

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

September 2025 Vol 2025:09



Cheryl Parkin

Experienced Physiotherapist with a demonstrated history of working in the hospital & health care industry. Skilled in Men's, Women's and Pelvic Floor Physiotherapy

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 26 Sep	10.00 am	Incontinence – Cheryl and Erica
Fri 10 Oct	10.00 am	Partners' Morning Tea
Fri 31 Oct	10.00 am	Member's Meeting - Topic of interest

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 91
August
2025



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

"Humour is also a way of saying something serious."

- T.S. Eliot

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 Meeting

This month's Group meeting will be held on **Friday September 26** at the Belmont Park Pavilion at 10.00 am. This is a public holiday but, in the past, it hasn't affected numbers. Our guest speakers will be Cheryl Parkin, Continence Physiotherapist and Erica, Continence Nurse. We have had the two continence specialists previously, and they were very informative and entertaining. I am sure we don't need a big introduction as incontinence is one of the most discussed topic at our meetings.

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

August Meeting

Steve chaired the meeting and welcomed 47 attendees and newbies Robert and Ian.

In-the-News

Gary and Zeni watched the Legends Footy match where prostate cancer got a good mention. Zeni said they raised about \$150k.

Gary mentioned the reformed Advanced Prostate Cancer Network (APCN).

He, Alan, Graham, and Steve attended the Zoom meeting on August 15.

The meeting will occur on the morning of each 3rd Friday of each month. Contact any of the above or the editor if you would like to participate.

Graham compared the systems for grading prostate cancer. Grade Group 1 to 5 vs Gleason Score 6 to 10.

Bill described the articles in The Sun and Addy on new developments in PC treatment.



Member's Feedback

Leon – diagnosed 9 months ago, PSA 15, Gleason 9. Had radical prostatectomy (RP). Now: Been to Europe for 3 months. Last day in Doha he couldn't pee. Finally passed a clot 6 weeks later and is now incontinent. Leon is using a catheter twice a day. Had urodynamic testing. Seeing a urologist about an artificial sphincter, though not sure if it will be suitable to him. Doing it tough with incontinence. Said he would prefer to go on ADT immediately rather than salvage radiation. (Several people agreed).

Alan said salvage radiation effects may take a while to appear. Problems can occur with the bladder, urethra or bowel, often emerging long after the treatment.

The chairperson asked the question “Anybody had treatment lately?”

Alan – said he had back surgery recently and detected something on the bone. Having tests to see if this is cancer.

Steve (Chairperson) – said he was on ADT for 12 years. He had radiation in 2023. Steve went on an ADT holiday in August 2024 went back on the treatment – Zoladex. He is also, on the androgen



receptor inhibitor Darolutamide. Steve travelled overseas this year and went off ADT. He is still off ADT and his PSA is still 0. He said he still suffers from severe fatigue.

Zeni – not on ADT. Has good protein breakfast of Weet-Bix and almonds.

- Doctor not sure “why he is still here”.

Adrian – said his son has been on a 21 day fast to clear “nasties” from the body.

Newbie – Robert. Diagnosed late 2024. PSA 5.5-6.6 Gleason 9. Had RP. The surgical biopsy revalued Gleason at 7. MRI was good. Robert said he heard about us from a friend/member who attends the meetings.

Newbie – Ian. Said he had RP a long while ago. Radiation wrecked his bowel, and a colon bag has been suggested. Ian is going into hospital next Friday for exploration. He has had chemo. Heard about us from Des’ brother.

Des – welcomed Ian and suggested he investigate a sling or artificial sphincter.

Irene – in response to Adrian’s comment about a 21-day fast (she is a qualified naturopath) said extended fasting may cause loss of nutrients. The lymphatic system can build up waste. Short-term fasting occasionally doesn’t hurt.

Member Chat – Bill with Denis

Past member of the Facilitator Group and was treasurer.

- Born Oct 1944.
- Worked in Coburg for 20 years, Ballarat for 25 years. Retired to Torquay.
- School, left in year 10 at 15. Then back to studies.
- Work, office job with ANZ Bourke St and Yackandandah. Then office manager for Trading Co. Assistant accountant. Sold cars (Mazda). General Manager electrical company. Then owned an electrical store in North Essendon. Computer consultant, Essendon. Worked at St Patricks College Ballarat 14 years and 5 years in Catholic College Office.
- Married 21 years, 3 children. Son a psychiatrist.
- Rotary Ballarat.
- Sport, played football in Yackandandah and Brunswick. Played hockey and ice hockey.
- Favourite meal – Risotto.

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

Presentation – Dr Ros Wallace, Oncologist.

Graham introduced Ros saying she worked for Geelong Oncology and Peter Mac.

“Updates in Prostate Cancer.”

Ros commenced with the statements:

Prostate Cancer is the most commonly diagnosed cancer in males worldwide.

Prostate Cancer is the most common cancer diagnosed in Australia. 73% are diagnosed between 60 and 69.

Gleason Grading System and Grade Group System were explained and what the score meant to survival rates.

Genetic Predisposition

- BRCA1&2.
- Lynch Syndrome – linked to colon cancer. If detected patient may be able to have immunotherapy.
- Family History – father brother, mother.
- Other – eg black moles.

Ros explained how testosterone promotes growth of prostate cancer.

Treatments:

Radiation; Surgery; ADT; Docetaxel (Taxane) chemotherapy

New in recent years:

Androgen receptor pathway inhibitor (ARPI) medications, that prevent male sex hormones from binding to androgen receptors on the prostate cancer cell surface, blocking the hormones' growth-promoting effects

- available in Australia
 - abiraterone + prednisolone; enzalutamide; apalutamide; Darolutamide

Overall survival of these treatments similar, but with differing side effect profiles.

Triplet Therapy

Prostate cancer triplet therapy is an effective treatment for advanced, high volume hormone-sensitive prostate cancer that combines androgen deprivation therapy (ADT), a chemotherapy agent (typically docetaxel), and a new-generation hormone therapy (an androgen receptor pathway inhibitor like Darolutamide or abiraterone).

Radioligand Therapy

Lutetium and terbium (Read Blue Sky News for more information)

PARP Inhibitors

PARP inhibitors are a class of cancer drugs that block the function of PARP enzymes, which are proteins involved in repairing damaged DNA in cells. (Like BRCA gene mutations).

With increasing age and various treatment men have increasing cardiovascular risks.

There is a real need for men with prostate cancer to watch their diet and to exercise regularly with attention to core strength. ADT can cause calcium depletion in the bones. Calcium and vitamin D3 tablets are recommended, as is are DEXA bone scans and if necessary, denosumab (Prolia) for bone protection during ADT.

Also: **Denosumab injection** (Xgeva) is used to treat osteoporosis (thinning of the bones) for osteoporosis in men with bone metastases.

Lewis thanked Ros.

Announcement

GPSG Partners' Group Coffee Morning

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

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

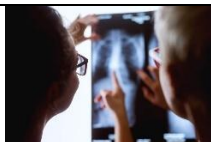
This will be their final get-together for 2025 - looking forward to meeting some new partners and catching up with our lovely regulars.



In-the-News

Patient Power

What is a Second Primary Cancer?



It's not unusual for someone who's had cancer to develop a different type of cancer later on. Our expert explains the differences between metastatic and second primary cancers and the importance of knowing your risk factors.

[READ MORE](#)

Clifton Spring's Men's Group

September is prostate cancer awareness month. To raise awareness The Clifton Spring's Men's Shed had tables on three Fridays 5, 12 and 19th at Woolworths, Coles Drysdale and Woolworths at Clifton Springs.

Graham helped by bringing along banners, tablecloths and handouts.

The men were very enthusiastic even painting their nails blue. All of us approached people with handouts, both male and female, as they came and went. Their motto was "we only have to save one person's life and we have done our job".



From PCFA

Blue Sky News

The latest edition of Blue Sky News is available by clicking on the link on the front page.

Again, the publication is full of important information keeping us up to date on developments and treatments. The contents of this edition include:

- 03 Action on high healthcare costs
- 04 A new era in early detection
- 08 Immunotherapy breakthrough
- 10 Regaining erectile function with exercise
- 12 The radiotherapy revolution
- 14 Terbium-161 takes power
- 15 Global research news

Some Humour

More Trivia:

Androphobia is fear of men,
Caligynophobia is fear of beautiful women,
Pentheraphobia is fear of a mother-in-law,
Scopophobia is fear of being looked at,
Phobophobia is fear of fearing
Mageirocophobia is intense fear of having to cook,
Papaphobia is fear of popes,
Taphephobia is fear of being buried alive,
Clinophobia is fear of beds

I recently spent \$6,500 on this registered Black Angus bull. I put him out with the herd but he just ate grass and wouldn't even look at a cow. I was beginning to think I had paid more for that bull than he was worth. Anyway.....I had the Vet come and take a look at him. He said,, the bull was very healthy, but possibly just a little young, so he gave me some pills to feed him once per day. The bull started to service the cows within two days..... all my cows! He even broke through the fence and bred with all of my neighbour's cows! He's like a machine! I don't know what was in the pills the Vet gave him ... but they kind of taste like peppermint...



A husband looking through the paper came upon a study that said women use more words than men. It read, "Men use about 15,000 words per day, but women use 30,000." Excited to prove to his wife that he had been right all along when he accused her of talking too much, he showed her the study results.

The wife thought for a while, then finally she said to her husband,

"It's because we have to repeat everything we say."

The husband said "What?"



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>