

Virtual Community Conversations

Latest
Research

Connecting
People

Sharing
Experiences

Living with
Prostate Cancer

Online Live Broadcast

Wednesday 9 December 2020

from 9:30am AEDST

Proudly presented by



**Prostate Cancer
Foundation of Australia**



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#VirtualComCon20

Speakers



HOST

Professor Jeff Dunn AO,
Chief Executive Officer
Prostate Cancer
Foundation of Australia

Jeff is the Chief Executive Officer of the Prostate Cancer Foundation of Australia. He was previously Chair and Research Director of Social Behavioural Science with the University of Southern Queensland's (USQ) Institute for Resilient Regions and before that Chief Executive Officer of Cancer Council Queensland, a role he had for almost 15 years.



Mr Benjamin Challacombe FRCS,
Consultant Urological Surgeon,
Guys & St Thomas' Hospital
& King's College London UK.

Benjamin is a British consultant urological surgeon at Guy's & St Thomas' Hospitals, London, who specialises in the treatment of prostatic disease using robotic surgery. After completing his fellowship in Australia Benjamin pioneered Prehabilitation for prostate cancer surgery patients' pathways. He has written or co-written over 230 peer-reviewed articles and 30 book chapters, and has been an active fundraiser for The Urology Foundation and Prostate Cancer UK.



Mr Ross Campbell,
Prostate Cancer Survivor,
Founding member PROST
Exercise Group, Perth WA.

A seven-year survivor of prostate cancer, Ross is one of the best known faces of the WA prostate cancer exercise group Prost! Over many years his inspiring leadership of the group, working closely with Perth Physiotherapist Jo Milios, has seen the Prost! movement go from strength to strength. Ross has also been a long-term supporter and advisor to PCFA, serving as a Member of our National Support and Community Outreach Committee.



Professor Robert Newton PhD,
AEP, CSCS*D, FESSA, FNCSA
Exercise Physiologist,
Edith Cowan University Perth WA.

Rob is an Accredited Exercise Physiologist and researcher at Edith Cowan University. He heads a world-leading research group who have demonstrated the benefits of exercise as medicine to improve treatment side effects and quality of life for men with prostate cancer.



Professor Daniel Galvão,
Exercise Physiologist,
Edith Cowan University, Perth WA.

Professor Daniel Galvão is Director of the Exercise Medicine Research Institute and Professor in the School of Medical and Health Sciences at Edith Cowan University. His research program focuses on applications of exercise as medicine for the prevention and management of prostate cancer treatment side effects and survival.



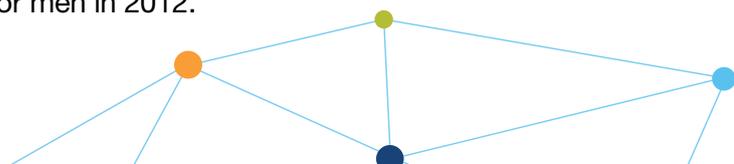
Mr David Shillington,
Former Rugby League Footballer
and Mental Health Coach,
Sunshine Coast QLD.

Since retiring from representative rugby league David has been a leader in the mental health space. As a former professional athlete David spent a lot of time on his physical fitness. When investing in his own mental health his mental fitness improved. David now heads up a team of experts concentrating on providing practical and relatable mental health conversations and education.



Dr Jo Millios,
Continence Physiotherapist and
Founding member of PROST
Exercise Group, Perth WA.

Jo is a physiotherapist with a keen interest in men's health and prostate cancer with over 15 years' experience. Jo established PROST! Exercise 4 Prostate Cancer, a not for profit community education and exercise program for men in 2012.



Event Information

From Cape York in the North to Kalbarri in the West, this year we're going virtual, bringing together men and their partners impacted by prostate cancer to share experiences and learn from national and international experts in prostate cancer survivorship.

With growing evidence of the important role exercise plays in prostate cancer survivorship, this year's event will explore the benefits of physical activity in prostate cancer management. You'll learn more about the power of a good pelvic floor program, prehabilitation and rehabilitation strategies, maintaining wellbeing, and harnessing new research to gain greater control over the side-effects of your disease.

With your front row seat to podium presentations, interactive sessions, and virtual networking you'll have easy click access to world-leading scientists, game-changing specialists, and other men and women who understand what it's like to live with prostate cancer.

Schedule

EVENT INFORMATION

Welcome

Professor Jeff Dunn AO
CEO, Prostate Cancer Foundation of Australia

Speaker 1

Professor Robert Newton
Exercise as medicine for men with prostate cancer.

Speaker 2

Mr Benjamin Challacombe
Prehabilitation for prostate cancer surgery.

Speaker 3

Mr David Shillington
Building positive mental health and wellbeing.

Speaker 4

Professor Daniel Galvao
Exercise medicine across the prostate cancer trajectory.

Speaker 5

Mr Ross Campbell
A survivor's experience of the benefits of exercise in prostate cancer management.

Wrap Up

Professor Jeff Dunn AO
CEO, Prostate Cancer Foundation of Australia

Breakout Session – Pelvic Floor Training

Dr Jo Millios

Sponsor Trade Display

Tena for men, MatesCONNECT, PCFA Research, The Prostate Cancer Specialist Nurse program, PROST 4 Exercise, Complete Physiotherapy, Prostate Cancer Support Groups, Edith Cowan University, PCFA Online Community.



Continue the conversation

Check in with PCFA's free Online Community onlinecommunity.pcfa.org.au to discover our prostate cancer research blog, community forum and video gallery.

Latest Research

Connecting People

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Living with Prostate Cancer

Fundraising for research

It isn't always easy to talk about prostate cancer, or the pain it causes men and their families. Host a Big Aussie Barbie and savour conversations that can save a life. Funds raised will get us closer to a future where no man dies of prostate cancer and Australian men and their families get the support they need – including yours.

Register Now at bigaussiebarbie.com.au

About PCFA

We are Australia's leading community-based organisation for prostate cancer research, awareness, and support. As Australia's predominant charity fund for prostate cancer research, we exist to protect the health of existing and future generations of men in Australia and to improve quality of life for Australian men and families impacted by prostate cancer.



Our vision is a future where no man dies of prostate cancer and Australian men and their families get the support they need.

Our focus:

1. To be Australia's leading charity fund for prostate cancer research.
2. To protect the health of existing and future generations of men in Australia.
3. To improve quality of life for Australian men diagnosed with prostate cancer.

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