

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

November 2025 Vol 2025:11



Clinical Trials at Barwon Health



Katrina Golden

**Clinical Trials
Specialist at
Barwon Health**

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 28 Nov	10.00 am	Clinical Trials – Katrina Golden
Fri Dec 12	12.00 pm	Christmas Picnic
Frid 30 Jan	10.00 am	Member's Meeting

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/>

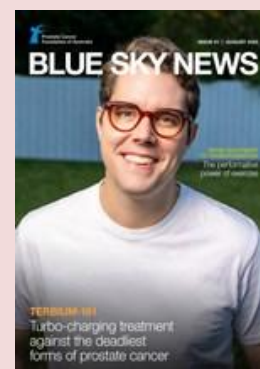
**PCFA Expert Telenursing
Support
1800 22 00 99**

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

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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

"A perfect spring day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."

- James Dent.

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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 November 28** at the Belmont Park Pavilion at 10.00 am. Our presenter will be Katrina Golden, Clinical Trials Specialist at Barwon Health. Cancer Services at Barwon Health has a long and distinguished history conducting clinical research through a dedicated clinical trials unit. The unit conducts cooperative, investigator-initiated and sponsored studies across a wide range of haematological malignancies and solid tumours.

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

October Meeting

Jamie chaired the meeting with some flair welcoming the 38 attendees and newbie. He also ended the meeting conducting an exercise session based on the Hokey Pokey. Please come back Charles.

Announcements

Alan talked about lutetium going into a hiatus as the original developer is claiming patent and enormous fees. The treatment would cost about \$50k. For more information [Click Here](#)

Leon: He met some scientist on a train in Germany and discussed prostate cancer and treatment for an hour with them.

Graham: Said there is an increased campaign to get nappy disposal in men's toilets. Discussed in an article in the Age, Oct 23. The campaign started in 2021 launched by BINS4Blokes. A suggestion from the group was going to unisex toilets.

Members' Meeting



Group Discussion – Evening Meetings

Paul led the discussion. Paul said he knew someone who was still working, but his boss let him come to the meetings. This wouldn't apply to many. It is hard for workers and there is an increase in men under 50 being diagnosed.

Next year we may trial an evening meeting. Could be separate or same day. Paul suggested 5.30 to 7.00. The meeting strongly suggested a separate meeting be held at 7.00 pm as a better solution. Also, it was suggested that it should be easier to get some speakers at night, eg, doctors.

When the group was asked for a show of hands for a night meeting. The results were:

Preference for evening meeting: only 4

But those that would come: 12

Alan informed the meeting that more men at age 40 plus are being diagnosed, and the severity is usually greater. Men who are working find it difficult to come to meetings especially if they have financial commitments.

Paul suggested that maybe we could hold meetings on zoom or both. Alan suggested trialling an evening meeting on Zoom, but that would need publicity to attract new working age men.

Bill said the statistic for Prostate Cancer Supports Groups showed 55% of the groups had day meetings and 45% either had night meetings or alternated.

Graham asked the question how the meetings could be promoted. Maxwell suggested distribution of special flyers placed in all surgeries. Bruce added 'with meeting times and contact numbers.

John stated that there are 2,000 men under treatment in Geelong, but we are only reaching a small proportion of them

Member chat – Ian talks with Gary

- Gary was born in '51 at a private hospital in Drumcondra. Always lived in Geelong.
- Went to North Geelong Primary School and wanted to go to Norlane High, but due to grandfather, went to Geelong College. Never really fitted in.
- Joined cadets – selected in Adventure Group – travelled to the Murray River. Did some shooting. After Cubs became a Queen Scout.
- After year 12 went to the Gordon Institute to study accounting/bookkeeping.
- Left to go into family trucking business. Dad taught him the ropes.
- Went to UK and worked in trucking in England and Scotland.
- Travelled overland to get home, through Kyber Pass, Pakistan, Nepal and ended up in Singapore. Had to call his dad to send money to get home.
- Back in the family business and learned to manage. Drove a big truck to Sydney early on, and what an experience, going through Razorback blockages, etc.
- Found it hard during recession. Running 1-2% over costs.
- Active in Rotary Club.

Member updates

Leon: Diagnosed nine and half years ago. PSA 9, Gleason 9. Radical prostatectomy. Salvage radiation. SBRT which didn't work. Permanently on ADT. Leon didn't have issues with continence until he had a cystoscopy and colonoscopy. He found he couldn't pee anymore and went everywhere with a catheter. Now he no longer has a blockage but is totally incontinent and is using pads and a clamp. He has been to see Patrick Preece about an artificial sphincter. Depending on cystoscopy and urodynamics results he may get the sphincter or a sling.

Leon received a lot of information from the group regarding clamps, slings and artificial sphincters.

Graeme, Des, Alan, John, Peter G updated us on the current situation regarding general health issues and treatments.

Rosa: Last month's continence physiotherapist asked for volunteers for a trial, which Rosa graciously attended, along with 11 nurses. She has had a sling for many years after giving birth. The trial showed what had been done recently in the incontinence field. It was good to find out things that were going on down below.

In-the-News

Tena – the Incontinent Product Suppliers

Diabetes and Bladder Control

Individuals have **70%** greater risk of developing urinary incontinence.

This World Diabetes Day, learn more about one of the lesser-known effects of living with diabetes - bladder control. Understanding why this happens and what you can do makes all the difference.

[LEARN MORE >](#)

Patient Power

Should I Travel With My Medical Information?

Travel often means going somewhere outside the reach of your usual care team. “I think that [being able to communicate] your diagnosis is extremely important,” said [Larysa Sanchez, MD](#), assistant professor of medicine, hematology, and medical oncology, Icahn School of Medicine at Mount Sinai in New York City.

“If you are on active chemotherapy [and] between treatment cycles, that would be information that’s important to have on you in case you do get ill and need to go to the emergency room setting,” Dr. Sanchez said.

“A list of your medications is [also] extremely important, if you do end up getting something like [COVID-19](#), or if you need go to the hospital for any other purpose,” Dr. Sanchez said. “[Even] in an urgent care, for instance, it’s important for the treating doctor to have that [information] readily available.”

From PCFA



Bypassing biopsies: New clinical trial on course to change diagnostic futures

Australian men with prostate cancer have become the first in the world to take part in the international Phase 3 BiPASS Clinical Trial, evaluating whether MRI and PSMA-PET combined can improve the accuracy of prostate cancer diagnosis. The innovative project by Telix Pharmaceuticals could lead to new diagnostic protocols for prostate cancer.

[Learn more](#)

A call to arms for early detection: New numbers raise alarm

New cancer data has revealed an alarming trend: prostate cancer diagnoses are rising sharply, and younger men are increasingly affected. The latest dataset predicts that 29,000 new cases of prostate cancer are likely to be diagnosed this year, representing 30% of cancers diagnosed among men and 17% of cases diagnosed nationally.

[Read more](#)



Announcements

The next meeting of the Facilitator Group will discuss speakers for next year.

Next month, November, we have a presenter on Clinical Trials.

And don't forget [Christmas Picnic Dec 12](#)

Some Humour

A scientist performs an experiment on a frog. He puts the frog on the ground and yells "boo!!" in its ear. The frog jumps.

So he/they cuts off one of the frog's legs. The scientist yells boo!! again, the frog jumps.

The scientist cuts off another leg. He yells Boo!!, frog jumps again.

The scientist cuts off a third leg. Yells Boo!!, frog jumps.

So the scientist cuts off the last leg.

He yells Boo!! in the frog's ear, but this time the frog does not jump. He tests this by replication. He tests it so many times it's Statistically Significant.

The scientist writes in his notebook, "Frog without legs is deaf."

I THINK I'M STARTING TO LOSE MY MIND.

BUT AS LONG AS I KEEP THE PART THAT TELLS ME WHEN I GOTTA PEE, I SHOULD BE OKAY.

Shoutout to everyone who remembers their childhood landline number but can't recall the password they made yesterday. You're my people.

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>