

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

February 2026 Vol 2026:02



Technology is rapidly transforming healthcare in Australia and the world. It's changing the way we diagnose, treat and care for patients, unlocking new possibilities and improving outcomes. New federal funding in Ai could improve access to health services and keep Australia's healthcare system among the best in the world.

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 27 Feb	10.00 am	Ai in Medicine
Frid 27 Mar	10.00 am	Physiologist
Frid 13 Mar	10.00 am	Partner's Morning Tea
Frid 24 Apr	10.00 am	Member's Meeting Video

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

PROSTATE NEWS

Issue 91
August
2025



Check the PCFA Website

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

Geelong Group

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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



“There are three ingredients in the good life: learning, earning and yearning.”

- Christopher Morley

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 February 27** at the Belmont Park Pavilion at 10.00 am. Our presenter will be Dr Soumya Sarker, Medical Informatician/EMR from Deakin University. Soumya will talk to us about the role of Artificial Intelligence in Modern Medicine.

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

January Meeting

Ian chaired the meeting and welcomed the members and partners as well the newbie, Peter.

Ian, saying there will be more later in the meeting, commenced with the statement: Bill, our Convenor, woke up this morning with a message from Anne Savage, CEO PCFA, congratulating Bill on receiving the Medal of Order of Australia. She said, "I don't know how you do it."

Announcements

Ian declared that this was GPSG's 23rd year of operation. We are proud of the support and information provided to member's and their partners. We look forward to another great year. Last year we had a record attendance of 60 at a meeting. (Announced to sounding applause from the members.)

Ian continued to say the strength of our group was the willingness to interact with each other. He said if you see someone alone during morning tea approach and have a chat. It is what we are good at.

Ian asked Gary how was his helicopter flight over Uluru for his birthday. Gary succinctly said "Splendid!"

Annual Subsidies are now due as per this newsletter. Payments can be made by cash, direct debit or EFTPOS. See Murry at the head of the hall.

Picnic

Bill summarised the venue at Balyang Sanctuary. 44 attended and had a great time. There was music from Alan and Judy, poetry reading and jokes. David arrived with his whole spirit kit and caboodle. Tastings were available to all and two bottles were donated as prizes, with Jamie and Ineca the winners. David said that he was pleased with his reception. He considered he was making B grade spirits. Now he is making B+, but not sharing.

Members' Meeting

A very active feedback session was held by the members. Those that contributed included Paul, Gary, Murray, Gavin, Mike and Graham.

Topics included:

- The "scary" book, *Patting the Shark* by Tim Baker, (In the Library) and *Facing the Tiger* by Susan Chambers.
- News circulating suggesting that a half dose of enzalutamide is as effective. Paul, said in his situation he tried and this was not the case for him.
- Problems with bowels, urinary tract, etc due to salvage radiation and questioning its worthiness.
- The benefits of penis pumps. Can be obtained at Sexyland. Mike said he got his online at www.naughtyboys.com.au and recommends their product.
- The question was asked about enzalutamide (Xtandi), it is an Androgen Receptor Inhibitor used to treat metastatic castrate resistant prostate cancer. Others are apalutamide (Erleada) and darolutamide (Nubeqa).

Peter – newbie – stated the GPSG was the most friendly group he has met. "You are doing something right." Peter's journey was – diagnosed 20 years ago and two years ago had RP. One year ago had an artificial sphincter fitted – it is the "best thing".

Peter's father was the "old school type". You don't go to a doctor, "They just tell you that you are sick". His father finally got diagnosed but too late and his PSA was 330. Had 3 more years of life and died at 77. Peter said he is fit and active at 76 and hopes to reach 90+.

Bill Rebula OAM



Gary submitted the application with support from the facilitator group. It is an honour system recognising contributions to society. The Submission made in 2021 goes to a committee that decides why the member should be recognised. It is submitted on the Governor General's website and considers such things as personal attributes and contributions to the community:

Gary's submission included Bill's outstanding leadership; expansion of the group; contribution to PCFA including as a presenter under the Ambassador Program; and his kindness was outstanding.

It is Bill's duty to go to Canberra and bring back the medal. He can have 4 supporters at the award ceremony.

Ian led 3 cheers for Bill.

Bill's Response

He was notified on Jan 2 by email asking if he accepted the award. He thanked Gary for nominating him.

At first he thought it was a scam. Then he had support documents sent and the realisation struck. He couldn't help thinking of all the other good people in the community. He felt humbled and honoured to receive this award. He was amazed at the number of congratulatory phone calls and emails he has received – he was "blown away".

"I have got a lot out of GPSG but an enormous amount of the overall contribution belongs to Rosa."
(Applause)

Bill also worked with people on the LP2 Learner Driver Program, ie: a free program program is funded by the TAC, administered by the Department of Transport and Planning, and delivered by 49 councils and non-profit community agencies across Victoria.

Eligible learners are matched with a fully licenced volunteer mentor and an L2P car, which is used to gain supervised driving experience.

Bill's History: Joined GPSG 21 years ago; diagnosed with prostate cancer at 50 (got it in time) and PCFA ambassador program. Bill declared 'everything isn't just me; it is the facilitators and the entire group. Thank you all.'



Member chat – Paul talks with Louis

- Born in Malaysia 1941, father was a mining engineer – tin mine.
- 1942 Japan invaded, had an advanced scout in their garden. Departed to Singapore where his father joined the volunteer army which “was brilliant in its lack of success”. Father was a POW for 4 years.
- Left with mother on last ship to Perth, then back to UK in 1944, Newcastle.
- After war went back to Malaysia, father was mining inspector for tin mine. Sent to boarding school in Perth for primary and secondary. Only went home for holidays. Had a rough time at school.
- Obtained a BSc, Zoology. Joined Dept of Agriculture in research. Considered not a fast track for promotion. Seeking other areas of endeavour and went back to UK. South Hampton. Worked for ICI. 60's in UK was amazing. One big party.
- ICI offered to send him back to Perth to work on a project, which he did reluctantly.
- Ended up in Riverina. 1969 married.
- Bought a farm and was a wool grower. Returned to Melbourne to work with Shell. Then had his own business – Senior Continental.
- Came to Geelong and worked as a Traffic Attendant.
- Retired last year to take up walking the dogs.

In-the-News

BMJ21 January 26 Journal Magazine Medical

Proton pump inhibitors (PPIs) are among the most frequently prescribed medications for managing chronic acid reflux and peptic ulcer disease. Despite their widespread use, questions have lingered for decades about whether taking these drugs over long periods could raise the risk of gastric (stomach) cancer. A large new study drawing on health data from Nordic countries now suggests that such concerns may be unfounded.

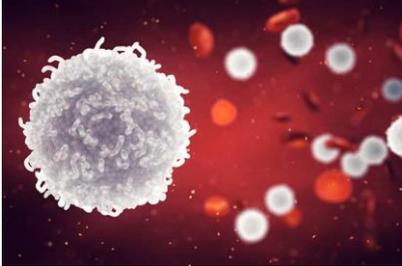
Published by *The BMJ21 on January 2026*, the research indicates that long-term PPI therapy was not associated with a higher likelihood of developing stomach cancer. According to the authors, the findings may ease anxiety for patients who depend on these medications and support more confident decision-making in clinical care.

From PCFA

Restoring erectile function after treatment: Learn more about your options

Click here to [Read More](#)

Patient Power



What Are White Blood Cells?

You probably know that white blood cells are important for your immune system, but did you know there are different types with unique jobs? Here’s what to know about these special blood cells and how they’re measured.

[LEARN MORE](#)

Announcement



GPSG Partners’ Group Coffee Morning

All partners are invited to meet for coffee and a chat on FRIDAY March 13 at 10am.

Our partners’ first get-together for 2026 will be on Friday March 13, at 10am.

The venue is No 42 Cafe, 42 Bell St. Rippleside.

This is a chance for partners to meet up and have a casual chat. We would love to see some new partners come along to start off our 15th year on a lovely note!

Membership Renewal

GPSG Membership Fees and donations

It’s again time to renew your financial membership of the Support Group. The new annual membership fee of \$20 is due at the commencement of the calendar year. Please provide the treasurer with your membership fee, in cash with the slip below, or by credit card, at the next meeting.

Alternatively:

Direct bank transfer to: GPSG, BSB 633000 Account number 126830009. If using this method, please ensure to include your name in the reference block.

Being a financial member places you in the ‘Active Member’ category, one of the benefits being that you have access to upcoming events and the latest news about prostate cancer.

We thank you for supporting the Group. Any member wanting to cancel his membership with the Geelong Prostate Support Group, or anyone not wanting to receive our newsletter, please advise Bill Rebula on 0414 524 155 or by email on info@geelongpsg.net

2026 MEMBERSHIP RENEWAL

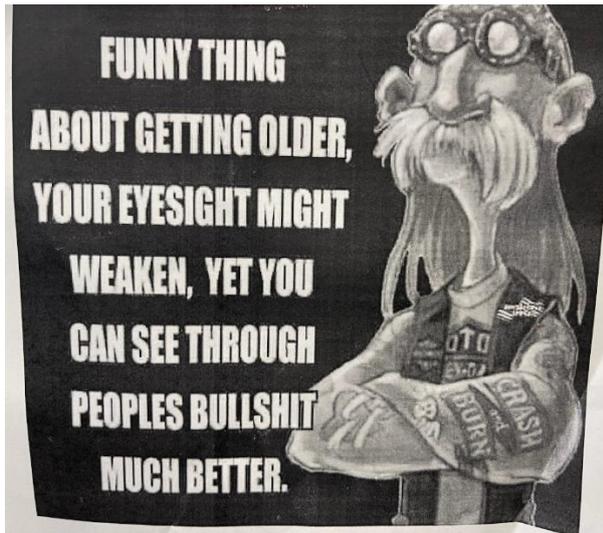
GEELONG PROSTATE SUPPORT GROUP

First Name: Surname:

Email:

Phone No

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>