

# GEELONG PROSTATE CANCER SUPPORT GROUP

NEWSLETTER

March 2026 Vol 2026:03



**Riley Stephens**

**Exercise  
Physiologist**

Exercise physiology is the scientific study of how the body acutely responds and chronically adapts to physical activity, encompassing metabolic, cardiovascular, respiratory, and musculoskeletal changes. It involves using tailored exercise interventions to manage chronic diseases (e.g., diabetes, cancer) and improve overall health and functional capacity.

## 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
<b>Fri 27 March</b>	<b>10.00 am</b>	<b>Riley Stephens – Exercise Physiology</b>
Frid 24 Apr	10.00 am	Member's Meeting Video
Frid 29 May	10.00 am	Mark Harrison – CEO
<b>Frid 12 June</b>	<b>10.00 am</b>	<b>Partners' Get together</b>

## 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 92  
January  
2026



Check the PCFA Website

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

## Geelong Group

Convenor:	Bill Rebula	<a href="mailto:info@geelongpsg.net">info@geelongpsg.net</a>
Secretary:	0414 524 155	
Treasurer:	Murray Sayers 0407 437 707	<a href="mailto:muzanne@bigpond.com">muzanne@bigpond.com</a>
Mentor:	Alan Barlee 0429 438 673 03 5223 3327	<a href="mailto:abarlee@bigpond.net.au">abarlee@bigpond.net.au</a>
Newsletter Editor:	Graham Rees 0408 990 971	<a href="mailto:reesy60@tpg.com.au">reesy60@tpg.com.au</a>

Please email [info@geelongpsg.net](mailto: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



“Life is an endurance test, so why be ashamed of you age.”

- P,K, Shaw

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 March 27** at the Belmont Park Pavilion at 10.00 am. Our presenter will be Stephen Riley, Exercise Physiologist. Riley takes a holistic approach to treatment, believing that personalised care is key to successful outcomes. He is passionate about using exercise as a tool to manage both acute and chronic conditions and strives to educate clients on its benefits. His specialties include cancer, diabetes, stroke, Parkinson's disease, spinal cord injuries, and musculoskeletal rehabilitation.

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

## January Meeting

Jamie chaired the meeting and welcomed the 48 members and partners, including returning member, Bob, as well the newbie, Alan (whose surname is the most popular in Wales and who is our third member with this name.)

Michelle (of Partners' Meeting fame) read the opening statement.

## In the News

Bill:

- The latest 'Blue Sky News' is out. Copies have been left on your seat.
- Jamie (chairperson) is now part of the Life Force program, along with Graham – your editor.



Graham and seven other Geelong members attended the Australian Advanced Prostate Cancer Group via Zoom on 20 February.

The amazing guest speaker was Dr Robert Newton who is Professor of Exercise Medicine at Edith Cowan University in Perth. Rob has for more than 30 years dedicated his research and clinical work to improve outcomes for people with cancer. He sated, "What we know is extraordinary: Exercise is not the medicine – it is the stimulus that awakens the body's own powerful medicine."

Dr Robert Newton has written the book: *My Exercise Medicine For Cancer*".

The book's aim is help use exercise as a precise, personal form of medicine from within.

Alan B recommended the book *The Anti-Inflation Zone* by Dr Barry Sears.

Heart disease, cancer and dementia have been linked to silent inflammation, a condition that occurs when the body's immune response goes awry

Both books can be found on the web and Graham has purchased copies. If you would like to borrow them when he is finished, let him know.

## Members' Meeting

Jamie: Diagnosed in 2022. PSA went from 3.5 to 6.5. Scans found spots. Biopsy. Gleason 3 plus 4. = 7 PSA 0.03. Now having 6 monthly blood tests.

Ken: Recently has a collapsed lung. Wondered if this had anything to do with PCa – unlikely.

Des: Visited a small Asian company that made prosthetic hands, including fingers, of which he had a sample. (Comment from the meeting – “finger would be good for DRE”). The company provides to people all around the world.

Alan (Newbie): Found out about GPSG from his GP. 3 to 4 years ago had high PSA of 8. MRI, DRE, then biopsy found cancer - Gleason 3+4. On active surveillance. A year later MRI showed nothing, but DRE and a second biopsy confirmed Gleason 3+4. Urologist considered this too high and recommended Radical Prostatectomy (RP). Not sure what to do. Alan B. advised that with that with Gleason 3 +4 (Grade Group 2 – favourable intermediate risk) there are alternatives. e.g. continued active surveillance, surgery, radiation, focal therapy. Alan B. said focal therapy is being used more for MRI-defined and single-sided 3+4 PCa and can often successfully treat the cancer without affecting subsequent access to other primary treatments - but that its continuing ‘experimental’ status means that it’s not currently covered under Medicare. Alan (Newbie) said he is going to another urologist for a second opinion. He also said that his (Melb) urologist doesn’t like keyhole or robotic surgery. He would rather open up surgery, as he believes it to be more accurate.

### Member Chat – Ian with David S

David had to give up squash at 50 due to Achilles injury and took up bike riding. Just completed the Cadel Evans bike ride at age 72. Has competed in all but three of the Cadel Evans rides since 2013. “This time we were the last to leave Moriac with the ambulance following”.

David was 37 when married and three children followed quickly.

### Presenter - Dr Soumya Sarker

Our presenter was the Medical Informatician/EMR from Deakin University. Soumya talked to us about the role of artificial intelligence in modern medicine. Soumya sat at his computer and used AI while attempting to answer questions from the members. Some of the responses were:

- In common usage is Chat GDP. Could lead down “untrue” path. AI isn’t ‘intelligent’ - just uses information stored on the internet to answer questions and provides relevant responses. Depending on the question posed to AI, it tends to use internet data to ‘please’ the questioner and to reinforce existing beliefs.
- AI doesn’t always provide the same answer - this depends on how the question is asked.
- If a CT scan is needed, AI could help in delineate whether contract required. Here AI shines by pulling in info.
- If an answer sound too good – ask more questions.
- GPs and specialists now sometimes record patient interviews and treatments (with permission).

Soumya said that if we would like to contact him to use the QR Code supplied.



### In-the-News

**Microplastics have now been found inside most prostate cancer tumours — and at strikingly higher levels than in healthy tissue.**

A new study reports that tiny plastic particles were present in nine out of 10 men diagnosed with prostate cancer.

[Read More](#)



**From PCFA**

**BLUE SKY NEWS**

January 2026 edition is now available. Key items are:

- **World First Clinical Trial** – Combining 177-lutetium with immunotherapy drugs
- **Breaking the Survival Barrier** - Pushing the boundaries of possibilities in prostate cancer care
- **CAR-T cell Therapy** – based on gene editing. Currently used for blood cancers. Strategies are developing for solid cancers (like PCa) and to control side effects
- **Going Nuclear** - Access to nuclear medicines is being held back by out-of-date regulations. The article describes how Will McDonald, an Adelaide newsreader, has a quest for access to equitable care for prostate cancer
- **Rising to the Challenge of Life after Prostate Cancer**

The front page of this newsletter has the link to access this magazine.

**Managing side effects: Researchers find new way to combat hot flushes**

International researchers have found that a drug commonly used to treat overactive bladder symptoms can reduce hot flushes in men on hormone therapy for prostate cancer. The drug, named oxybutynin, was found to significantly improve quality of life, supporting its use as a management option for this often overlooked side effect of treatment. [Learn More](#)

**GPSG Partners’ Group Coffee Morning**

The partners had their first get-together for 2026 recently. It was great to see eleven partners come along - a big welcome to Barb who joined us for the first time. It was a very pleasant morning of chat, coffee and muffins at our usual venue, No. 42 Cafe at Rippleside. Our next Partners’ Get-Together will be at 10am on Friday June 12. New partners very welcome. This is the view from our venue!



**Membership Renewal**

**GPSG Membership Fees and donations**

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.

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](mailto:info@geelongpsg.net)

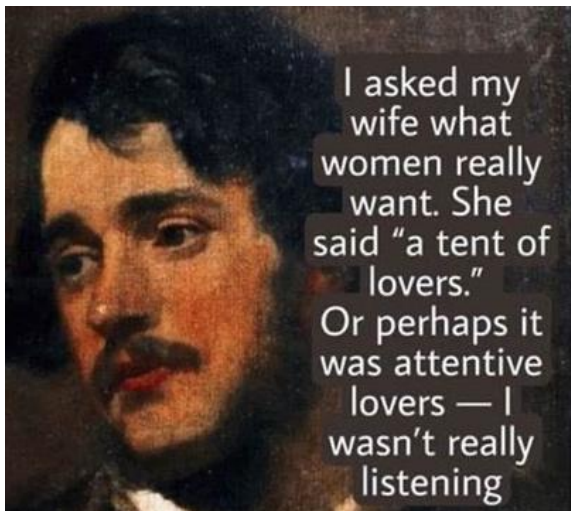
<b>2026 MEMBERSHIP RENEWAL</b>	
GEELONG PROSTATE SUPPORT GROUP	
First Name: .....	Surname: .....
Email: .....	
Phone No .....	

## Some Humour

### From a Member:

We all know the concept that Light is faster than Sound:

So, when a person walks into a room he may appear bright – That is, until he talks.



## 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](http://www.pcfa.org.au)

Victoria Prostate Council [www.vicprostatecouncil.org](http://www.vicprostatecouncil.org)

Prostate Cancer Specialist Nurse: email [pcn@barwonhealth.org.au](mailto: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](http://www.prostmate.org.au)

Cancer Council Australia: [www.cancer.org.au](http://www.cancer.org.au)

Cancer Council Victoria: [www.cancervic.org.au](http://www.cancervic.org.au)

Continence Foundation Australia: [www.continence.org.au](http://www.continence.org.au)

National Cancer Institute: [www.cancer.gov](http://www.cancer.gov)

Healthy Male (Andrology Australia): [www.healthymale.org.au](http://www.healthymale.org.au)

USA Prostate Cancer Foundation: [www.pcf.org](http://www.pcf.org)

Us TOO International Prostate Cancer Education And Support Network:

[www.pcf.org/ustoo/](http://www.pcf.org/ustoo/)

Prostate Cancer Research Institute (PCRI): [www.pcri.org](http://www.pcri.org)

American Institute For Diseases Of The Prostate (Dr Charles “Snuffy” Myers):

[www.prostateteam.com](http://www.prostateteam.com)

Prostate Cancer UK <http://prostatecanceruk.org>

Prostate Cancer Foundation – USA [www.pcf.org](http://www.pcf.org)

Prostate Rehabilitation Exercise Program [www.prostaterehab.com](http://www.prostaterehab.com)

Malecare: [www.malecare.org](http://www.malecare.org)

Life Extension: [www.lef.org](http://www.lef.org)

Beyondblue: [www.beyondblue.org.au](http://www.beyondblue.org.au)

Lifeline: <https://www.geelonglifeline.org.au/>

Chronic Illness Alliance: [www.chronicillness.org.au](http://www.chronicillness.org.au)

The Prostate Zone: [www.theprostatezone.com](http://www.theprostatezone.com)

MatesCONNECT: [www.prostate.org.au/support/matesconnect](http://www.prostate.org.au/support/matesconnect)

Prostate Cancer Awareness Pack: <http://fundraise.pcfa.org.au/awarenesspack>