

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

October 2024 Vol 2024:10



Sue Titcumb

Psycho-Oncology

Psycho-oncology specifically deals with psychological reactions to the experience of cancer, the behavioral component of coping with cancer as well as health behavior change including preventative medicine, and social factors that are associated with diagnosis and treatment of cancer, including communication with providers and loved ones and social support.

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 25 Oct	10.00 am	Sue Titcumb - Psycho - Oncologist
Frid 29 Nov	10.00 am	Radiologist
Frid 13 Dec	12.00 pm	Christmas Get-together Balyang Sanctuary

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 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

“Nothing in life is to be feared, it is only to be understood. Now is the time to understand more, so that we may fear less.”

- Marie Curie

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 (October) Meeting

Our next monthly Group meeting will be held on Friday October 25 at the Belmont Park Pavilion at the usual time of 10.00 am. Our speaker will be Sue Titcumb who is a Clinical Psychologist with experience in oncology, pain management, rehabilitation, and antenatal services. She has previously worked at Peter MacCallum Cancer Centre, St John of God - Raphael Services, and Grampians Health. Sue has recently joined the oncology team at Barwon Health as the Senior Clinical Psychologist within Andrew Love Cancer Centre.

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

September Meeting

The chair was shared by Bill and Ian. Bill welcomed the members and newbies, Doug and Dirk with wife Barbara.

Bill commenced proceedings with a visual presentation which included a recent Facilitator Group meeting, the prostate cancer awareness poster campaign, prostate awareness month at Bunnings, City Blue lights and Dennis' article in the Advertiser.

Murray thanked Ulrich Babst and his fellow residents at Armstrong Green Retirement Village for their fundraising efforts in donating \$1,432.20 to the GPSG.

Murray also mentioned that funding is available for members who suffer from permanent incontinence, through www.servicesaustralia.gov.au Search for continence aids.

A video was played with Professor Jeff Dunn, Chief of Mission and Head of Research at PCFA, discussing developments at PCFA and included a mention of GPSG and its involvement in the recent Prostate Cancer Awareness campaign in Victoria's South West.

Meeting Feedback

John - spoke of a friend who had a PSA of 40 and after treatment it went to zero.

Dan –due for a prostatectomy next month. He said he has been having inner core physio sessions.

David – said he had a very low PSA (0.03) but has permanent radiation damage. He also described a recent trip to Townsville where he had to remove a three-metre crocodile from his daughter's swimming pool.

Dirk, newbie - to have a prostatectomy soon. His PSA is reasonably low (2) but has a Gleason Score of nine.

Doug, newbie – diagnosed 14 years ago and had radiation treatment. Currently on ADT.



Member Interview

This month we got to know David a little better.

- Born in Queensland, went to boarding school – was “suggested” he leave.
- Attended QLD Uni and studied Physics.
- Came to Geelong in 1971. Studied engineering at the Gordon.
- Was an activist protesting against Springboks, Vietnam war, Lake Pedder.
- Met partner at the Gordon, married in 1977.
- In 2014, cut and disabled his left arm with a chain saw!

Presentation

Cure versus Remission After Treatment for Prostate Cancer (PCa)

The group watched a video by Dr Mark Scholz explaining the terms “cure” and “remission”.

Cure:

- A cure is defined as being in complete remission for over five years without recurrence of PCa. That means having treatment and sustaining remission for a defined period.
- A cure was once not possible but is common now. For an intermediate risk cancer there is an 85 to 90 percent chance of a cure. If you have a high-risk cancer, there is a 2 to 4 percent chance of a cure.
- Treatment now is about not only prolonging life but maintaining the best possible quality of life.

Remission:

- Remission is when PSA is undetectable after prostatectomy, or after primary radiation therapy, less than 0.5 for a sustained period.
- PSA is initially used as screening tool for specific categories of men. PSA tests are only indicative and more tests are required to confirm cancer, viz biopsy and MRI. PSA is considered very accurate as a post-treatment monitoring test.
- When in remission, tests for PSA should occur every three months for two years. If the PSA is sustainably low, testing is then every six months for five years and annually thereafter.

In-the-News

Prostate Awareness Month

We had our annual awareness table at Bunnings North Geelong on Saturday 21st September. We had the table from 9.00 am until 4.00 pm with different Group members attending in two-hour stints. Thanks go to Sarah at Bunnings and Peter, Zeni, Leon, Frank, Stan and Jamie for their generous help.

We asked males and their partners about their awareness of prostate cancer and the need to be tested early. In the past many men have avoided us when approached. This year we were surprised how much the awareness is growing. All good fun!



Graham; Peter; Zeni



Newsletter - Cancer News and Support – Genetic Testing

“Last month the Federal Government announced a ban on the use of genetic tests in issuing life insurance, a practice which causes some people to avoid potentially lifesaving testing for fear of how this information might be used. The McCabe Centre for Law and Cancer has been advocating for this ban since 2012 as part of its work on the Australian Genetic Non-Discrimination Working Group.

“Consistent with our recommendations the ban will not be subject to any financial limits, caps or exceptions, and will be reviewed after five years. We are delighted with this outcome, which will offer strong protections for people wishing to undergo predictive genetic testing and not be unfairly treated as a result.”



GPSG Partners' Group Coffee Morning

The partners met for their last coffee morning for 2024 on October 4 at No 42 Cafe, Rippleside. Once again it was a lovely chance to chat and meet new friends.

A special thank you to the fabulous staff at No 42 for looking after us again so well this year. Hoping to see all our lovely partners at the picnic on Friday December 13.



From PCFA

Media Release – Extract

Groundbreaking three-year partnership to tackle prostate cancer

The announcement was made at the Parliamentary Big Aussie Barbie in Canberra today (October 10, 2024), that Prostate Cancer Foundation of Australia (PCFA) and the Australian and New Zealand Urogenital and Prostate Cancer Trials Group (ANZUP) have agreed to a landmark three-year research partnership aimed at accelerating clinical trials and advancements in prostate cancer treatment.

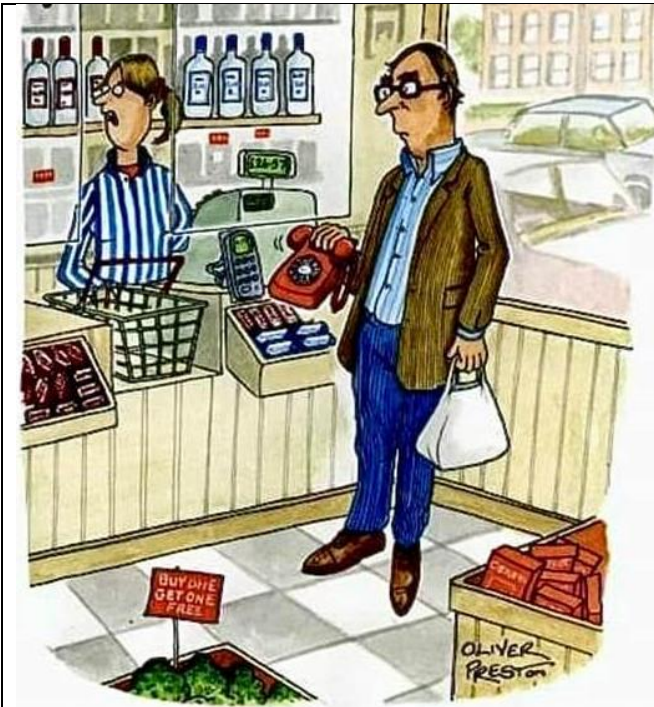
“This new partnership will see ongoing expansion of clinical trials focused on improving survival rates among Australians, particularly for those with advanced and aggressive forms of prostate cancer,” said ANZUP CEO, Associate Professor Samantha Oakes.

The announcement comes as new data has revealed prostate cancer now accounts for 16% of all cancers diagnosed in Australia.

Music to the Ears

Four-time Logie winner and entertainer Hugh Sheridan has been announced as a new ambassador for the Prostate Cancer Foundation of Australia, joining the fight to raise awareness and funds in memory of his late father, Denis, who died from prostate cancer in 2021.

Some Humour

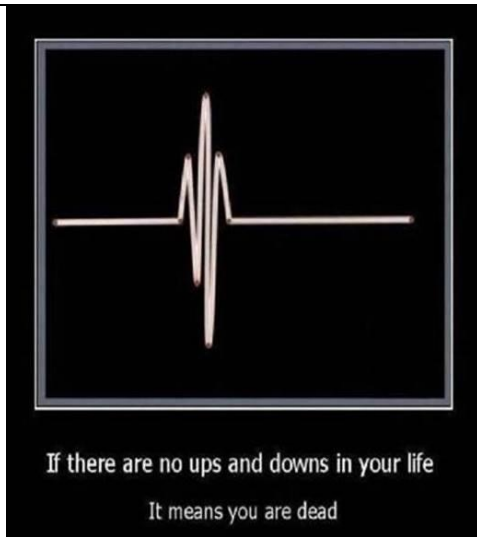


"Nathan, there's a gentleman here trying to pay with his phone."



Do you know that awesome feeling when you get into bed, fall right asleep, stay asleep all night and wake up feeling refreshed and ready to take on the day?

Yeah, me neither!



Imponderables

- Who was the first person to look at a cow and say, "I think I'll squeeze these dangly things here and drink whatever comes out?"
- If corn oil and vegetable oil are made from corn and vegetables, what is baby oil made from?
- If you are born again, do you have two belly buttons?
- We know the speed of light, but what is the speed of dark?
- Is hokey pokey what it is all about?
- Why didn't Noah swat those two mosquitoes?
- Why don't they make the aeroplane out of what the black box is made of?
- Why do toasters have setting that burns toast to a horrible crisp?
- Why is there a light in the fridge but not in the freezer?

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