

NEWS

Men not alone after prostate surgery

Muscle, mateship, mood

BY HAZEL BRADLEY

A TAILORED exercise program for men dealing with the effects of prostate cancer is opening at West Perth Football Club at Joondalup.

The not-for-profit PROST! program already operates in Leederville, Crawley and Fremantle, and is designed to help men overcome issues such as incontinence and erectile dysfunction before and after prostate surgery and other treatments. It also boosts mental health and wellbeing.

With its mantra of "muscle, mateship and mood", the program was created 10 years ago by Jo Milios of Complete Physiotherapy and is the only one of its kind in Australia.

PROST! secretary and cancer survivor Bronte Parkin said many men could benefit.

"There are other supports available for men who have had prostate cancer but we are the only one in Australia that is an exercise support group," he said.



Bronte Parkin (third from right, on exercise bike) says there is a lot of camaraderie at PROST! sessions, adding, "We've all travelled the same journey to varying degrees". Picture supplied

Bronte had surgery nine years ago and as Dr Milios was his physio it was natural for him to attend PROST! He speaks highly of the program's benefits.

"Our founder's brother is a Perth urologist and he was

referring men to her to overcome some of the side-effects of having prostate surgery," he said.

"They realised these men were suffering from incontinence and erectile dysfunction, anxiety and depression.

"Jo was well aware of pelvic floor and incontinence in relation to women's health after childbirth, so she adapted and extended her knowledge to men's health - so much so that she is one of Australia's experts in this area.

"Using myself and others in her PhD research, she showed a positive relationship between this exercise program and overcoming incontinence and sexual dysfunction."

Bronte is now a trained

mentor to men diagnosed with prostate cancer.

"I will help newcomers and start a conversation to reassure men that they are not alone in this journey," he said. "The twice-weekly one-hour exercise programs are done in a group setting so there is a lot of camaraderie. We've all travelled the same journey to varying degrees.

Fees are \$12 a session, with some health funds offering a rebate. A coffee club meets after each session.

Bronte said PROST! feared there were men suffering in silence. "They either don't know about us or their wives or partners don't know about us. That is an area we are going to target, as we have women asking what can be done on behalf of their menfolk."

PROST! has set up a donations page on its website to assist in setting up new locations and getting the message out.

Registrations of interest for Joondalup at www.prost.com.au

MEN! (& WOMEN TOO!)

Have YOU (or has
YOUR MAN) been
diagnosed with

PROSTATE CANCER?

- Worry about recovery after treatment?
- Want to improve incontinence, sexual dysfunction and mood?
- Don't know where to go for help?

Then join up to

PROST! Exercise 4 Prostate Cancer

(a not-for-profit incorporated
association and registered charity)

University researched evidence-based group exercise program that can help YOU (or your MAN)

- Located at –
 - **Leederville** (Subiaco Football Club Gym, Leederville Oval)
 - **Crawley** (University of WA, Exercise and Performance Centre)
 - **Fremantle** (BFT Gym, Queen Victoria Street)
 - Coming soon to **Joondalup** (West Perth Football Club Gym, Pentanet Stadium, Joondalup Arena)
- For **ordinary** blokes - all are being treated or have had treatment for prostate cancer – all shapes, all sizes, all ages, all backgrounds, all welcome
- Aims to achieve **great results** for incontinence, sexual dysfunction and mental health
- Recommended one-hour **group session**, twice weekly, supervised by university-qualified exercise physiologists
- Pelvic floor, cardio, resistance, weights, core, balance, and coordination exercises – all **moderate intensity and fun**
- Voluntary **coffee shop chats** after exercise
- **Low fees** - \$12 per session – most private health funds offer rebates
- Established for 10 years and helped 300 men

Check the website at www.prost.com.au

- Request a visit before joining
- Book an appointment with one of our exercise physiologists at location of choice for a preliminary physical assessment

Registrations for interest in **Joondalup** are being taken now – go to www.prost.com.au/membership and leave name and contact details



PROST!
Exercise 4 Prostate Cancer

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