

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

June 2025 Vol 2025:06



Anne Buso

Dietician



Adopting a healthy lifestyle is a good strategy for men with prostate cancer. Both exercise and a healthy diet can help manage side effects and reduce the chances of the cancer returning.

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 June	10.00 am	Dietician
Fri 11 July	10.00 am	Partners' Morning Tea
Fri 25 July	10.00 am	Skin doctor
Fri 29 Aug	10.00 am	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

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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/>

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QUOTE OF THE MONTH

"Minds are like parachutes – they only function when open."

- Thomas Dewar

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 June Meeting

Our next monthly Group meeting will be held on **Friday June 27** at the Belmont Park Pavilion at 10.00 am. Our guest speaker will be Anne Buso, Dietician, from Belmont Physiotherapy Centre. Anne is passionate about helping clients achieve their health and weight loss goals, by creating personalised nutritional plans that meet their specific individual requirements.

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

May Meeting

Graham chaired the meeting with Bill and welcomed members. 36 people - members, visitors and partners - attended. Man of the moment, Max H (see Member's Chat), read the opening statement.

Announcements

- Membership Guidelines
Bill discussed the good reaction to Alan's presentation on new Early Testing Guidelines at the last meeting. The response for comments from the members was good with seven contributions.
- Ringwood PCSG sent a notice out to support groups with a request for members to sign their petition. The petition was for the Vic Govt to raise awareness of PCa. The form was at the back of the room for attendees to sign (*Note: will also be available for signing at the June meeting*).
- Bill reminded members of an invite to attend Ken's shed to view his cars and toys at 2.00 pm.

In-the-News

- Bill discussed the news that former USA President had prostate cancer.
- Graham provided a report on the inaugural Men's Shed Roadshow at Greyhound Racing, Beckley Park. This was hosted by Victorian Men's Shed Association. Breakfast and lunch were provided. Several presentations were made including Linley Watson from PCFA and Graham representing GPSG.

GPSG Facilitator Meeting

The week before the Member's meeting the Facilitator Group (Steve is on Zoom) met at Bill's home to plan the next meeting, future meetings and all other activities. The morning teas are delicious!

We always encourage partners to join all of our meetings and at the June meeting Judy and Rosa contributed.



Meeting Feedback

- Stan – has been on holidays and on return found his PCa has returned with PSA going up. He is back on ADT after a break of 18 months. New tablets are having an effect.
- David – because of his PCa David's son requested his GP do a PSA blood test. His doctor declined saying "he was not happy to do the testing" and was dismissive of his symptoms!
- Stan – met a 20-year-old in Andrew Love Centre with PCa. Stan said he had told his daughters to get their husbands to get checked.

- Bill – had a test for BRACA1 and 2 via the Australia Prostate Centre in Melbourne. They are ok but has another dodgy gene which may be connected to PCa. He was referred there by his GP. There was a 4 month wait and cost was \$400.
- Graham – discussed Lynch Syndrome. If you have the “broken” gene there could be a connection between Bowel Cancer and PCa. His oncologist was following up.
- Geoff - discussed insurance companies obtaining medical record when assessing illegibility for insurance.
- Also Geoff mentioned that Russell Trickey, who has been in the news lately announcing he had PCa, was undergoing alternate therapy.
- Paul – currently on ADT. Paul gave a glowing tribute to the GPSG thanking the Group for being their support, particularly Bill who provided him with the initial information.
- Geoff – said his incontinence problems are worsening. He has to self-catheterise daily to keep the way clear. Is now trying a clamp.
- Warren – had Lutecium combined with radium treatment trial at Peter Mac. Talked about side effects, eg, lack of saliva. PSA is “flatlining.”

Member Chat – Bill with Max

- 2 years in GPSG 74.
- Born in Geelong, 6 siblings.
- School, Tate St Primary, then East Geelong Tech.
- Left early and found a job with Nancarrow's Supermarket till 18, then to Geoff Wood in Newtown.
- Met wife while working there and they have 2 children.
- Then to Woolworths for 33 years in their supermarket.
- Interests: Carpet bowls and 10 pin bowling. Follows Geelong FC.
- For 60th birthday was presented with a surprise cruise. They have done many since and has a couple in the pipeline.
- Favourite meal, curried sausages.

Exercise Session

Taken by Charles – with emphasis on balance exercises.

In-the-News

GPSG Partners' Group Coffee Morning

Our third Partners' Coffee Morning for 2025 will take place on Friday July 11, 10 am at NO 42 CAFE, 42 Bell Pde Rippleside.

It was lovely to welcome two new partners at our last get-together so let's hope we can welcome more new faces this time.



Victorian Council of Prostate Cancer

Graham – talked about Vic Council of Prostate Support Groups. He spoke about the Blue Man. The "blue man" is a figure used in Prostate Cancer Foundation of Australia PCFA support groups in Victoria to symbolize the availability of support for men dealing with prostate cancer. The blue man should be used in unification with the pink lady symbolising breast cancer. Graham recited a poem titled the Blue Man.

Geelong Independent

Paul Saunders (SG member) features in an article in the Independent.



Barwon Heads' Paul Saunders is stepping out to raise money for prostate cancer research and support Men's Health Week. He speaks with Jena Carr about the challenge and his journey following his own diagnosis.

Throughout Men's Health Week, from June 9 to 15, Paul will walk 50km to raise funds for Prostate Cancer Foundation of Australia (PCFA) through the Walk for Him challenge, with Liz accompanying him along the way.

Paul had completed 18km of the challenge and raised more than \$1900 by Thursday, June 12.

To see the full article click on: [Challenging prostate cancer | Geelong Independent](#)



Empowering you to manage the cost of cancer

Many Victorians with cancer, including their family members, have struggled while navigating the health system and dealing with cost-of-living pressures. But support is available.

Cancer Council Victoria's Financial Counselling Program saw an increase of 48 per cent in referrals from 2023 to 2024. After calling, many people say their worries eased once they realised there was support available to help them manage the financial costs associated with cancer. "The financial counsellor's knowledge, professional advice and compassion helped us through so much paperwork and relieved so much distress," said one caller.

For more information, click on: [Empowering you to manage the cost of cancer - Cancer Council Victoria](#)

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.

A research team led by Daniel A. Galvão, PhD, from Edith Cowan University in Perth, Australia, studied the effects of resistance and aerobic exercise, alone or combined with other interventions versus standard care in men diagnosed with prostate cancer.

The trial suggested that engaging in physical exercises should be considered an integral part of therapeutic measures aimed at improving sexual function after treatment for prostate cancer.

For more [Click Here](#)

Deakin University

Deakin University is recruiting participants in the ProHealth Trial to evaluate a new model of care to remotely deliver nutrition and exercise services to men who have been treated with androgen deprivation therapy. The trial is in collaboration with the Prostate Cancer Foundation of Australia. The project will run for 12 weeks. All necessary equipment to participate will be couriered to you with return-paid postage. Participation is fully online, and no in-person visits to Deakin University are required. You may be eligible if you:

- Have been diagnosed with prostate cancer
- Have been treated with androgen deprivation therapy for more than 3 months
- Are not currently under the care of a nutrition or exercise healthcare professional

If you are interest, please visit the [ProHealth](#) website.

From PCFA

Billing For PSA Tests

The following email was sent by PCFA's CEO, Anne Savage for members.

"There are questions asked about billing for PSA tests.

Follow up tests for an elevated PSA are fully rebated. I've attached the Medicare Fact Sheet for you, which includes descriptors for each of the item numbers."

The fact sheet is accessible online via this link: [Medicare Fact Sheet](#)

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 at a meeting using this form.

2025 MEMBERSHIP RENEWAL

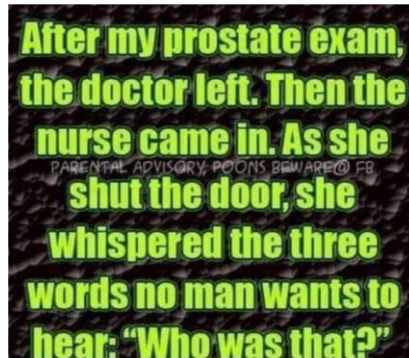
GEELONG PROSTATE SUPPORT GROUP

First Name: Surname:

Email:

Phone No

Some Humour



Some Humour (contd)

Three women, two younger, and one senior citizen were sitting in a sauna only covered by a towel.

Suddenly there was a beeping sound. The young woman pressed her forearm and the beep stopped.

The others looked at her questioningly. ‘That was my pager,’ she said. ‘I have a microchip under the skin of my arm.’

A few minutes later, a phone rang. The second young woman lifted her palm to her ear. When she finished, she explained, ‘That was my mobile phone. I have a microchip in my hand.’

The older woman felt very low-tech. Not to be outdone, she decided she had to do something just as impressive. She stepped out of the sauna and went to the bathroom.

She returned with a piece of toilet paper hanging from her rear end. The others raised their eyebrows and stared at her. The older woman finally said... ‘Well, will you look at that...

I’m getting a fax!!!’

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

Victoria Prostate Council www.vicprostatecouncil.org

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

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