

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

April 26 Vol 2024:04



Southwest Victoria Prostate Cancer Awareness Campaign (page 4)

Get a poster for your GP to display in their practice.

Monthly Group Meeting:

9.45 FOR 10.00am, the last Friday of the month.

(December no meeting – Christmas function)

Venue:

Belmont Park Pavilion, 162 Barrabool Rd, Belmont.

Wheelchair accessible.

Coming Events

Date	Time	Meeting
Fri 26 Apr	10.00 am	Member's meeting
Fri 3 May	10.00 am	Partners' Coffee Morning
Fri 31 May	10.00 am	Breanne McPhee – Exercise Physiologist
Fri 28 Jun	10.00 am	Kaye Talbot, Prostate Care Nurse - Incontinence

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

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PROSTATE NEWS

Issue 87
April 2024



Check the PCFA Website

<https://www.pcfa.org.au/publications/prostate-news/>

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

Support Group Website:

<https://www.prostate-cancer-support-geelong.net/>

QUOTE OF THE MONTH

“Success is getting what you want, happiness is wanting what you get.”

- Ingrid Bergman

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 Group meeting will be held on Friday April 26 at the Belmont Park Pavilion at the usual time of 10.00 am. We will have a members' meeting and catch up with what's going on in our lives at present. Also, we will have something to eat at morning tea.

Note: Please remember partners are very welcome to the meeting.

March Meeting

The meeting was chaired by Paul with a record number of 58 members attending including newbies Frank (wife Diane), Ian (Joy), and Robin (Leonie). Also, it was pleasing to see newbies from previous meeting Gary, Max, James, Ulrich and Ronnie return to brave the group.

A very active feedback session was held with participants Hen, Ulrich, Wayne, John, Max, Hohn (2), Geof, Peter, and Ronnie.

Topics included:

- Success of chemotherapy.
- PCa returning and salvage radiation treatment.
- Incontinence and keeping a sense of humour.
- Artificial sphincters.



Ken in the past informed us he was on a trial at Andrew Love with a variation of treatments. Ken had been taken off the trial due to another medical complication and went back on again. The trial included “real” (which Ken was one) and placebo. The trial has finished and has been declared as one that was not successful, demonstrating not all trials have positive results but there is a need to keep trying.

Robin: On October 23 his PSA was 5.6, Gleason 7. He had a robotic prostatectomy. PSA is now 0.04.

Frank: Had a prostatectomy and is experiencing incontinence. He is actively practicing pelvic floor exercises. Frank had spoken to the PCFA and they had recommended our group.

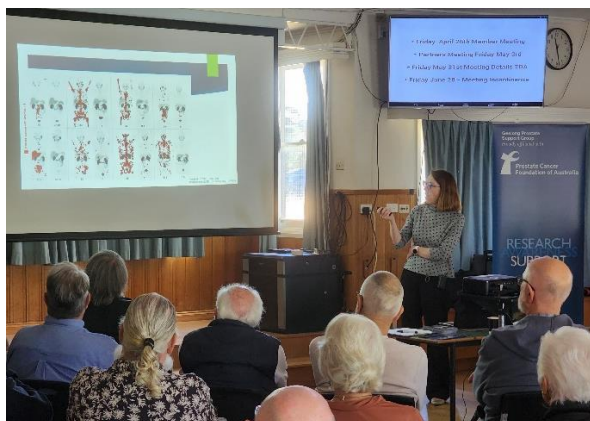
Ronnie: In October 23 his PSA was 15, Gleason 9. Recently had a prostatectomy and was waiting for the latest PSA result. Ronnie had some incontinence which had greatly improved over the last 3 weeks after being a little “slack” with pelvic floor exercise at the start.

Getting-to-know a member session:

Ron interviewed John. He lived in Bell Park, played football, and now table tennis. Worked as a civil engineer for 45 years and has enjoyed retirement for 4 years.



Presentation:



The presentation was conducted by Patricia Banks, medical oncologist at St John of God and Peter Mac.

Trish commenced by stating that PCa is the second most common cause of death in men - but there is hope with modern treatments, whereas only a few years ago only 65% of men survived over five years, compared 95% 5-year survival in 2023.

Of course, early diagnosis is important.

Trish listed and described the people important to people with prostate cancer.

- Urologist (surgeon) – eg, for prostatectomy.
- Radiation Oncologist - treats patients with radiotherapy, which destroys prostate cancer cells and stops them from growing.
- Medical Oncologist - specialises in chemotherapy, hormonal therapy, immunotherapy and gene-targeted therapies.
- GP (initial testing and case manager); exercise physiologist; specialist prostate cancer nurse; and psycho-oncologists.

Trish listed the vastly improved range of treatments and diagnostic advances, including:

- Second generation androgen deprivation therapy (ADT) - abiraterone, enzalutamide, apalutamide and darolutamide.
- Chemotherapy - docetaxel and Cabazitaxel.
- Genomic testing –identifies specific gene mutations, especially inherited ones (germline)
- PARP inhibitors – Olaparib, which targets mutated BRCA2 genes if detected.
- PSMA-PET scans – a radioactive gallium injection that detects a surface antigen (PSMA) on prostate cancer cells in a PET scanner.
- Radionuclide therapy – a radioactive lutetium injection that specifically targets PSMA-expressing prostate cancer cells when present.

Trish expanded on the new lutetium treatment, which she said was not for everyone. Some results show dramatic drops in PSA, but the therapy is not (yet) curative.

Treatments can have significant side effects, eg, fatigue, nausea, hot flushes, mood swings, muscle loss, heart problems and cognitive issues. Osteoporosis can be a particular problem in some men, and patients should have regular bone density tests.

In-the-News

From the Editor

I recently watched a very good Compass program on ABC-TV titled “The Friendship Deficit.” (You can catch the program on iView). The program described how young people suffer from loneliness, often due to the effects of social media. The program also discussed the importance of support groups such as ours. **So!!** If anyone feels a need to chat to someone, please contact one of the facilitator group - we would love it.

I also watched an elderly woman having it explained to her that she had to complete her hospital admission form online. She lived alone and didn’t have a computer or know someone who did.

Again: If any member finds themselves in this position, please contact a facilitator and we will come to you or you to us, and we will assist in completing the form for you.

From the Lancet www.thelancet.com Published online April 4, 2024

There is an emerging use for mobile phones is the measurement of PSA. The Lancet described an emerging portable smartphone camera-based PSA test that uses a fluoropolymer-based microfluidic device that can provide reliable measurements from a pin prick of blood, with a smart phone camera being used to generate a reading. Patient point-of-care technologies are likely to become much more prevalent in all health settings in the future.

We never stop emphasising the importance of regular exercise.

The following link talks about the benefits of regular exercise including resistance (weights or elastics) training especially as we age.

https://www.abc.net.au/news/2024-04-09/building-muscle-and-resistance-training-for-healthier-ageing/103663542?utm_source=sfmc&utm_medium=email&utm_campaign=abc_news_weekend-reads_sfmc_20240413&utm_term=&utm_id=2337649&sfmc_id=304037003

Prostate Cancer Tsunami Coming, Experts Caution

The *Lancet* Commission on Prostate Cancer warned this week about an inevitable global surge in PCa, with a worldwide doubling of cases to 2.9 million men, and an 85 percent increase in deaths to nearly 700,000 by 2040. At a meeting of urologists in Paris, France (including Peter Mac's Professor Declan Murphy), the Commission said that the acceleration is already underway in high-income countries, and will gain momentum in low- to-medium income countries.

It was claimed in the article "The solution cannot be training more specialists because it simply takes too long," "However, increased use of nurses and artificial intelligence may help. In many hospitals, biopsies are already a nurse-delivered service. AI is extraordinarily good at diagnosis already and will only get better," "

In poorer countries, smartphones could also fill other diagnostic gaps. The same technology that does face recognition already can say from biopsy microscope pictures "That's a Gleason 7 prostate cancer," It was claimed "that AI is not being rolled out in countries like America of course because pathologists' income is at risk."

To Read More: https://www.medscape.com/viewarticle/prostate-cancer-tsunami-coming-experts-caution-2024a10006gt?ecd=wnl_edit_tpal_etid6424794&uac=88835BT&impID=6424794

Prostate Cancer Awareness Project - Victoria's South-West Region

Our support group (GPSG) received funding in May last year from PCFA - and funding and personnel support from Barwon SW Region Integrated Cancer Services (BSWRICS) - to raise awareness of the need for early and regular PSA testing. The Geelong Support Group had noted for some years that excess deaths from prostate cancer are an alarming 50-60 percent higher than the national average - this in spite of our Region's diagnosis rate being close to the national average. These statistics clearly demonstrate a comparative lack of early testing and detection, causing too many men in this region to be diagnosed with incurable advanced disease, with many of them dying early.

With coverage from Geelong to Warrnambool, a project team was formed with members from GPSG, the Warrnambool Prostate Support Group, the City of Greater Geelong, BSWRICS, Warrnambool City and the Warrnambool Prostate Specialist Nurse.

Awareness activities have included the following:

- Design and preparation of high quality colour-printed posters for placement in public toilets and on noticeboards in public halls (similar to that on the front page of this newsletter).
- Files for posting on websites, newsletters and social media platforms.

- A posters-based social media campaign on Facebook (chosen for target audience relevance), and to report on its reach. This was so successful the duration of the campaign was extended from 40 to 70 days at no cost.
- A banner on a milk tanker in the Warrnambool region.

The project has now completed its tasks and will finish with an advertisement in the Geelong Advertiser on Saturday April 20.

Financial Boost to Local Prostate Support Groups

Eight prostate cancer support groups have recently been awarded grants worth nearly \$35,000 to help raise awareness of the disease and of the support groups in their local communities.

The grants, funded by Prostate Cancer Foundation of Australia PCFA), aim to support early detection and action on prostate cancer, Australia’s most commonly diagnosed cancer in men.

GPSG Partners’ Group Coffee Morning



The PSG Partners’ Coffee Morning for 2024 will be held on FRIDAY MAY 3 at 10 am. The venue, as always, is No 42 Cafe, 42 Bell Pde Rippleside.

We look forward to welcoming new partners in 2024 and renewing friendships with our current partners.

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 2023 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. 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.
- Cash or debit (or credit) card at a Support Group meeting.

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 to info@geelongpsg.net

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



I became very frightened one night walking along the beach as I thought I discovered a KKK meeting. Just to realise they were closed beach umbrellas.

“If you really want something in this life you have to work for it – now keep quiet; they’re about to announce the lottery numbers.” Homer Simpson

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>
 Prostmate: 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
 The Prostate Zone: www.theprostatezone.com
 MatesCONNECT: www.prostate.org.au/support/matesconnect