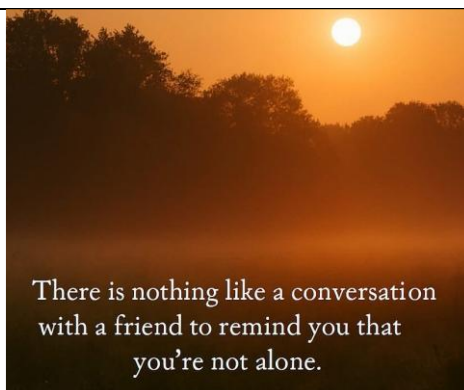


GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

October 2025 Vol 2025:10



There is nothing like a conversation with a friend to remind you that you're not alone.



Prostate Cancer
Foundation of Australia

Whether you or someone you love has been impacted by prostate cancer, PCFA's Prostate Cancer Counselling Service (PCCS) can help you with the psychological and emotional impacts of the disease.

Accessing the PCCS is easy:

You can call **1800 22 00 99** and talk to one of our Specialist Nurses

<https://www.pcfa.org.au/>

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 31 Oct	10.00 am	Member's Meeting
Fri 28 Nov	10.00 am	Clinical Trials – Katrina Golden
Fri Dec 12	12.00 pm	Christmas Picnic

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

Issue 91
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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

"If everybody is thinking alike, then somebody isn't thnkinging."

- George S Patton Jr.

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 October 31** at the Belmont Park Pavilion at 10.00 am. We will have a members' meeting and catch up with what's going on in our lives at present including an informative video of interest (if time allows).

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

September Meeting

Ian chaired the meeting welcoming attendees and newbie, Max P. This Friday was a public holiday and again proved not to affect numbers, with 60 attending.

Presentation

Cheryl Parkin, Continence Physiotherapist and Erica Pierce Continence Nurse.

Cheryl and Erica provided information on a topic close to many members hearts.

Urinary continence after prostate surgery

- Urinary incontinence is a known complication of prostate treatment and can significantly affect quality of life.
- Incontinence after prostate treatment is a dynamic condition and can greatly improve in the first 2 years with conservative treatment.
- 5% of men affected by PCa ultimately chose to undergo an additional procedure for incontinence.



Rates of incontinence post radical prostatectomy

Definitions vary – “pad free” is the strict definition but 0-1 pads per day is considered “social continence”. After radical prostatectomy:

- 68.2% are continent by 3 months
- 84-91% by 12 months
- 93% by 24 months

There are different types of incontinence with a number of possible causes. The following are the most common:

- **Stress incontinence** happens when activity such as bending, lifting, or coughing puts pressure on the bladder and triggers leaks.
- **Urge incontinence** is caused by the bladder contracting when it shouldn't, triggering a sudden and overwhelming need to urinate. The feeling is so intense that it's hard to make it to the bathroom in time.
- Sexual arousal incontinence and climacturia (involuntary release of urine during sexual climax).

Management:

Pelvic floor exercises

Exercises are learnt more easily prior to surgery, and should start at least 4 weeks preoperatively to allow for neuromuscular adaptation. Preoperative muscle training speeds recovery after surgery. Immediately following prostate surgery pelvic floor exercises should be started as soon as the urethral catheter is removed.

Beyond the perioperative period – worth continuing, or starting at any time post operatively, and continuing indefinitely. (Visit <https://www.continence.org.au/who-it-affects/men/male-pelvic-floor-muscles>)

Surgery

There are three main types of surgical treatments for men who have incontinence following a RP, which are:

- Urethral bulking
- Male perineal sling
- Artificial urinary sphincter

Take Home Message: Seek help for incontinence.

- Consider the bowels - often need to sort them out first (Erica called herself a “Poo Whisperer”)
- Visit. - <https://www.continence.org.au/service-providers.php>
 - Continence clinics
 - Continence foundation of Australia (CFA)

Members' Meeting



In-the-News

Gary S – 80 next month. Having a helicopter flight over Ayers Rock (Uluru)

Jamie – visited Beaudesert in Queensland, which had a sign out “Prostate Awareness Month.”

Graham – Spent the first three Fridays in September with Clifton Springs Men’s Shed at local supermarkets promoting PC awareness.

Tena had a promotion with 20% off. Ian said to order online.

There is an app for your phone called “Instant Consult” where scripts can be obtained quickly. Steve said there was another called “VicEmergency”.

Patient Power

Essential Questions to Ask after a Prostate Cancer Diagnosis



A prostate cancer diagnosis can feel overwhelming, but the more you understand your disease, the better equipped you’ll be to make informed decisions about your care. Here are some important questions to get you started.

[LEARN MORE](#)

Member updates

Leon – diagnosed 9 years ago, PSA 8, Gleason 9. RP. On ADT, with PSA 0.4 He has seen his urologist, and may have an artificial sphincter fitted. Takes a catheter everywhere. Now incontinent.

Alan – had laminectomy on spine. Found what looked like a tumour. Biopsy found it was a mass of degenerative stuff - not cancer.

David – uses pads regularly and is using reusable types. RP in December. Will keep up exercises.

Jamie – has a sling and is continent.

Ian – had a bladder cleanout to remove sediment at the base.

Alan – discussed developments in lutetium treatment, as well as terbium (trials) which has a mixed radiation beam that can hit micrometastases.

Max P – his wife found us online. Diagnosed as early stage in November 2024. Was on ‘Watch and Wait’, but a subsequent biopsy found cancer.

Member chat – Paul talks with Bruce

- Bruce grew up in Essendon.
- Essendon Grammar School – not good at school, better at football.
- Played football with Peter Crimmins.
- Cadetship – real estate and night school to be a property valuator.
- No holiday until 50.
- July 87, market down and bought a property in Torquay.
- Retired in 2010, moved to Star of the Sea – nice environment.
- Member of Probus

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

Do we need an evening support group meeting?

At the last meeting of the Council of Victorian Support Groups we discussed how some groups were now holding some evening meetings. This is to accommodate men who need to work during the day. The question for our group is ‘Would an occasional evening meeting suit existing members?’

Let’s discuss this at our next meeting.

GPSG Partners’ Group Final Coffee Morning for 2025

Ten partners met at No 42 Cafe on Friday October 10 for our final get-together for this year.

This marks the end of our 14th year as a partners’ group. Thank you to all the partners who come along to make this such a lovely morning,

Hope to see lots of partners at our group picnic on Friday December 12.



From PCFA

Updated prostate cancer statistics

Key statistics

- Prostate cancer is the most commonly diagnosed cancer in Australia and the most commonly diagnosed cancer among Australian men.
- 28,868 Australian men will be diagnosed with prostate cancer in 2025. • 3,975 Australian men will die from prostate cancer in 2025.
- Around 79 Australian men are diagnosed each day with prostate cancer, and around 11 Australian men will die each day from the disease.
- 290,163 Australian men are alive today after a diagnosis of prostate cancer between 1982 and 2021. Men diagnosed with prostate cancer have a 96% chance of surviving for five years compared to their counterparts in the general Australian population.
- Between 1982 and 2021, five-year relative survival for prostate cancer improved from 58% to 96%.
- Forecasts suggest that by 2035, 34,587 Australian men will be newly diagnosed with prostate cancer each year, accounting for a 20% increase in incidence numbers over the 10 years from 2025 to 2035.
- Of the 28,868 Australian men expected to be diagnosed with prostate cancer in 2025, 458 (1.58%) will be under 49 years of age, 3,760 (13.02%) will be 50-59 years of age and 10,191 (35.3%) will be 60-69 years of age, 10,548 will be aged 70-79 (36.53%), and 3,911 will be over the age of 80 (13.54%).

Detailed data

- Prostate cancer is the 2nd most common cause of death from cancer in Australian men, behind lung cancer.
- Prostate cancer causes an estimated 13% of all male deaths from cancer in Australia.
- The estimated risk of a man being diagnosed with prostate cancer in his lifetime is 1 in 5.
- The estimated risk of a man dying from prostate cancer in his lifetime is 1 in 23.
- The rate of men dying from prostate cancer in Australia has been gradually falling over the past 20 years.
- Men living in regional or rural areas of Australia have approximately 24% higher rate of dying from prostate cancer than their urban counterparts.
- Indigenous men with prostate cancer have an estimated 86% chance

Some Humour

Sung to the tune of "All I Have to do is Dream" (Everly Brothers / Weird Al Yankovic):

Pee pee pee pee pee pee pee pee pee
 Yes I want you in my arms And I love you
 and all your charms But I really need a bathroom
 'cuz what I always have to do is pee

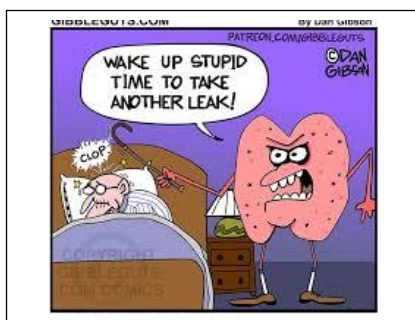
Now I feel blue in the night I wake up with the urge
 and hold it tight though I really don't want to
 what I always have to do is pee

(Chorus) My PSA is rising, my prostate's supersizing
 all the time night and day only trouble is I gotta take a wizz and I'm peeing my life away

I need sleep so that I could die But I keep waking up and that is why whenever I wanna sleep what I
 always have to do Is pee

(Chorus) My PSA is rising, my prostate's supersizing all the time night and day
only trouble is I gotta take a wiz and I'm peeing my life away

I need sleep so that I could die But I keep waking up
and that is why whenever I wanna sleep what I always have to do Is pee....



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>