

GEELONG PROSTATE SUPPORT GROUP

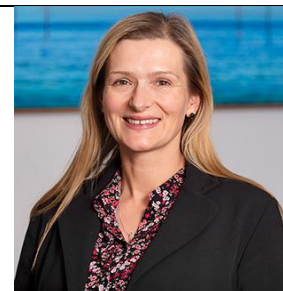
NEWSLETTER

August 2025 Vol 2025:08

Oncology is the branch of medicine that focuses on the diagnosis, treatment, prevention, and research of cancer. **Medical Oncologists:** These specialists treat cancer using medications such as chemotherapy, immunotherapy, and targeted therapy.

Dr Roslyn Wallace

Consultant
Medical
Oncologist



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 29 Aug	10.00 am	Ros Wallace, Oncologist
Fri 26 Sep	10.00 am	Incontinence – Cheryl and Erica
Fri 10 Oct	10.00 am	Partners' Morning Tea

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
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Geelong Group

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PROSTATE NEWS

Issue 90
April
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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/>

Supported by



QUOTE OF THE MONTH

"I must be getting absent-minded. Whenever I complain that things aren't what they used to be, I always forget to include myself."

- George Burns

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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.

This Month's Meeting

This month's Group meeting will be held on **Friday August 29** at the Belmont Park Pavilion at 10.00 am. Our guest speaker will be Dr Roslyn Wallace. Ros is originally from Glasgow in Scotland, completing her medical training at the University of East Anglia in the UK. She relocated to Australia ten years ago. Ros is a consultant at Geelong Oncology and the Peter MacCallum Cancer Centre. She is currently completing a master's degree at the University of Melbourne, investigating non-invasive biomarkers to predict treatment response in melanoma.

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

July Meeting

Paul chaired the meeting, welcomed 55 guests, including newbie David and welcomed Alex back after 10 years.

Opening statement:
Gary Wall



In-the-News

The group was asked how many birthdays occurred this week, there were three with Alan's that day.

Discussion on ABC's Australian Story

- Graham and Denis gave an account of their experiences with ADT. The message was to seek some help. Group asked how many had experiences like Graham and Denis - six men put their hands up.
- Books by Susanne Chambers (*'Facing the Tiger'*) and Tim Baker (*'Patting the Shark'*) were promoted as really helpful in the area of mental health in the context of prostate cancer.

A recent online episode of 'Australian Story' that focuses on managing depression when it occurs can be found on ABC's *iView*.

Member's Feedback

Herb's partner (newbies) gave an account of his journey thus far. He had a biopsy and prostatectomy in 2006. Herb was not advised to have any PSA tests after his RP. Recently he has been diagnosed with non-Hodgkins Lymphoma - and recurrent prostate cancer. He is suffering lower back pain, and he and his partner feel that he is a shadow of his former athletic self.

They are wary of chemotherapy and ADT due to side effects. On the 'Keto' diet Herb's PSA has dropped from 34 to 22. Alan B stressed an urgent need to maintain PSA testing and to establish close contact with a medical oncologist.

Alan H – May 2023 PSA 7, biopsy Gleason 5+5. July 2023 RP. Sept 2023 PSA 0.07. Nov 2024 PSA risen to 0.3 with PSMA-PET scan showing right pelvic nodal involvement. Jan 2025 Alan H had 10 fractions of stereotactic therapy (SBRT). March 2025 PSA 0.2. June 2025 PSA 0.25. Deemed unsuitable for ADT due to microvascular heart disease. Alan B suggested seeing a cardiologist before abandoning ADT.

Alan H sought a second opinion at Australian Prostate Centre (APC) where a urologist answered all his questions and saw a prostate nurse on the same day. He was advised that the public patient centre in North Melbourne has consultant urologists, medical oncologists, radio-oncologists, psychologists, an endocrinologist and exercise physiologists.

Newbie David – Heard of our group from West Coast Urology. Diagnosed Oct 2024, PSA up. His urologist arranged an MRI which indicated a tumour, then did a biopsy confirming Grade Group 3

(Gleason 4+3) prostate cancer. David had a robotic RP on April 2025. He was concerned that he was still incontinent. Graham spoke with Alex about this issue during the break, emphasising that at 3 months post-RP he was still ‘early stage’ after an RP – and that pelvic floor exercises remain important. David’s last PSA was undetectable.

12 years ago, Alex returned a Gleason 7 biopsy and had a subsequent RP, resulting in undetectable PSA for the next two years (and since). Alex said he was reluctant to continue coming to group meetings and felt both selfish and somewhat upset by hearing other men’s stories because he was apparently cured. He was back because of his interest in the speaker’s topic on skin care. Paul repeated Bill’s message that we always welcome people who have good stories to share.

Member Chat – Steve with Wally

- Born in Geelong and been here all his life. 3 siblings
- School: East Geelong and then Geelong East Technical School. Played cricket as a boy.
- Married 1976, ie, 49 years. 3 boys, 6 grandchildren and now a great grandfather
- Had one boy. And then while delivering his second child, another was found ‘hanging around’. Another boy was coming - instant twins
- Trained and worked as an electrician. Worked for some time at Beaurepaires, “cos he didn’t want to retire”. (Boom, Boom)
- Helped with boys’ sport
- Travelled the world - Alaska, Europe, Niagara Falls (favourite)
- Favourite place – Colac

Exercise session (Charles), with continued emphasis on maintaining strength and balance.

Presentation – Emily Shaw, skin doctor

Emily presented a list of her qualifications and work experience which included working for the Defence Force in the Solomon Islands.

Some facts:

- Melanoma - 4th highest cancer deaths in Australia, the youngest age was 7.
- Men are more likely than women to get skin cancer and are more likely to die from it.
- 6 people die every day of skin cancer
- Skin checks are the “seat belts” of preventing disease. (Ed: bit like early PCa testing).

Skin Anatomy

Made up of epidermis (top); next, dermis; then subcutis.

Three types of skin cancer:

1. Basal cell carcinoma (BCC) – most common
 2. Squamous cell carcinoma (SCC) – less common, more aggressive
 3. Melanoma – most serious type of cancer – very prone to metastasise as its depth increases
- Recommend self-checks every 3 months. Watch how a spot behaves. Watch for new moles. Watch for new itchiness and a spot standing out visually from others (can be any shape, size or colour)
 - Skin checks by a skin specialist every year.

Q&A

Q: Do black people get skin cancers? A: Yes, but not as frequent.

Q: What are the treatments? A: Melanomas may include surgery, immunotherapy, targeted therapy, and chemotherapy, depending on the stage of the cancer. Early detection is crucial.

Others, depends on type. Can be frozen off. There is an increase in the use of Efudix cream in preference to freezing. Can result in a red face. Also, photodynamic therapy, ie, activated with light.

Q: My GP when asked about skin says, “what’s worrying you?” A: If in doubt about a skin change, people should see a doctor who specialises in skin checks.

Q: What is the effect of aging? A: The second skin layer reduces with age. More skin care is needed. Avoid skin traumas. Regular moisturising. Use sunscreen. (Emily herself regularly uses sunscreen).

Alan H thanked Emily for her advice and presented a small gift.

Announcement

GPSG Partners’ Group Coffee Morning

All partners are invited to meet for coffee and a chat on FRIDAY OCTOBER 10 at 10am.

The venue will be No 42 Cafe, 42 Bell Parade, Rippleside.

This will be their final get-together for 2025 - looking forward to meeting some new partners and catching up with our lovely regulars.



In-the-News

Melton Men’s Group

Graham, the editor, presented at the Melton Men’s Group on Thursday night 14 August as part of PCFA’s Life Force PCa awareness program.

The presentation went for over an hour including Q&A With 40 men attending. We had a bit of fun while getting the message across. They presented me with a certificate of appreciation



Advanced Prostate Cancer Network Meeting

Alan, Graham, Steve and Gary attended a national meeting of the re-established Advanced Prostate Cancer Network (APCN). Alan B has been a committee member of this group for the past 12 years. GPSG made up a third of the numbers at this reconvened meeting. This national Zoom meeting is convened to support men with high-risk, advanced or metastatic prostate cancer, to share stories and doubts, and hear about new developments in treatment for advanced prostate cancer.



Victorian Council of
Prostate Cancer Support Groups

Conference - Australian Cancer Centre (APC) Saturday and Sunday 26 & 27 July

Alan, Graham and their partners represented GPSG at the conference. The conference was essentially for Council administration, to offer guidance to support groups, and to inform attendees on some of the latest research.

The first presentation was from **Anne Savage** (PCFA CEO), who discussed the Victorian PCa statistics and the supporting, research and advocacy roles that PCFA play.

Mitchel Lawrence from Monash University is studying PC treatments, including bipolar androgen therapy (BAT). PCa cells don’t like high or low testosterone, so can extreme testosterone fluctuations be used to treat PC?

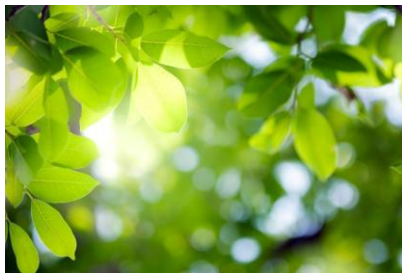
This is part of a trial named WOMBAT.



Mark Harrison, CEO of the Australian Prostate Centre (APC) said that APC was initially set up to provide services to men without health cover. He informed us of the services APC provides, including research projects. Projects include Theranostics; ARASTEP; CaverSTIM; ProsatACT (Telix); STM-416p.

Patient Power

Could Sunlight Reduce Your Cancer-Related Fatigue?



[Read More](#)

Cancer fatigue is a universal complaint among people with cancer, but a new approach that's gaining traction is "sunlight therapy." Oncologists Dr. Ishwaria M. Subbiah and Dr. Christine Lovly from MD Anderson and Vanderbilt-Ingram discuss this and other interventions for moving past your weariness.

From PCFA

Free counselling: We've got your back

Men and families around Australia who are struggling with their mental health as a result of prostate cancer diagnosis and treatment are benefiting from free counselling sessions offered by PCFA. Find out more today. [Connect](#)



Cancer Nurses Day

Thursday 14 August was PCFA's Cancer Nurses Day. PCFA celebrates and recognises the extraordinary contribution by the PCFA's Specialist Nurses and Telenurses around the country, and thanks them for the expertise, care, and kindness which they bring to thousands of Australian men and families each year.

Online Community

PCFA is pleased to announce the launch of its new [Online Community](#) for Australian men and their loved ones impacted by prostate cancer.

The Community gives you a place to connect, converse, and consider the impact of prostate cancer on the lives of men and their partners.

[**JOIN THE DISCUSSION NOW**](#)

Prostate Cancer Awareness Month - September

As part of a PCFA campaign to help raise awareness and signify support for men and families impacted by prostate cancer, the support group has made arrangements with the City of Greater Geelong to illuminate the central catenary lights Blue at the Moorabool / Malop Street intersection on September 6 and September 8 through to 12.

Some Humour

Trivia: ‘Ough’ can be pronounced in eight different ways. The following sentence contains all of them: “A tough, dough-faced ploughman strode through the streets of Scarborough, coughing and hiccoughing thoughtfully.”



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>