

GEELONG PROSTATE CANCER SUPPORT GROUP

NEWSLETTER

April 2026 Vol 2026:04

Note: Name Change

The Geelong Group has changed its name to include the word "Cancer" and has become *Geelong Prostate Cancer Support Group*. This is to align our chapter with PCFA and all other groups throughout Australia.

DRY JULY FOR CANCER SUPPORT

Men don't talk enough about prostate cancer. This July, we will - through the Dry July campaign. Register your interest now and be among the first to become one of PCFA's 2026 Dry July champions. Going without alcohol for a month is a big ask, but it makes a great difference, funding lifesaving care.

[Register Now](#)

Go alcohol free for PCFA in Dry July

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
Frid 24 Apr	10.00 am	Member's Meeting Video
Frid 29 May	10.00 am	Mark Harrison – CEO
Frid 12 June	10.00 am	Partners' Get together
Frid 26 June	10.00 am	Urologist

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

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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
 CITY OF GREATER GEELONG

QUOTE OF THE MONTH

"Every story has three sides to it – yours, mine and the facts."

- Forster Mehary Russel.

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 April 24** 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.

March Meeting

Paul chaired the meeting and welcomed 45 attending including newbies Geoff and Denis. Apology, Bill.

In the News

Graham said he attended the Advanced Group meeting on Friday March 20 and the speaker was Aiden Turner, CEO Wesley Hyberbaric.

In this session, Aiden introduced hyperbaric oxygen therapy (HBOT) and its role in managing late effects of prostate cancer radiation treatment. He explained how HBOT works, what the evidence shows, what treatment involves, and how patients can access it. Aiden showed slides of results of treatment including radiation cystitis that damages the bowel or bladder during salvage radiation.

David S said he had made a new batch of whisky and had two bottles for Bill and Ian who missed out at Christmas.

Members' Meeting

Another active feedback session was held by the members. Those that contributed included Leon, Rich, Lewis, and Robert. Topics included artificial sphincters, radical prostatectomies (RP - public and private hospitals), ADT and enzalutamide, and asking doctors for copies of medical reports.

John L announced that he believed this will be his final update. His PSA was negative and has been advised he only needs to see his GP now. John has been a member of the group since 2011.

Ken informed us that his wife, Sandra, a regular attendee, had continuous diarrhoea and colonoscopy found she had bowel cancer. They removed all the cancer, and she is coming home tomorrow.

Geoff – newbie – Diagnosed in Nov 2003. PSA was 4 and went to 6. Saw Paul Kearns and biopsy revealed Grade Group (GG) 5 cancer and had a RP last April. Geoff was incontinent after. PSA has gone back to 10 and he is on ADT every 6 months. Geoff said he feels wrecked with extreme fatigue. His latest symptom was a pain in the back, so David Campbell put him in the tunnel and found nothing. Geoff was diagnosed with rheumatoid arthritis which is treatable and he is grateful it was not cancer.

Denis– newbie – Diagnosed with prostate cancer in Dec 25 with a PSA of 3.9. Biopsy showed cancer with Gleason 3+4 = 7, ie, GG 2. The cancer has not been treated as yet, and he is on watchful waiting. Alan added if it comes back consider focal therapy (but which is not yet subsidised by Medicare).

Member Chat – Alan with Leon

- Born here to German Dad. Oldest of 4. Went to St Josephs, then Teachers College.
- Left and joined State Bank (which brought back memories) as a teller.
- Played football. Was injured so went back to Deakin Uni to study commerce.
- Remains active, plays golf, swims and travels a lot and is a member of CPA and several boards.
- Married Miss Geelong. Has 3 kids.

Presenter – Riley Stephens

Riley is an accredited exercise physiologist with a Bachelor of Exercise Science (Latrobe University, 2019) and a Master of Clinical Exercise Physiology (Charles Sturt University, 2022).

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.

Riley is part of the Geelong Rehabilitation Centre (110 High Street Belmont). The centre has individual and group classes.

Exercise is important especially for high-risk people who may experience loss of function:

- reduces cardio problems
- lowers risk of cancer and help treatment
- reduces obesity
- supports cognitive function
- improves immune function reduces anxiety, depression, and stress
- helps with sleep
- can provide social engagement



What exercise is needed? 150 to 300 minutes per week of moderate, or 75 to 150 minutes of vigorous. Riley recommended the following exercises for prostate cancer:

Focus - muscle mass, strength, bone health; frequency – 2 to 3 days/week; volume – 2 to 4 sets of 6 to 12 repeats. (6 to 10 for muscle mass)

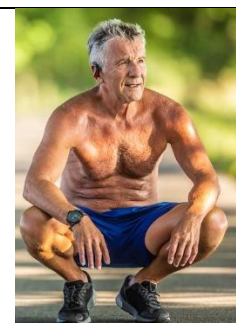
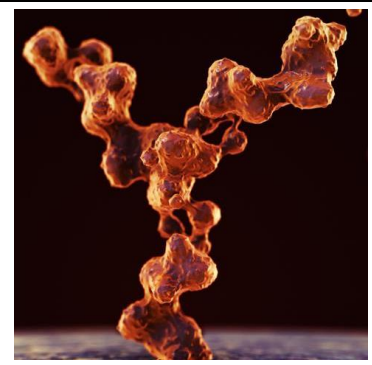
In-the-News

From PCFA

Immunotherapy discovery:

A new immunotherapy drug for advanced prostate cancer has shown promise in early trials, shrinking tumours in some patients. Researchers hope the early-stage trial of the drug, known as VIR-5500, could offer hope to men with advanced prostate cancer. The therapy is an engineered antibody that prompts the body’s killer T-cells to wipe out tumours.

[Learn More](#)



Therapy patches: Experts test drive new ways to deliver hormone therapy

International researchers have found patches commonly used to treat menopause could offer a new treatment pathway for certain forms of prostate cancer. The study investigated whether patches rival the effectiveness of injection-based hormone therapies and found them to be effective at preventing cancer from spreading.

[Read More](#)

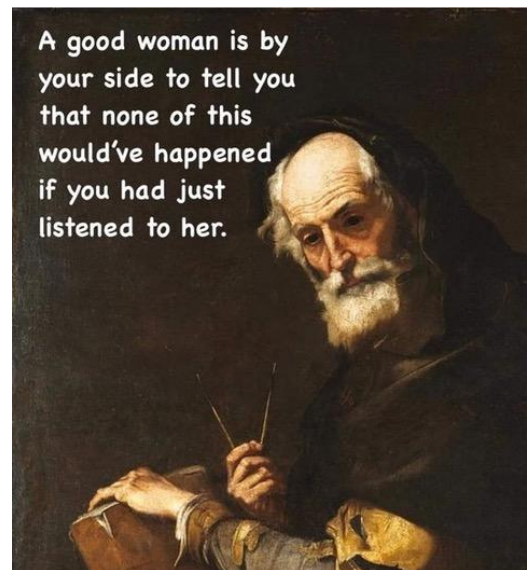
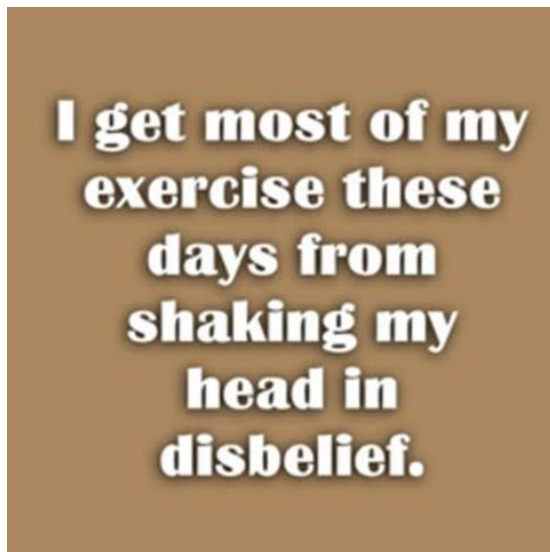
Patient Power

Why Your Smell or Taste Changes When You Have Cancer

[Learn More](#)

Some Humour

A man rushed into a busy doctor's surgery and shouted, "Doctor! I think I'm shrinking!" The doctor calmly responded, "Now, settle down. You'll just have to be a little patient." (Boom,Boom)



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>