



Press Release

Taking PROST! to the PEOPLE

Dear Editor

I have read with interest your excellent article in in the Weekend Australian on the 30-31 July 2022 and the subsequent letters to the editor and additional articles.

Firstly, I personally and on behalf of PROST! Exercise 4 Prostate Cancer Inc. take this opportunity to thank you informing the world of the issues and frustrations experienced by men and their partners who are suffering from this disease.

Throughout Tim Baker's well written feature article, it is obvious the pre and post treatment of cancer patients is lacking. The feedback from the letters to the editor also supports this fact.

I would like to take this opportunity introduce PROST! to you and your readers. We are a not-for-profit organisation which supports men with prostate cancer both pre and post treatment. The support follows the mantra MUSCLE MATESHIP MOOD. The program is based on research revealing exercise greatly assists men diagnosed with this dreaded disease. The PROST! evidence-based group exercise sessions follow a set format of warmup, Pelvic Floor exercises and cardio and weight training. Members of all ages are welcome, and they can work at their own pace. The exercise session is only part of the program. It is in fact the Muscle component. The Mateship and Mood components are in the gym sessions as well at coffee sessions conducted after the gym.

It is reassuring for men to know they are not alone in their prostate cancer journey. They can share other's members journeys with an understanding and support for what they are going through.

We are agnostic as to the which urologist to use. We focus on the pre and post treatment of exercise and mental support.

As quite eloquently detailed in Tim's article the issue is not the operation or treatment of prostate cancer it is the effects post treatment. Incontinence, erectile dysfunction and sexual intimacy issues are extremely common. They have an effect not only on the male but also their partners.

This issue has not been addressed. It needs to be. Research has revealed:

- Compared with men in the general population, men with prostate cancer are twice as likely to experience depression and three times more likely to experience anxiety. They have a 70% greater risk of suicide.
- Compared to the general population, partners of men with prostate cancer are 50% more likely to suffer from clinical depression.

The success of PROST! in supporting suffers is eloquently detailed in the following quote from Ron Manners one of our many members:

"We absolutely appreciate it, rain hail or shine, we turn up. You wouldn't miss it and we all make sure we are all ok. Once I had to miss a session and I received a text message from a colleague to make sure I was fine. The inclusive atmosphere and support is fantastic. I have been here for eight years I was given a few months to live."

This is typical of the feedback we receive.



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Because of the success we have experienced, we are expanding "Taking PROST! to the People" by utilising Gyms located where there is a high instances of prostate cancer. A keen supporter of the program is the Western Australian Football Commission (WAFC). They have endorsed and support PROST! through promoting it to the WA Football League clubs. We currently have centres at the Subiaco Football Club, in Fremantle and the University of Western Australia Exercise Physiology Centre. A fourth centre is due to open in the West Perth Football Club gym at Joondalup.

We are keen to assist others to follow in our footsteps. We have a model which can be followed and believe it will assist many men throughout Australia and world with their prostate cancer journey.

Should any organisation or individual wish to assist through donations they can do so via our website www.prost.com.au. Donations are tax deductible.

An important fact is you don't know you have prostate cancer until you have been diagnosed most likely via a PSA test. Even then the physical effects are minimal. However it at this time the mental aspects come into play. Then it's the aftereffects of treatment when the full physical and mental aspects are felt. They stay with the sufferer in many cases for the rest of their life.

Written by a prostate cancer sufferer who has gone through a Radical Prostatectomy operation and radiation treatment and who is Chairman of PROST!

Ian Simmonds