

# GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

January Vol 2025:01

*We will open the book; the pages are blank. We are going to put words on them ourselves*



*The book is called Opportunity and the first chapter is New Year's Day*

## 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                     |
|-------------------|-----------------|-----------------------------|
| <b>Fri 31 Jan</b> | -               | <b>Member's Meeting</b>     |
| <b>Fri 21 Feb</b> | <b>10.00 am</b> | <b>Partners Morning Tea</b> |
| Fri 28 Feb        | 10.00 am        | Patrick Preece - Urologist  |
| Fri 28 Mar        | 10.00 am        | Pharmacist                  |

## 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/>

# CELEBRATE

THE LITTLE THINGS

## Geelong Group

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

## PROSTATE NEWS

Issue 88 –  
August  
2024



Check the PCFA Website

[www.prostate.org.au/publications/prostate-news](http://www.prostate.org.au/publications/prostate-news)

Please email [info@geelongpsg.net](mailto:info@geelongpsg.net) to provide feedback, comment or to redirect or cancel receipt of this newsletter.

## QUOTE OF THE MONTH

“Tact is the knack of making a point without making an enemy.”

- W.G.P.

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.*

## And Now For an even Better New Year

Every year seems to get better regarding our Group. In 2024 our membership continued to grow, we had great presenters where we all learnt something, and the discussions were educational and often entertaining. Of course, 2025 will be even better!

*The Facilitator Group would like to wish all our members and partners a healthy and prosperous 2025.*

### Next Meeting

Our next monthly Group meeting will be held on Friday 31 January at the Belmont Park Pavilion at the usual time of 10.00 am. We will have a members' meeting to start off the year and catch up with what's going on in our lives at present. Also, we will have something to eat at morning tea.

Note: Partners are always welcome at our monthly meetings.

### In the News

#### Listing of Talazoparib on the PBS

On 2 January 2025, the Minister for Health and Ageing, the Hon Mark Butler MP, announced the listing of Talazoparib (Talzenna®) for the first time for use in combination with enzalutamide (Xtandi®), to treat patients with metastatic prostate cancer who have breast cancer gene BRCA1 or BRCA2 mutations.

This listing is expected to benefit around 180 patients each year. Without subsidy, Talazoparib would cost patients about \$101,000 per course of treatment. The PBS listing of these medicines mean eligible patients will pay only a maximum of \$31.60 per script, or just \$7.70 with a concession card.

Both of these medicines belong to a group of anti-cancer medicines called PARP (poly-ADP ribose polymerase) inhibitors, which help destroy cancer cells that are not good at repairing DNA damage.

The listing took effect on 1 January 2025.

### From PCFA

#### Listing of Lutetium Imaging and Therapy for deadly prostate cancers

Life-saving Lutetium PSMA imaging and therapy will be listed on Australia's Medicare Benefits Schedule from 1 July 2025, saving families hundreds of thousands of dollars to access the treatment. The listing follows three years of advocacy by the Prostate Cancer Foundation of Australia and the Movember Foundation with 1,500 men a year set to benefit.

Read More: <https://www.pcfa.org.au/news-media/news/new-listing-of-life-saving-nuclear-medicine-for-men-with-prostate-cancer/>

### GPSG Partners' Group Coffee Morning

The first PSG Partners' Coffee Morning for 2025 will be held on FRIDAY February 21 at 10 am. The venue, as always, is No 42 Cafe, 42 Bell Pde Rippleside.

We look forward to welcoming new partners in 2025 and renewing friendships with our current partners.

For those who are new to our Geelong PSG, our Partners' Coffee Mornings have been taking place for many years and are a nice opportunity to meet and chat to other partners in a casual setting. For further information, call Michelle on 0418 529 612.



## Membership Renewal

### GPSG Membership Fees and donations

GPSG needs money to pay for rental of the hall, morning teas, administration expenses, and other items. Last year a vote of members unanimously endorsed an increase to the annual fee to \$20, at least partly offset by a cessation of door donations.

It's again time to renew your financial membership of the Support Group. The new annual membership fee of \$20 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 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 c/o W Rebula, 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](mailto:info@geelongpsg.net)

|                                |                |
|--------------------------------|----------------|
| <b>2025 MEMBERSHIP RENEWAL</b> |                |
| GEELONG PROSTATE SUPPORT GROUP |                |
| First Name: .....              | Surname: ..... |
| Email: .....                   |                |
| Phone No .....                 |                |

### Some Humour

**Youth is when you are allowed to stay up on New Year's Eve.**

**Middle age is when you are forced to.**

Editor: I was in bed by 11.00pm







## 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](http://www.pcfa.org.au)  
 Prostate Cancer Specialist Nurse: email [pcn@barwonhealth.org.au](mailto: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](http://www.prostmate.org.au)  
 Cancer Council Australia: [www.cancer.org.au](http://www.cancer.org.au)  
 Cancer Council Victoria: [www.cancervic.org.au](http://www.cancervic.org.au)  
 Continence Foundation Australia: [www.continence.org.au](http://www.continence.org.au)  
 National Cancer Institute: [www.cancer.gov](http://www.cancer.gov)  
 Healthy Male (Andrology Australia): [www.healthymale.org.au](http://www.healthymale.org.au)  
 USA Prostate Cancer Foundation: [www.pcf.org](http://www.pcf.org)  
 Us TOO International Prostate Cancer Education And Support Network:  
[www.pcf.org/ustoo/](http://www.pcf.org/ustoo/)  
 Prostate Cancer Research Institute (PCRI): [www.pcri.org](http://www.pcri.org)  
 American Institute For Diseases Of The Prostate (Dr Charles “Snuffy” Myers):  
[www.prostateteam.com](http://www.prostateteam.com)  
 Prostate Cancer UK <http://prostatecanceruk.org>  
 Prostate Cancer Foundation – USA [www.pcf.org](http://www.pcf.org)  
 Prostate Rehabilitation Exercise Program [www.prostaterehab.com](http://www.prostaterehab.com)  
 Malecare: [www.malecare.org](http://www.malecare.org)  
 Life Extension: [www.lef.org](http://www.lef.org)  
 Beyondblue: [www.beyondblue.org.au](http://www.beyondblue.org.au)  
 Lifeline: <https://www.geelonglifeline.org.au/>  
 Chronic Illness Alliance: [www.chronicillness.org.au](http://www.chronicillness.org.au)  
**Prostate Zone:** [www.theprostatezone.com](http://www.theprostatezone.com)  
 MatesCONNECT: [www.prostate.org.au/support/matesconnect](http://www.prostate.org.au/support/matesconnect)