 Taranaki men organised by John Hardie Boys have been putting in hours of training to get ready to undertake a nine-day ride down the length of the South Island's west coast to raise awareness and funds for the Prostate Cancer Foundation.

"We decided to support the Prostate Cancer Foundation as most of us know someone who has had this disease, plus our prostates are very close to our bike seats! Then we discovered that one of our bunch, Barry, who is a cyclist himself, but is coming along as our van driver, is currently undergoing prostate cancer treatment which has just strengthened our resolve to encourage men to get checked," explains organiser, John Hardie Boys.

The team set out on January 16 and rode down the West Coast, over Haast Pass, via Wanaka and Queenstown, to Lumsden and Invercargill. The guys bunked down with family, youth hostels, motels and hotels en route covering the cost of the trip themselves so any money raised will go to support those with prostate cancer.

And through their amazing efforts, and some sponsorship from Winstone GIB they have raised over \$30,000! Amazing effort guys.



Highlighted areas show cancer in bones

PSMA PET Scans now in NZ

Gallium-labelled prostate specific membrane antigen ligand is a ground-breaking PET scan which is rapidly gaining popularity worldwide. This new imaging procedure is now available in NZ at Mercy Radiology in Auckland. It provides a state of the art fusion examination as a superior modality for staging and restaging of prostate cancer patients.

PSMA scans have been shown to be highly effective in the detection of prostate cancer cells in regional nodes and distant metastatic sites as well as early detection of sites of relapse following definite treatment of the disease. Lesions suspicious for metastatic prostate cancer show up very clearly on screen resulting in a superior detection rate even when the level of PSA is low.

For more information visit www.radiology.co.nz

Welfare Fund Established

A Welfare Grants Fund has been established to assist those experiencing some hardship related to their treatment for prostate cancer. The grants are provided to assist with expenses relating to transport and accommodation, counselling and specialised services or equipment needed and are limited to \$500. The grants do not cover medical and/or treatment costs.

Grant application forms are available from the National Office and, when received, are reviewed by the Welfare Grants Committee each month.

For more information call 0800 477 678



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New Board Member Dr Api Talemaitoga

In November Dr Api Talemaitoga was welcomed on to the PCFNZ Board. Api is a practicing General Practitioner in Christchurch and in South Auckland. He has been a member of the National Health Committee and led the work on the management of Long Term Conditions, worked in the Pacific both as personal physician to Fijian leaders and, more recently across the Melanesian and Polynesian regions facilitating access to specialist services in New Zealand and other countries.

Dr Talemaitoga also served on the Board of the Canterbury District Health Board in 2000-1. He was Chief Advisor, Pacific Health at the Ministry of Health from 2008 – 2013.

Apart from clinical practice, Api is a member of the Pasifika Prostate Cancer Foundation and a member of the Equity and Public Information Sub-group of the Prostate Cancer Working Group. He is also on the Board of the Royal New Zealand College of GPs (RNZCGP), Member of the EAG of the Asthma Foundation and Chairs the Pasifika GP Network and the Auckland Pacific Health Provider Network – Tangata O Le Moana.



Make a Donation

Donations to support the Prostate Cancer Foundation can be made directly online through credit card or internet banking, or sent direct to the Foundation office.

Tax receipts will be issued for all donations. As a charity with no Government funding we appreciate the financial support of members, sponsors and donors who enable us to achieve our Mission.

Become a Member

The Prostate Cancer Foundation is a membership-based organisation and encourages those interested in our activities to join as members. Members have a key role in decisions made by the organisation through the election of the Board and the opportunity to attend the Annual General Meeting. Membership rates are \$20pa Single; \$30pa Couples and are renewed from 1 August each year. Join at; www.prostate.org.nz/memberships

Save the Dates

NATIONAL PROSTATE CANCER CONFERENCE

Sunday 24 July, Rydges Hotel, Latimer Square, Christchurch

Plan now to join us for this very informative conference providing up-to-date information on prostate cancer issues in New Zealand.

For more details <http://prostate.org.nz/annual-conference-2016/>

PATIENT AND CARER FORUMS

“Hand in Hand” – Managing physical and relationship changes through the prostate cancer journey.

Keynote speakers: David and Pam Sandoe (past Chairman Prostate Cancer Foundation Australia)

Christchurch Saturday 25 June, Rydges Hotel Latimer Square

Auckland Saturday 2 July, Novotel Hotel, Ellerslie

For more details <http://prostate.org.nz/patient-forums/>

For More Information

Postal: PO Box 301313, Albany, Auckland 0752

Location: Suite B, Building C, 42 Tawa Drive Office Park, Albany, Auckland

Phone: 09 415 2405 or 0800 477 678

Email: info@prostate.org.nz

Registered NZ Charity No. CC30635

Yes, I want to make a donation to Prostate Cancer Foundation NZ

Complete and post this form to **Prostate Cancer Foundation, PO Box 301313, Albany, Auckland. 0752**
For further information on donating, please email: info@prostate.org.nz or call **0800 4 PROSTATE (0800 477 678)**

(Miss/Ms/Mrs/Mr): _____ Name _____

Email: _____ Phone: _____

Postal Address: _____

My cheque made payable to Prostate Cancer Foundation is enclosed: \$1,000 \$500 \$100 \$50 \$25 \$ _____

Please charge my credit card \$ _____

Visa Mastercard Card no.

Cardholder's name: _____ Expiry date: Signature: _____

Donations can also be made directly to the Prostate Cancer Foundation bank account ASB # 12 3031 0184117 00

Please contact me with more information about: becoming a regular donor leaving a bequest to PCFNZ in my Will

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