



A LONG ROAD FROM STUDENT DAYS TO BECOMING AN AUTHOR

AUWA medical graduate, who is now a urological surgeon and Conjoint Associate Professor at the University of NSW, has updated a lay person's guide to prostate cancer aimed at helping men make informed choices about testing and treatment.

Associate Professor Prem Rashid's third edition of *Prostate Cancer – your guide to the disease, treatment options and outcomes* was launched by Retired General Peter Cosgrove in February. It is endorsed by three key men's health organisations - Andrology Australia, the Prostate Cancer Foundation of Australia and the Urological Society of Australia and New Zealand.

"There remains a great need for high quality information to allow men to fully appreciate what the prostate is and what a diagnosis of cancer means," Associate Professor Rashid said.

Prostate cancer is the most common cancer diagnosed in Australia, excluding non-melanoma skin cancers, and affects one in nine men. It is the second greatest cause of cancer deaths in men, according to the Australian Institute of Health and Welfare.

More than 20,000 men are diagnosed and more than 3,000 men die from prostate cancer in Australia every year.

Associate Professor Rashid, who is a senior visiting urological surgeon and supervisor of urological training at the Port Macquarie Base Hospital, said it had been a long road since starting his MBBS in 1981 and completing his PhD in 1994, both at UWA. "I am now in NSW but there is no doubt that my early years through my many teachers at UWA contributed positively to where I am today," he said.

He arrived from Malaysia as a 14 year old after the family migrated for the sake of a better education. His father, also a medical doctor, felt it was better to relocate the family rather than send the children to boarding school.

The teenager realised how important education was to his parents and applied himself academically, going from a straight C student in early high school to achieving the required grades to enter UWA's Medical School, then under the leadership of Professor Richard Joske.

"I knew that I always wanted to be a surgeon and I passed my part 1 FRACS by my second post-graduate year and commenced my PhD with Winthrop Professor Michael Stacey at the Department of Surgery in Fremantle Hospital," he said.

He recalled the collegiality of other members of the Department, including Winthrop Professor Paul Norman.

Associate Professor Rashid spent some time in general practice in Sorrento before re-commencing advanced urological training in Adelaide and later training further in the UK.

Since moving to Port Macquarie in NSW, he has been in clinical practice and is also involved in advanced urological training.

The 307-page third edition of his book breaks down the subject into easy to understand language for people with prostate cancer and their families.

"Prostate cancer remains a silent condition and men are desperate for information when diagnosed," Associate Professor Rashid said. "The internet, where most turn to, can be a source of great confusion."

The book is available from www.prostatebook.com.au



(from left) Mr David Sandoe, Deputy Chair of the Prostate Cancer Foundation of Australia, Dr David Malouf, President of the Urological Society of Australia and New Zealand, Retired General Peter Cosgrove, Associate Professor Prem Rashid and Mr Graeme Johnson, Chair of the Prostate Cancer Foundation of Australia.

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