

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

March 24 Vol 2024:03



Dr Patricia Banks – Medical Oncologist

Medical Oncology is a specialty of medicine that deals with the investigation, diagnosis and treatment of people with cancer or suspected cancer.

Medical oncology encompasses [chemotherapy](#), [immunotherapy](#), [hormone therapy](#) and other drugs in the treatment of cancer.

Monthly Group Meeting:

9.45 FOR 10.00am, the last Friday of the month except March which this year will be the 3rd Friday.

(December no meeting – Christmas function)

Venue:

Belmont Park Pavilion, 162 Barrabool Rd, Belmont.

Wheelchair accessible.

Coming Events

Date	Time	Meeting
Fri 22 Mar	10.00 am	Patricia Banks Oncologist
Fri 26 Apr	10.00 am	Members' Meeting
Fri 3 May	10.00 am	Partners' Coffee Morning

PCFA ONLINE COMMUNITY DIGEST

Stay up-to-date with the latest articles, videos and news posted to the website
 PCFA Online Community
<http://onlinecommunity.pcfa.org.au/>

PCFA Expert Telenursing Support 1800 22 00 99

Geelong Group

Convenor:	Bill Rebula	info@geelongpsg.net
Secretary:	0414 524 155	
Treasurer:	Murray Sayers	muzanne@bigpond.com
	0407 437 707	
Mentor:	Alan Barlee	abarlee@bigpond.net.au
	0429 438 673	
	03 5223 3327	
Newsletter Editor:	Graham Rees	reesy60@tpg.com.au
	0408 990 971	

PROSTATE NEWS

Issue 86 –
January
2024



Check the PCFA Website
www.prostate.org.au/publications/prostate-news

Please email info@geelongpsg.net to provide feedback, comment or to redirect or cancel receipt of this newsletter.

QUOTE OF THE MONTH

“If we cannot now end our differences, at least we can help make the world safe for diversity.”

- John F Kennedy

Proudly affiliated with



Prostate Cancer
Foundation of Australia

Disclaimer: The information contained in this newsletter, or discussed at meetings, should not take the place of medical advice from a qualified health professional. The services of a qualified medical practitioner should be sought before applying any information to particular circumstances.

This disclaimer is issued without prejudice.

Next Meeting

Our next monthly Support Group meeting will be held on **Friday 22nd March 2024** at the Belmont Park Pavilion at the usual time of 10.00 am. (Due to 29th being Good Friday).

Our presenter in March will be Dr Patricia Banks, a medical oncologist who treats all solid organ malignancies. She completed her medical degree at the University of Queensland and undertook physician training in Geelong, including a Clinical Diploma in Palliative Medicine. Dr Banks currently works as a medical oncologist at the Peter MacCallum Cancer Centre in the genitourinary and melanoma services, University Hospital Geelong and the Familial Cancer Centre. Patricia has a keen interest in clinical research and genetics.

February Meeting

The meeting was chaired by Graham with 53 members attending including (near record) nine newbies.

A feedback session was held with good discussions with participants Chairman Graham, Max, Garry (6 months PSA undetectable), Dave, Jamie W, Jamie H, Jamie W, Max H, Mike Jolly, who mentioned he was going into respite care. Topics included:

- Castrate resistant PCa and the new ADT treatment, Darolutamide – newly included on the PBS.
- PET scans at McKellar Centre.
- Artificial sphincters.
- Rising PSA and Lucrin treatment.

Newbies:

Ulrich said he was diagnosed 20 years ago and PSA is still undetectable.

Ronnie said he had symptoms he describes as troubles with going to the toilet. He had scans and MRI followed by a blood test which revealed a PSA of 8 and Gleason score of 9

Max talked about his operation and how he was faring now.

Getting-to-know a member

Murray (our treasurer) was interviewed by Ian. Murray revealed where he went to school, how he drove to WA in a VW Beetle and that he towed a caravan to Geelong from Queensland and stayed.

Presentation



The presentation was conducted by Greg Duff of Beach Wealth Advisers. Greg enlightened us on the procedures and pitfalls relating to finances on entry to residential aged care. He stated that the need for aged care can be unexpected and that there can be time pressures in making the big lifestyle and financial decisions related to selecting and moving to a residential aged care facility.

Greg talked about structuring assets correctly while a resident is in ‘respite’ (typically the first 28 days of residency in the Aged Care facility) to ensure that the future cost of care is minimised while cash flow requirements are met by maximising social security entitlements.

Greg explained the industry jargon in plain terms to increase our knowledge and understanding of the transition process and the relevant legislation.

Vale – Mike Jolly

It is our sad duty to announce the passing of a long-term esteemed member, Mike Jolly, a member since 2013.

Mike was at our last meeting and said he was going into respite care, which, obviously was not for long.

We pass on our condolences to Leslie and family.

In-the-News

Canteen

Canteen (www.canteen.org.au) have been running Community Education Programs for a long time. Next week Shae Chester, the Community Education Manager, is bringing three workshops on community support to Geelong next week to be held at GMHBA Stadium. The programs will be streamed live via zoom webinars for those that cannot make it in person. A number of spots are still available for the in-person session see [events page](#).



Info session: For parents impacted by cancer in the family
Tue, 19 Mar, 5:30 pm AEDT
Free



Health professionals training: How to support families dealing with cancer
Wed, 20 Mar, 7:30 am AEDT
Free



Education professionals training: Supporting students dealing with cancer
Wed, 20 Mar, 4:15 pm AEDT
Free

GPSG Partners' Our 13th Year

It was very fitting that 13 partners met for our first PSG Partners' Coffee Morning for 2024 because this year we celebrate 13 years since we first came together.

We had a lovely morning at No 42 Cafe, Rippleside with the sun glistening on Corio Bay.



These Coffee Mornings were introduced to enable partners to meet each other and chat in an informal setting. We love to see new faces and it was nice to welcome Liz for the first time.

Our next Partners' Coffee Morning will be on Friday May 3 at 10am. The venue, as always, will be No 42 Cafe at Rippleside.

Hope to see you and some more new faces there.

For further information, call Michelle on 0418 529 612.

From PCFA



Your one-stop-shop: New web app for Australian men with prostate cancer

PCFA has launched a new Survivorship Toolkit for men and families impacted by prostate cancer at www.prostate.org.au The Toolkit offers a wealth of evidence-based information and resources, presented in an easy-to-understand format. It has been designed to help men make informed choices about diagnosis and treatment.

GPSG Membership Renewal Fees and Donations

GPSG needs money to pay for rental of the hall, morning teas, administration expenses, and other items. At the October meeting Denis our then treasurer reported that donations at the door have been steadily decreasing, mostly because many people no longer carry cash – especially coins. A recent vote of members unanimously endorsed an increase in the annual fee to \$20, at least partly offset by a cessation of door donations.

For members who haven't yet done so, it's again time to renew your financial membership of the Support Group. The new annual membership fee of \$20 per member or couple is due at the commencement of the calendar year. Please provide the treasurer with your membership fee, in cash with the slip below, or by credit or debit card, at the next meeting. Alternatively, the payment may be made by:

- Direct bank transfer to: GPSG, BSB 633000 Account number 126830009. If using this method, please ensure to include your name in the reference block.
- Mail a cheque to GPSG, PO Box 3019 Grovedale, Vic, 3216. Cheques should be made payable to Geelong Prostate Support Group, together with the slip below.

Being a financial member places you in the 'Active Member' category, one of the benefits being that you have access to upcoming events and the latest news about prostate cancer.

We thank you for supporting the Group. Any member wanting to cancel his membership with the Geelong Prostate Support Group, or anyone not wanting to receive our newsletter, please advise Bill Rebula on 0414 524 155 or by email on info@geelongpsg.net

2024 MEMBERSHIP RENEWAL	
GEELONG PROSTATE SUPPORT GROUP	
First Name:	Surname:
Email:	
Phone No	

Some Humour



"And, if you fall behind on payments, it drives itself back to the dealership."

I was waiting for important visitors at the airport lounge which my boss told me I had to impress. When Richard Branson was standing near me. He said hullo and I told him why I was there and if he walked by could he say hi. Sure enough I was with my visitors when Richard walked by and said hi. I said "sod off Branson, can't you see I'm busy!"

Useful Links

Geelong Prostate Support Group: <http://www.prostate-cancer-support-geelong.net>
 Australian Advanced Prostate Forum <https://www.facebook.com/australianadvancedprostateforum>
 Exercise For People With Cancer: <https://www.exmedcancer.org.au/>
 Prostate Cancer Foundation of Australia (PCFA): www.pcfa.org.au
 Prostate Cancer Specialist Nurse: email pcn@barwonhealth.org.au
 Barwon South Western Regional Integrated Cancer Service
<https://www.barwonhealth.org.au/services-departments/item/barwon-south-western-regional-integrated-cancer-service>
 Prostate: www.prostmate.org.au
 Cancer Council Australia: www.cancer.org.au
 Cancer Council Victoria: www.cancervic.org.au
 Continence Foundation Australia: www.continence.org.au
 National Cancer Institute: www.cancer.gov
 Healthy Male (Andrology Australia): www.healthymale.org.au
 USA Prostate Cancer Foundation: www.pcf.org
 Us TOO International Prostate Cancer Education And Support Network:
www.pcf.org/ustoo/
 Prostate Cancer Research Institute (PCRI): www.pcri.org
 American Institute For Diseases Of The Prostate (Dr Charles "Snuffy" Myers):
www.prostateteam.com
 Prostate Cancer UK <http://prostatecanceruk.org>
 Prostate Cancer Foundation – USA www.pcf.org
 Prostate Rehabilitation Exercise Program www.prostaterehab.com
 Malecare: www.malecare.org
 Life Extension: www.lef.org
 Beyondblue: www.beyondblue.org.au
 Lifeline: <https://www.geelonglifeline.org.au/>
 Chronic Illness Alliance: www.chronicillness.org.au
Prostate Zone: www.theprostatezone.com
 MatesCONNECT: www.prostate.org.au/support/matesconnect