

# GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

May 2025 Vol 2025:05

FEELING  
**BLUE**  
FROM  
PROSTATE CANCER ?

KNOW YOU ARE NOT ALONE

ATTEND A SUPPORT GROUP NEAR YOU

[www.pcfa.org.au/support/find-a-support-group/](http://www.pcfa.org.au/support/find-a-support-group/)



MEN'S  
HEALTH  
AWARENESS  
WEEK  
— JUNE —



## 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
Frid 30 May	10.00 am	Members Meeting.
Fri 26 June	10.00 am	Dietician
Fri 25 July	10.00 am	Dermatology

## 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

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Check the PCFA Website

<https://www.pcfa.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.

Support Group Website:

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

Supported by



## QUOTE OF THE MONTH

"Find a life worth enjoying; take risks; love deeply; have no regrets; and always, always have rebellious hope."

- Deborah James, a cancer campaigner in the UK who died in 2022 aged 40

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.*

## This Month's May Meeting

Our next monthly Group meeting will be held on **Friday May 30** 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.

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

## 'April' Meeting (held 2<sup>nd</sup> May)

Steve chaired the meeting and welcomed members. 50 members attended.

## Member's Meeting

### In-the-News

Alan discussed developments in radiopharmaceutical treatment. There are two different radiation versions, viz 'beta', which has a longer effective range / lower energy (e.g. 177-lutetium) and 'alpha', which is short-range / high energy radiation with potentially higher efficacy and less collateral tissue damage, (e.g. 225-actinium 225, 212-lead). Lutetium treatment has become well established as a post-chemotherapy treatment, albeit not offering long-term control in most cases, while alpha treatments are still investigational. Side effects need to be further clarified with the alpha category.

### Your free Prostate Cancer Awareness Pack

Complete the form on the site below to get your free Prostate Cancer Awareness Pack and help raise awareness for men and families. Your pack will include a lanyard, wristbands, and lapel pins, plus useful resources about PCFA nurses, prostate cancer risks and early detection, and PSA testing. <http://fundraise.pcfa.org.au/awarenesspack> Also added to "Useful Links" at the end of the newsletter.

## Meeting Feedback

- Denis - Detected 2008. 2017 radiation. ADT and then chemo. PSA kept rising and reached 101. Had Lutecium treatment 2 years ago. Again, PSA rising and cancer detected in L1 vertebrae. Been referred by David Campbell to Prof Michael Hofman at Peter Mac for specialist treatment.
- Leon – 9 years ago, PSA 7, Gleason 9. On ADT and had SBRT. PSA now 0.2. Passed blood from both ends. Had colonoscopy and cystoscopy. This led to incontinence. He is waiting for clamp to arrive. Leon may get artificial sphincter and is having urinalysis by Sarah. Off to Europe for 3 months.
- Alan H - PSA nondetectable and off Lucrin.
- Charles – Used regional 'Bone Bus' that does bone density measurements. Had referral from GP. On vitamin D and K2, both for bone health. Charlse recommends everyone over 70 should have 2-yearly bone scans.

Ian mentioned CAPS (Continence Aid Payment Scheme). CAPS is an Australian Government program. It provides a payment to eligible people, to help with some of the costs of buying continence products. <https://www.health.gov.au/our-work/continence-aids-payment-scheme-caps>

## Member Chat – Ian with Gary

- Age 80, Born Footscray. Footscray tech until form 3. Thought it all of little value.
- Dad was a printer and Gary was an apprentice. Lasted a month because he is left-handed.
- Grandma taught him how to decorate cakes and he then joined Braybrook Bakery as an apprentice pastry cook for 5 years. Spent 50 years in the trade, getting up at 4.00 am. 'House built on pies'.
- When 21, met Robin and married in 1968. Set off in a panel van (several uses). Went on working holiday around Australia for 4 years. Returned, because Robin announced she was pregnant.
- Returned to Robin's parents in a camp at Torquay.

- Beaumont Pies – worked there for 28 years. Others: Surfside Bakery, and Weiser's Bakery, Pako.
- Interests: surfing, scouting (ran Torquay chapter), cricket (captained B Grade, coached U/16's).
- Life member of SES (told story of rescuing a pretty girl with harness).
- Sailed on Bounty from Brisbane to Sydney on First Fleet and steered under Harbour Bridge.
- Going to Hawaii for 80<sup>th</sup> birthday.
- Great loves are his wife and surfing. Has 3 kids.

### Exercise Session

Taken by Charles – with emphasis on balance exercises.

## **Presentation/Discussion**

### **Early Detection of Prostate Cancer: National Guidelines**

Alan presented an excellent summary on the draft '**Guidelines for the Early Detection of Prostate Cancer**', which are currently out for public comment and feedback before submitting them to the relevant Commonwealth agency for approval.

Alan used PowerPoint to brief members on the proposed changes and to encourage member discussion and responses to them.

The PowerPoint presentation shown at the meeting is available [on this link](#). The pdf version of the presentation is available [on this link](#). You can also access the whole Draft Guidelines document on this link: [2025 Clinical Guidelines for the Early Detection of Prostate Cancer](#) . **The deadline for public comments is 25<sup>th</sup> May 2025**

## **In-the-News**

### **GPSG Partners' Group Coffee Morning**

Eleven partners came along to No 42 Cafe on Friday May 9 for our second Coffee Morning for the year. It was a beautiful day and we enjoyed our coffees, muffins and chats.

A special welcome to Cathy and Linda who joined us for the first time. We hope you can join us again next time - and perhaps some other new partners too.

### **After Prostate Cancer, Physical Activity Revives Erections**

A [study](#) has revealed that regular exercise can improve [erectile dysfunction](#) after treatment for [prostate cancer](#), highlighting the importance of physical activity in sexual rehabilitation, particularly in men who have undergone radiotherapy or antiandrogen treatment.

Engaging in physical activity is one potential treatment owing to its somatic effects that counteract the bodily feminization and muscle wasting associated with androgen deprivation treatments, as well as their psychological effects (by preserving libido and improving a person's sense of masculinity).

Patients were excluded if their prostatectomy did not preserve the pelvic nerves, if more than 12 months had passed since the end of oncologic treatment, or if they were already regularly engaging in physical activity. To read more: [Click Here:](#)

### **Patient Power**



#### **[The Truth About Natural Remedies for Cancer](#)**

You've probably had well-meaning friends and family share "cancer cure" news they heard about through the grapevine. Before you try any of those treatments, even the natural ones, it's important to get the facts. Here's what to know about herbs, vitamins, and other so-called "cures" for cancer.

**[READ MORE](#)**

## From PCFA

### Troubleshooting treatment toxicity: New test may help prevent urinary side-effects

International researchers may have discovered a test to accurately assess men's individual risks of developing long-lasting urinary side-effects after receiving radiation therapy for prostate cancer. Called PROSTOX, the test is the first of its kind to predict toxicity from cancer therapy and could help inform treatment pathways for men with prostate cancer. [Read More](#)

### Men's Shed Event

Men's Sheds hosted a Roadshow event for Sheds Beckley Park, Geelong on Thursday 15. It was a reasonably informal gathering (with about 100 people) and PCFA had a stand and a short speaking slot. Linley Watson, PCFA Community Engagement Manager, Graham and Alan, GPSG, attended. Linley presented on the purpose of PCFA, prostate cancer statistics and the PSA Early Testing Guidelines. Graham spoke on his journey, what GPSG had to offer and, again, the need for early testing. It was worthwhile just being there as it gave us a chance to meet some men in our region and have a chat. There may be some potential new support group members and up to 14 candidates for a Life Force presentation.



## News Flash



Big announcement that former US President Joe Biden has been diagnosed with advanced prostate cancer. It is Gleason 9, Grade Group 4. Appears to be another example of a lack of early testing. You can listen to an excellent interview with our CEO Anne Savage on ABC [here](#).

## Membership Renewal

### GPSG Membership Fees and donations

If you haven't already, please renew your \$20 financial membership of the Support Group.

Direct bank transfer to: GPSG, BSB 633000 Account number 126830009. If using this method, please ensure to include your name in the reference block. Or, pay Murray using this form.

#### 2025 MEMBERSHIP RENEWAL

#### GEELONG PROSTATE SUPPORT GROUP

First Name: ..... Surname: .....

Email: .....

Phone No .....



**THE AUSTRALIAN** 🇦🇺

This is a heavily edited text from The Australian. Anyone who would like the full version or an article titled “**The Bid to Fight our Most Expensive Cancer**” contact the editor at [reesy60@tpg.com.au](mailto:reesy60@tpg.com.au)

***Ryan Murphy is a husband, father and Brisbane City councillor. He was diagnosed with late stage two prostate cancer on Good Friday this year. He is 36.***

Murphy has opened up about his early-onset prostate cancer diagnosis. “I was recently diagnosed myself, at the age of 36. I’m late stage two, caught just in time.

“Only one Queenslander aged 35-39 is diagnosed each year. It seems I’ve been volunteered as a tribute.”

**I’m 36 and have prostate cancer; my first screening isn’t due for 14 years.**

Former US president Joe Biden has prostate cancer. If the most watched, most guarded man in the world can be surprised by a late diagnosis, what we are doing to detect this disease?

Some men have family history and monitor their PSA closely. Others ignored symptoms for years and hold deep regret. Some were dismissed by their GP. This is the Hunger Games model we have contrived for Australia’s most common cancer in men.

If you are a man in Australia, you must navigate this game wholly on your own, and if you don’t play the game just right you will lose your life.

Under 50? You lose.

No GP? You lose.

Don’t know your family history? You lose.

GP doesn’t believe in PSA testing? You lose.

No follow-up on a rising PSA? You lose.

Move interstate and your records disappear? You lose.

Strangely, with other cancers we have a much more civilised approach. Women are invited into a national breast screening program from age 50, and it reduces mortality by 42 per cent in the screened group. Cervical screening has been so successful that 70 per cent of cervical cancer diagnoses now come from women who were never screened. Australians turning 45 can request a free bowel cancer test, and at 50 the kit arrives in the mail automatically. But for prostate cancer, you don’t even get a pamphlet. Or a text message.

You get dropped into battle and told to fend for yourself. This might all seem acceptable. Save for my maverick GP it would have killed me too, robbing my daughter and her unborn sibling of a father, and my wife a husband.

There are more than 275,000 Australian men alive today who have fought or are fighting prostate cancer.

As a nation, we are more than capable of designing a national, risk-based screening model for prostate cancer. Countries such as the UK are already trialling such programs, using PSA tests, genomics and rapid MRIs to catch cancers earlier. Australians should feel confident we can do the same. We’ve done it before. Until then, your chances are one in five. The responsibility to find it is yours alone.

I wish you luck. And may the odds be ever in your favour.

***Ryan Murphy is an LNP councillor with Brisbane City Council***

## Some Humour

Heard on the radio after the federal election:

*If Sir Robert Menzies was alive today, he would turn over in his grave.*



: What archaeologists will find in 100 years



## 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)

The Prostate Zone: [www.theprostatezone.com](http://www.theprostatezone.com)

MatesCONNECT: [www.prostate.org.au/support/matesconnect](http://www.prostate.org.au/support/matesconnect)

Prostate Cancer Awareness Pack: <http://fundraise.pcfa.org.au/awarenesspack>