



The knowledge gained at meetings and social activities helps to allay men's fears that arise during initial diagnosis and subsequent treatments and to dispel depression. We also consider other age related issues confronting men and their partners. The Support Group welcomes partners of men as active participants since the disease has an effect on families.

## Group News

**THURSDAY, 9th June at 6pm**  
**LIVING LIVES IN DARKNESS & LIGHT**  
**Chris Madden (AO)**  
 Vietnam veteran, ex pro Vice-Chancellor of Griffith University, Advisor for 2018 Commonwealth Games, Chair of Queensland Committee for International Education, Director of a private vocational Education company and president of a bowls club.  
 One of only 2 people in Australia to be classified as royals with more than 8 convicts in his heritage.

**WHERE WE MEET**

The group meets at 6pm on the 1st floor of the Mango Hill Community Centre (The Y). Entrance from the car park at 22 Linear Drive, Mango Hill on the 2nd **THURSDAY** of the month. It's the tallest building in Mango Hill.  
 Refreshments are provided from 6pm.  
 If you need more info see contact details page 4

**THE MAY MEETING**

The men's breast cancer group started as a Facebook group and continues but with little support. It was an interesting talk from 2 of its stalwarts and showed that men need to consider breast cancer in their regular

**SOCIAL ACTIVITY**

**PUT THESE IN YOUR DIARIES NOW**

**There will be a luncheon at the My Oh My Eatery at the sheds, 264 South Pine Road, Brendale on 1st June at 12pm**  
**RSVP Joy ASAP**  
 petejoyham53@bigpond.com or 3886 5511

**Next morning teas at 10am at North Lakes Sports club are on 23rd June for the ladies and 25th June for the men**

**PLEASE GET INVOLVED AND PUT HEALTH WORRIES ASIDE**  
**These events are all about enjoying ourselves and dispelling any depression**

The man that invented the Ferris wheel never met the man that invented the merry go round. They traveled in different circles.

I DON'T MEAN TO INTERRUPT PEOPLE I JUST RANDOMLY REMEMBER THINGS & GET REALLY EXCITED

**STILL LOOKING FOR FUN RUN RAFFLE PRIZES**

Your support group is planning its 3rd Redcliffe Hospital Fun Run in August but we need sponsors and raffle prizes.  
 Your committee has been actively chasing raffles sponsors but surely you can help as well.  
 Time's running out. Please help

## **VALE DARYL HYLAND**

**Daryl was a key promoter in setting up the opportunity for our group to be formed by bringing together Redcliffe Hospital and Metro North Directors in 2012. He is the reason our group exists today and he was a good friend and ally to many support groups**



Dedicated. Respected. Outstanding. These are the words most used to describe Queensland Prostate Cancer Support Group champion Daryl Hyland and his contribution to prostate cancer control.

His was a contribution which helped to mobilise a nationwide movement of Prostate Cancer Support Groups, during a period when the number of men being diagnosed in Australia was increasing at an unprecedented rate.

Daryl passed away peacefully on May 6, after a lifetime of service to the community.

As his friend, Chris, said so eloquently at his funeral, "He touched everyone he came into contact with – because he genuinely cared for, and about, people."

Daryl dedicated his life to supporting and caring for men in the community impacted by prostate cancer, tirelessly offering information and support.

A volunteer of 22 years, his legacy will leave a lasting impact.

Daryl first became involved in PCFA's work in 2000 following his own diagnosis, when he formed the Mackay Prostate Cancer Support Group. The first meeting was attended by 25 people and continued to thrive under his stewardship.

In 2001 he was among a group of Network Members who represented Queensland at a national conference for the Association of Prostate Cancer Support Groups, culminating in the formation of a national PCFA Support and Advocacy Committee, to which Daryl was elected, while also becoming a part of the newly formed PCFA Queensland Chapter Council.

After Daryl's success with the Mackay Prostate Cancer Support Group, he relocated with his family to the Gold Coast where he continued his community service.

From there, he went on to lead national Prostate Cancer Support Group initiatives affiliated with PCFA, travelling around Queensland to raise awareness and to advocate for enhanced services to assist those affected.

Friend and fellow Network Member, Fred Travis, recounts Daryl's steadfast dedication.

"Daryl was totally committed to expanding the support provided by network groups, helping to encourage group formation and governance.

"His assistance was instrumental in the launch of the Moreton Bay Regional Prostate Cancer Support Group which I led, and he was very well-respected right across the country for his work."

In 2012, Daryl was awarded PCFA's prestigious Max Gardner Award for distinguished service, based on nomination by his peers.

Over recent years, though his health declined, his passion never waned.

In the words of Queensland Network stalwart Ian Smith, "Everything he did, he did it well."

## WORLD'S LARGEST STUDY OF DEPRESSION OFFERS NEW HOPE

The world's largest study of depression has revealed 23 genes linked to a person's risk of developing depression – paving the way for more tailored and effective treatments, according to research by QIMR Berghofer.

The researchers used data collected from more than 20,000 people who participated in the Australian Genetics of Depression Study to identify the new risk variants.

QIMR Berghofer lead researcher Dr Brittany Mitchell said the findings significantly advance our understanding of the role genes play in depression.

"We examined the DNA of people with and without depression and found that these genetic markers are far more common in those with depression. In fact, people with the highest number of these genetic markers were 6.5 times more likely to have major depression."

The researchers also discovered unique genetic profiles were linked to the development of particular depression subtypes, such as seasonal affective disorder, postpartum depression and atypical depression.

"These unique genetic risk profiles appear to make people more susceptible to particular types of depression, or certain features such as symptoms, age of onset and recurrence."

"This can potentially translate to a substantial advancement in how we treat depression. When you have insight into the genetic basis of a condition, you can develop much more effective treatments. For people with depression, it is so important to have earlier and more effective treatments available," Dr Byrne said.

"This research could one day allow for future gene-mapping technology to deliver a more personalised and targeted treatment plan and potentially assist in developing new drug treatments or a re-purposing of current drugs for better outcomes," Dr Byrne said.

Prostate Cancer Foundation of Australia has welcomed the listing of PSMA PET/CT scanning for men with prostate cancer from July 1 2022, in a move that will improve the standard of care for thousands of men with higher risk forms of the disease.

"Australia has one of the highest rates of prostate cancer in the world, with one in every six Australian men likely to be diagnosed by age 85.

"Over 18,000 men will be diagnosed with the disease this year and 3,323 will die. It's a tragic toll that can be avoided if we can monitor the disease more closely to see whether it has spread.

"We commend the Government's investment of \$14.2 million over four years for a new MBS item to subsidise scans for men with intermediate to high-risk and recurrent prostate cancer.

"Known as PSMA PET/CT, prostate-specific membrane antigen positron emission tomography scans support patients by providing additional information to inform treatment, which can lead to improved outcomes.

"PSMA PET/CT scans are more accurate, provide more definitive results, minimise the patient's exposure to radiation, and allow clinicians to more effectively monitor and manage higher-risk prostate cancers.

"In essence, if we can see it, we can treat it, and we can improve our chances of beating it.

"This is a great step forward for thousands of Australian men and families who are at risk of prostate cancer and currently living with the disease.

For those of you who have internet capability, there is a 1 hour presentation by PCFA relating to the latest advances in PSMA imaging and theranostics  
Copy and paste this URL to your browser  
<https://www.youtube.com/watch?v=beXdcZrq-EM>

## BINS FOR BLOKES

For boys and men who use incontinence products, there are very few or no places for them to throw them out. This can make them want to stay put, not wanting to leave their homes and join in everyday activities. [BINS4Blokes](#) is an Australia-wide awareness and advocacy campaign promoting the installation of incontinence bins in male public toilet facilities.

Alan will be going to Canberra in mid June to attend the National General Assembly 2022 of Local Government. He will be part of a contingent from the Continence Foundation of Australia (CFA). They will be liaising with local government officials to promote Bins 4 Blokes.

How you can help

Next time you visit a public toilet in your area, have a look to see if there is a disposal bin for continence products. Let us know what you find.

Just send us an email to let us know the name of your local Council or Shire, along with what you found (or *didn't find*) in your local public toilets. Alan and the CFA team can then discuss your findings with representatives from your area. [alan@the prostatezone.com](mailto:alan@the prostatezone.com)

## THE GREAT DUNNY HUNT IS ON AGAIN

The [National Toilet Map](#) is part of the National Continence Program. The National Public Toilet Map shows the location of more than 19,000 public and private public facilities across Australia, including toilets, adult change and baby care. Information is provided about each toilet, such as location, accessibility details, opening hours and features like sharps disposal and showers.

During the [Great Dunny Hunt 2022](#), you can go in the draw to win one of 3 x \$500 Eftpos vouchers. For full information, check out the details on the [website](#).

## MENTAL HEALTH & PROSTATE CANCER

Mental health is in the news again, thanks to the recent release of the [Productivity Commission's report](#).

For those of you who have been diagnosed with prostate cancer (or have a loved one who's had that diagnosis), you will know that it affects a man's mental health. "Mental health" is an unfortunate term – many people don't like it, or think it is something to fear.

Getting a cancer diagnosis (prostate cancer or any other type of cancer) is obviously a stressful and worrying event. Waiting for news about test results can also cause anxiety. Then there is the worry about choosing a treatment option (if the prostate cancer is caught early enough to leave a man with choices).

Trying to make a decision when there are no guarantees of success is really hard and men can get stuck in a loop, unsure about what path to take

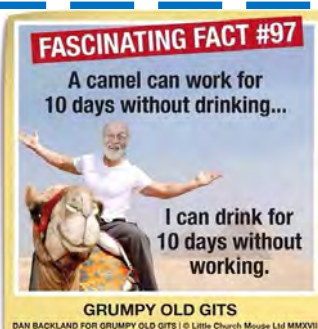
Undergoing treatment for prostate cancer and dealing with the side-effects are the next set of hurdles for men and their loved ones. There is so much stress – and grief – involved when a man loses his ability to get an erection. It is so important for all of us to understand that sex is a normal and fundamental part of human life. Erectile dysfunction is profoundly distressing for men and can cause major damage to their sense of self.

What can we do to help?

As friends, family, loved ones and partners, there is plenty that we can do to help those men with prostate cancer. If you are the one suffering the emotional pain, take some positive action.

Attend a support group, if there is one in your area. They can be very helpful, even just for a once-only visit.

- Contact the support group leader by phone, if you can't attend a meeting (or feel a bit uncomfortable about it). The group leaders will often be happy to talk over the phone or meet you for a coffee and a chat.
- Talk to your nearest and dearest – let them know that you really need their help.
- Contact the **Cancer Council Hotline 13 11 20**. If you have a question about cancer, or if you're seeking emotional or practical support, they have specially trained staff available (plus it's free and confidential).
- Go for a walk in the most beautiful surroundings you can find and let yourself drink in nature's beauty.
- Sit in the sunshine (with sensible UV protection, of course).
- Spend time with your pet and enjoy their love.
- [Check out your nearest Men's Shed](#). These places are fantastic – very welcoming and supportive, as well as great places to learn new skills or teach others your skills.



I never thought  
I'd be the kind of  
person who'd  
wake up early in  
the morning to  
exercise ...  
And I was right.

Working at an  
unemployment  
office has to be a  
tense job...knowing  
if you get fired, you  
still have to come in  
the next day.

I ENJOY A GLASS OF WINE EACH NIGHT FOR ITS HEALTH BENEFITS. THE OTHER GLASSES ARE FOR MY WITTY COMEBACKS AND FLAWLESS DANCE MOVES

OLD AGE COMES AT A BAD TIME!  
WHEN YOU FINALLY KNOW EVERYTHING, YOU START TO FORGET EVERYTHING YOU KNOW.



A RECENT STUDY FOUND PEOPLE WHO TAKE THEIR COFFEE BLACK ARE MORE LIKELY TO EXHIBIT PSYCHOPATHIC TRAITS.

AND PEOPLE WHO ORDER A QUAD SHOT, NON FAT, VANILLA SOY, EXTRA FOAM, LIGHT WHIP WITH CARAMEL DRIZZLE ARE MORE LIKELY TO BE THEIR VICTIMS.

Even though people in the 15th didn't have microwaves, they did have leftovers. How did they refer to leftover food, then? They used a French term, **Rechauffe**, which means "to reheat or turn leftovers into a new dish." The term refers both to the action of reheating leftovers and the leftover food itself. Calling your leftovers rechauffe makes them sound like some fancy French dish, doesn't it?

3 Irish men in a pub called Mick, Pat and Tat. The barman says "Are you all related?" Mick said "Yeah we're triplets!" Barman said "Triplets!, how come you and Pat are 6ft tall and Tat is only 4ft tall?", "Well!" said Mick "Me and Pat were breast fed so there was no tit for Tat!

Have faith in the Pfizer vaccine.  
Don't forget they make Viagra.

If they can raise the dead ...  
They can save the living

I never thought I'd be the kind of person who'd wake up early in the morning to exercise ...

And I was right.

**GROUP CONTACT**  
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I LOVE WAVING AT RANDOM PEOPLE, BECAUSE YOU KNOW FOR THE REST OF THE DAY, THEY'RE TRYING TO FIGURE OUT WHO YOU WERE.

**THIS MONTH'S QUOTES**

- Success consists of going from failure to failure without loss of enthusiasm - Churchill
- Always be a first rate version of yourself instead of a second rate version of somebody else – Judy Garland