

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER CHRISTMAS EDITION December Vol 2025:12



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 30 Jan	10.00 am	Member's Meeting
Fri 28 Feb	10.00 am	Dr Sarker – Role of AI in Medicine
Fri 28 Mar	10.00 am	Physiologist

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/>

Geelong Group

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Please email info@geelongpsg.net to provide feedback, comment or to redirect or cancel receipt of this newsletter.

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PROSTATE NEWS

Issue 91
– August
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Check the PCFA Website

<https://www.pcfa.org.au/publications/prostate-news/>

QUOTE OF THE MONTH

“What is Christmas? It is tenderness for the past, courage for the present and hope for the future.”

- Agnes M. Pahro

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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.

A Reflection on The Year Gone By

Another year has gone. It is a shock to the system when you hear people referring to 2026, 2025 went too quickly. In reflection, our group has grown again. We commonly had 50 people at our meetings, and a record 60 at one meeting. The subject, of course, incontinence by Cheryl and Erica.

We had some marvellous speakers who enlightened us on a variety of topics relating to our health and well-being. The most benefit was thought to be Ros Wallace on Oncology, Anne Busso, Dietician and Emily Shaw on Skin Health.

The Geelong Prostate Support Group is one of the leading Prostate Cancer Support Groups in the country, thanks to the dedication of the eight facilitators who run the Group. The group now has 185 people on its mailing list.

The perseverance of our members in their prostate cancer journeys is nothing short of amazing and each story is a help to another person who then knows he is not alone. So, let's be positive and look forward to another educational and supportive new year at the Belmont Park Pavilion, where we can genuinely enjoy each other's company and share our stories.

Next Meeting

Our next monthly Group meeting will be held on Friday 30 January at the Belmont Park Pavilion at the usual time of 10.00 am. We will have a members' meeting to start off the year and catch up with what's going on in our lives at present. Also, we will have something to eat at morning tea.

Note: Partners are always welcome at our monthly meetings.

November Meeting

Graham chaired the meeting and welcomed 44 attendees.

News:

Bill thanked Charles Pedder for his gift of an amplifier for our system.

Christmas breakup picnic on Friday 12 December at Balyang Sanctuary, Newtown.

Steve advised that Peter McCallum has a new all-body PET-Scan that takes 2 minutes for an all-body scan.

Graham quoted from **The Age** newspaper article that highlighted that prostate cancer rates are rising in younger men, prompting calls for earlier and more widespread awareness and testing. Data shows the age specific rate increasing by 200% for the 30 to 39 age group between 2000 and 2024.

Alan - advised if taking calcium tablets then should ask their GP if they should have a regular arterial CT scan to check for buildup.

Ian advised that the ex-PM of UK, David Cameron, has been diagnosed with prostate cancer. This has created increased awareness and great coverage in UK.

Member Feedback

Graham - advised PSA has had ups and downs every 2 years and has had lots of treatments. Latest is Darolutamide and he is now going OK. PSA is 0.06

Alan - Lutecium is good for advanced prostate cancer.

Steve - off Darolutamide but is still fatigued.

Zeni – his doctor suspected dementia and he had his driving Licence restricted.

Ronnie - starting radiation treatment this week.

David - had a radical prostatectomy in April. PSA is 0.04.

Dan - he has calcium build up in his carotid artery.

Tony – he was diagnosed Feb this year, had a prostatectomy and PSA level is good.

Murray - PSA had gone up to pre-prostatectomy level so put onto ADT. He has been on Darolutamide for 7 weeks and so far has had no noticeable side effects.

Member Chat

Jamie chatted with Peter G

- Born in Penola. Has 3 sisters. Third child and the only boy.
- At age 2 the family moved to Horsham. All schooling at Horsham and finished at Horsham Tech.
- Loved sport. Represented Horsham in Vic school athletics. State champion over 75 yards (in bare feet!).
- Worked in aeronautical research and development at Fisherman's Bend.
- Got a Diploma of Mech Eng at night school. Got a scholarship to Vic Overseas Foundation and went to the Netherlands. Worked for Fokker and KLM. Worked on jet engines - great training and good times.
- Met wife Ineke while employed at KLM. Returned to Australia to be a pilot but didn't get through the preliminary tests. Lived in Melbourne for 5 years then moved to Geelong. Has 2 children - girls - and 6 grandchildren. Pastimes of travel, church, house renos, baby-sitting.

Presentation – Katrina Golden - from the Andrew Love Chemical Trials and Medical Research Centre.

Introduced by Steve Cavill.

Katrina explained that Clinical trials were research studies to determine the medical effectiveness and safety of new drugs and procedures.

She then spoke on how rules were formulated; clinical trial processes; safety of participants; the importance of and types of trial; eligibility to participate and the benefits of participating.

Katrina also spoke on the ReVitalise Programme designed to establish more trials clinics throughout rural Victoria; the new Adrian Costa clinical trial centre now operating at Barwon Health; and of drug trials completed at Barwon Health and are now on the PBS.

The presentation was judged to be excellent and an enthusiastic Q&A session followed Katrina's presentation.

Thank you and a presentation was made by Tony.



In-the-News

From Alan and Liz

My Wellbeing Plan

This plan from PCFA is a care plan that is tailored for you. It is a summary of your diagnosis, treatment and ongoing care. You can take it to appointments to provide a clearer picture.

To get a copy click on <https://www.pcfa.org.au/publications/my-wellbeing-plan/>

Life Insurance Products and Genetic Testing in Australia

In Australia, genetic information can have implication for life insurance policies. Insurance companies may ask your personal medical history, results of your genetic tests, and the health of your first-degree family member.

This fact sheet provides information that insurance providers may ask about during an insurance assessment and their implications. For example:

- *As long as your premiums are paid, you do not have to tell your insurer about changes in your health or results of any medical/genetic tests taken after your policy started.*

For more information: click on <https://www.genetics.edu.au/SitePages/Life-insurance-products-and-genetic-testing-in-Australia.aspx>

SUO 2025: Real-world Assessment of New-onset Central Nervous System Conditions in Patients with Non-metastatic Castration-resistant Prostate Cancer Treated with Apalutamide, Darolutamide, or Enzalutamide

Extract

Apalutamide, darolutamide, and enzalutamide are all FDA-approved androgen receptor pathway inhibitors (ARPIs) for nmCRPC. Central nervous system (CNS) effects are clinically meaningful concerns in this population due to both baseline vulnerabilities and potential treatment-related toxicities.

Despite widespread ARPI use, comparative real-world data on CNS outcomes remain limited. This study leveraged a large linked EMR-claims dataset to compare the incidence and timing of new-onset CNS events following ARPI initiation. CNS-related conditions included amnesia, anxiety, ataxia, cognitive disorders, confusion, depression, dizziness, insomnia, fatigue/asthenia, headaches, falls, pain, paresthesia, psychosis, seizures, vertigo, weakness, and other neurologic symptoms. Only new-onset events absent during the 12-month baseline period were counted.

The mean (median) on-treatment observation time was as follows:

> Apalutamide: 12.4 (7.4) months > Darolutamide: 14 (9.3) months > Enzalutamide: 12.3 (7.7) months

The new-onset rates for commonly observed CNS effects were as follows:

Apalutamide (n=253):	Darolutamide (n=544):	Enzalutamide (n=645):
<ul style="list-style-type: none"> • Fatigue: 7.5% • Falls: 6.7% • Pain: 5.1% • Dizziness: 5.1% • Weakness: 3.6% 	<ul style="list-style-type: none"> • Fatigue: 7.9% • Falls: 10.3% • Dizziness: 6.1% • Pain: 5.7% • Weakness: 5.3% 	<ul style="list-style-type: none"> • Fatigue: 9.6% • Dizziness: 5.1% • Pain: 9.1% • Falls: 5.1% • Weakness: 6.7% • Headache: 3.2%

Across all categories, apalutamide consistently demonstrated the lowest or near-lowest rates of new-onset CNS effects, with enzalutamide demonstrating the highest rates for many events.

Written by: Rashid K. Sayyid, MD, MSc, Assistant Professor, Urologic Oncologist, Department of Urology at The University of Arizona and Banner University Medical Center – Tucson, AZ, @rksayyid on X during [the 2025 Society of Urologic Oncology \(SUO\) annual meeting held in Phoenix, AZ, between the 2nd and 5th of December 2025.](https://www.suo.org/2025-annual-meeting)

CHRISTMAS PICNIC



The Christmas picnic was thoroughly enjoyable with the multitude attending. It was good to mingle socially and have a good yarn. Balyang Sanctuary is a beautiful setting with the weather being kind again. Entertainment consisted of Alan and Judy again providing the music for the occasion, Jamie's joke telling, Graham reciting the *Man from Ironbark* and Bill's year's summary and thankyous. We were able to see off the year in fine fashion, and each wished an even better 2026.



A great day was
had by all



Merry
Christmas



The Facilitators of the Support Group would like to wish all our members and partners a very Merry Christmas and an even better New Year.



Some Humour



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>