



## Press Release

Letter to the editor – The West Australian – Unpublished.

Dear Editor

Thank you to Geoffrey Thomas for his centre-piece feature “Strength in numbers” (31/8) about prostate cancer and the support to men available here in Perth from the PROST! exercise program, which I attend. As 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. Elsewhere, other recent reporting about this aspect of prostate cancer touches a raw nerve for men.

Men’s mental health is why the PROST! exercise program’s mission has the “Mateship and Mood” components. 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.

B Parkin, Duncraig