



## Press Release

Letters to the editor – The Australian Newspaper - Unpublished

Dear Editor

Thank you for clarifying PSA testing issues for prostate cancer and describing support for men including the PROST! Exercise 4 Prostate Cancer program in Perth, which I attend ("Changing the rules to save men's lives" and "Men get the zing back in their lives", 27/8). As was pointed out, the consequences of treatments for prostate cancer can leave men psychologically devastated but survivorship rates are generally encouraging. Our masculinity, intimate relationships and very existence are often under threat. What was unsaid is the evidence from reliable sources showing men after a prostate cancer diagnosis can suffer anxiety, depression, suicide ideation and indeed suicide. Their partners too, can become clinically depressed. Tim Baker's story (*Magazine*, "Farewell, Old Friend", July 30-31) of his journey with prostate cancer touched a raw nerve for me - as it did for other anguished men who wrote letters in response.

Men's mental health is why the PROST! exercise program's mission has three components: "Muscle, Mateship and Mood". It gives invaluable psychological benefit to men travelling a similar cancer journey by exercising and socializing as a group. This is its uniqueness. It works - because we look out for our mates. I know - because I am a survivor.

Yours faithfully

Bronte Parkin