

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

September 2024 Vol 2024:09



Geelong's CBD goes blue for men with prostate cancer

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 27 Sep	10.00 am	Video & Group Meeting
Fri 4 Oct	10.00 am	Partner's Morning Tea
Fri 25 Oct	10.00 am	Psycho - Oncologist

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

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PROSTATE NEWS

Issue 88
August
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

“When written in chinese, the word crisis is composed of two characters. One represents danger, the other represents opportunity.

- John F Kennedy

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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 September 27 at the Belmont Park Pavilion at the usual time of 10.00 am. We will have the usual member's catch up with what's going on in our lives at present followed by a video of what is new in the world of Prostate Cancer.

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

Facilitator Group

The Facilitator Group meets every month, usually at Bill's home, on the Friday before the Group meeting. The Group consists of eight members including Bill as Convenor and Murray as Treasurer. Deve attends from Melton by Zoom.

The Group sets the schedule for each meeting, arranges guest speakers and a considerable amount of work to make ours the most successful Prostate Support Group in Australia.



August Meeting

The meeting was chaired by Steve who welcomed the 40 attendees including newbies: Andy; Dan with wife Deb; Graham; Joe; and Richard with wife Sue.

This was one of our most effective group meetings. Everyone appeared willing to contribute and tell us about their journey with enlightened accounts, fascinating and beneficial to the group. Newbie Dan approached the editor at the end to say how much he appreciated the meeting.

At the previous July meeting the editor thought he recognised newbie Graeme from his past. He was right, Graeme hailed from Ballarat and was a champion 400 and 800 m runner. One time he was Victorian State Champion.

Group Feedback

Steve reminded everyone to get a copy of their results from their GP or specialists. Steve discussed his own situation which was intermittent ADT which he didn't handle well and then chemotherapy which he considered worse. He went off ADT for a while but in January his PSA rose to 0.5 and is now 2. Steve is back on ADT, Zoladex and Darolutamide.

The many members who contributed personal information which filled up the two hours were Andy, Cary, Graham, Geoff, Wayne, Leon, Dan, Joe, Richard, Ron, David, John, Gavin, Jamie. They discussed their condition including PSA and Gleason score. Treatments were covered such as, radical prostatectomy (mostly robotic); radiation; ADT (hormone treatment) such as Lucrin, Zytiga, Zoladex, Darolutamide; Chemotherapy. Adrian added that a dose of humour goes a long way.

Andie, newbie: Diagnosed in 2020 and had radical prostatectomy. Subsequently has had salvage radiation, which caused no problems except getting off the bench of the machine. Waterworks are better after radical prostatectomy with much more pressure.

Graham, newbie: Had radical prostatectomy in May. He was told he had a huge prostate. The urologist removing it said he didn't have a big enough bag to put it in, so had to race off to the supermarket to get a bag.

Graham is still incontinent after three months and has no control during the day, though alright at night. He hasn't been doing pelvic floor exercises. Graham got lots of advice from the floor about the benefits of pelvic floor exercises.

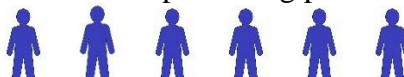
Dan, newbie: five years ago had lymph node cancer which was managed by a haematologist with blood tests every nine months. The last test, two months ago, showed PCa, Gleason Score 8. Dan was going overseas for two months and had to cancel. He is having radical prostatectomy on 30th October.

Joe, newbie: Diagnosed early this month. His biopsy Grade Group 2 (Gleason 3+4). Joe will have radical prostatectomy on 28th September.

Richard, newbie: Making the decision whether to have radiation or radical prostatectomy.

Information

David S asked while the ladies have a pink ribbon, why don't us men have something similar. Bill explained a Victorian Council of Prostate Support Groups had formed and one of their first projects will be promotion of the Blue Man representing prostate cancer.



Charles said he had just had a scan for bone density, which was ok. He recommends everyone over 70 have them at least two yearly. Charles also recommends weight-bearing exercise.

Alan is a member of the National Advanced and High Risk Group. Its latest guest speaker from Peter Mac discussed her research work, and commented on the distinction between cancer in lymph nodes and in bone – the latter being more difficult to treat.

Member Interview

This month Paul interviewed Peter C

- Born in East Melbourne, grew up in Moonie Ponds, went to Essendon Tech
- Mechanical draftsman for SEC, ended up at Newport Power Station
- Met wife at Powerhouse nightclub, Albert Park, married in Mildura
- Lived in East Keilor - 3 children
- Retrenched when 46, when SEC was privatised. Part time work cleaning power stations
- Retired to Torquay. Plays golf - handicap 18. Cycles with a group



From PCFA

Geelong's CBD goes blue for men with prostate cancer



Geelong CBD's impressive catenary lights turned blue on Saturday 7th September for a week, and again later this month, in support of local men and families with prostate cancer.

The initiative marks the start of the national Prostate Cancer Awareness Month, which runs throughout September.

The campaign has been organised by Bill and Alan of our Geelong Prostate Support Group, in a bid to improve local awareness and connect men with much needed support.

Across Australia this September, buildings, bridges and landmarks are turning blue to support Prostate Cancer Awareness Month. This powerful display aims to raise awareness and connect men and their families with essential support.

Australian first: Pluvicto approved for men with metastatic prostate cancer

The Novartis radioligand therapy (RLT) Pluvicto[®] (177-Lutetium) has become the first such TGA registered treatment in Australia for the treatment of men with metastatic castration-resistant prostate cancer (mCRPC).

Pluvicto[®] is an injectable radiopharmaceutical that identifies cancerous cells in the body and releases medical isotopes that target and can kill those cancer cells, leaving healthy cells largely unaffected.

The Australian registration of Pluvicto[®] is based on the results of the international Phase III VISION study, published in the New England Journal of Medicine (NEJM), following a ground-breaking Phase II study (THERA-P) by Peter Mac. Listing of Pluvicto by Medicare is awaited.

Prostate cancer cases surge

Prostate cancer accounts for nearly 16 per cent of all cancers diagnosed in Australia, according to new data published by the Australian Institute of Health and Welfare.

The surge in cases to 26,368 per year is equivalent to 72 men diagnosed each day, while nearly 11 men will die from the disease every 24 hours.

The figures continue prostate cancer's record as the most commonly diagnosed cancer in Australia, with 26,368 diagnoses compared to 21,194 cases of breast cancer as the second most commonly diagnosed cancer.

Australia's peak body for prostate cancer has described the news as a wake-up call.

Evolution of hormonal therapy (ADT) for prostate cancer

ADT is currently indicated for the treatment of metastatic prostate cancer, disease recurrence following attempted local curative therapy, as well as combined use with radiotherapy for intermediate/high-risk disease. There has been rapid development of new pharmaceuticals targeting the androgen receptor. These are reviewed historically with an emphasis placed on emerging therapies, their common side effects and how to manage them in the general practice setting.

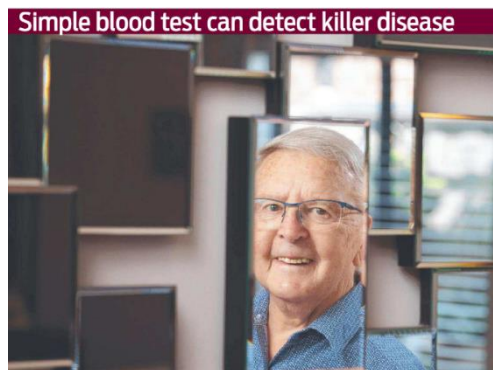
To read more of this enlightening article click on [Read More](#)

In-the-News

Pathology Costs

Since April, if you do not have a history of prostate cancer, PSA tests are only free every second year. In between you will have to pay \$50. All tests are free if you have had prostate cancer. You need to get your GP or specialist to note on the form your prostate cancer history.

Denis Bateman in the Geelong Advertiser



Our former treasurer has featured in the Advertiser on Monday 16 September spreading the message on PCa. All of us attending meetings are aware of Dennis' long journey culminating in Lutetium treatment.

Article in UK Observer Sat 14 sept 2024

A £42m screening trial, "TRANSFORM," aimed at revolutionising the treatment of prostate cancer, has been launched in the UK.

Thousands of men will be involved in its initial phase, which will begin in a few months. The trial has been set up because the condition has remained an intractable health problem in the UK for decades. One in eight men get prostate cancer in the UK and around 12,000 die every year.

Dr Matthew Hobbs, the director of research for Prostate Cancer UK. Said "We want to find the most effective, least harmful methods to screen the UK's adult male population for prostate cancer and catch the disease in its early stages."

Attention: Membership Fees

Our budget is showing that GPSG is in current account deficit. Analysis of membership reveals that 23% of active members are not up to date with their annual fees. Please visit our treasurer at our meetings, Murray, and pay by cash or 'Square' or direct to our bank account BSB 633000 Account number 126830009. It would be appreciated.

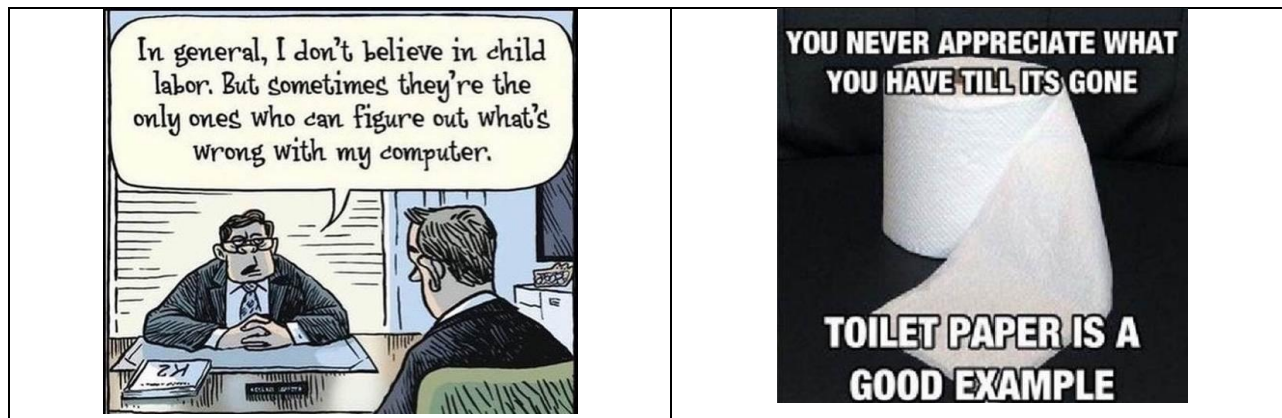


GPSG Partners' Group Coffee Morning

The PSG Partners' final coffee morning for 2024 will be held on Friday October 4 at 10am. The venue, as always, will be No. 42 CAFÉ, 42 Bell Parade, Drumcondra.

Hoping for as many partners as possible to help celebrate another lovely year of get-togethers. Partners will have the chance to catch up again at the Christmas Picnic in December.

Some Humour



When you have limited budget 😂



DUE TO UNFORESEEN CIRCUMCISIONS

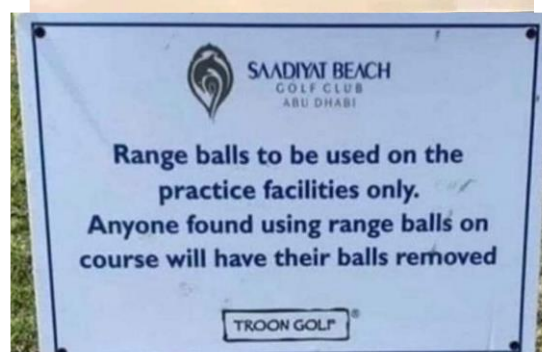
THE DINING ROOM WILL BE

CLOSED

THIS EVENING!!

SORRY FOR THE INCONVENIENCE!

OPEN FOR TAKEOUT AND DELIVERY ONLY!!



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