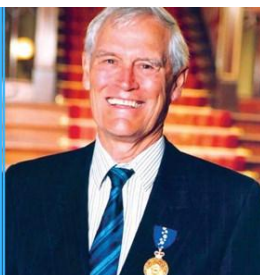


GEELONG PROSTATE CANCER SUPPORT GROUP

NEWSLETTER

May 2026 Vol 2026:05

Max Gardner Award



On the eve of Men's Health Week the Max Gardner award is presented by Prostate Cancer Foundation of Australia and is named in honour of the late Max Gardner, who helped establish a support group network that now comprises over 120 local groups around the country.

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 29 May	10.00 am	Max Gardner award presentation.
Frid 12 June	10.00 am	Partners' Get-together
Frid 26 June	10.00 am	Urologist
Frid 31 July	10.00 am	Radiation Oncologist

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

Issue 93
April
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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

“When written in Chinese, the word ‘crisis’ is composed of two characters. One represents danger and the other represents opportunity.”

- John F Kennedy.

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 May 29** at the Belmont Park Pavilion at 10.00 am.

Heroes and champions: Community luminaries honoured with Max Gardner Award 🏆

This meeting will be sponsored by PCFA to celebrate our Bill Rebula, who is one of the recipients of the Max Gardner Award for Distinguished Service. The award winners were Bill, Dennis Ellis (centre), Convenor of the Ipswich Group and Bill Alesich (right), Group Leader of the Box Hill Group.



Each has used their own experience to support others through diagnosis, treatment, and life after prostate cancer. Dennis says joining his local support group was *"The best thing I could have done"*. Bert says it's the men who are often *"Really lifted by the group"*, and Bill says support groups help *"Put men at ease"* by showing them there are options and ways forward.

As part of PCFA's heartfelt congratulations, they are presenting the award at the May meeting and providing a sumptuous morning tea. For more information [Click Here](#)

We will also have our usual members' review, and clarify any about with what's been going on in our prostate-affected lives.

Note: Please remember, partners are invited to the meeting.

April Meeting

Jamie and Bill co-chaired the meeting with 40 attending.

Bill welcomed members and newbies Brian and Allan.

In the News

September is Prostate Cancer Awareness Month, and our support group is planning a major public awareness event on September 9 at Geelong High School. Presenters will be doctors, urologists, Jamie and Graham.

Bill discussed the article in the Age, April 19, about genetic testing. If your cancer is driven by genetics, then it may be more aggressive.

More on BRCA1 and BRCA2? [Click Here](#)

Graham added that people who had bowel cancer around age 50 and with a close relative who also had bowel cancer may have a genetically driven condition called Lynch Syndrome, which significantly increases the lifetime risk of developing certain cancers- especially prostate cancer. Bill – has been tested and may have it. More tests to follow.

Members' Meeting

Bill stressed that when diagnosed men should get a record of their Gleason Score or Grade Group. This reading is important as it indicates the aggressiveness of the cancer.

Bill invited stories of unique and special interest to the group.

Ronnie – mentioned trials of treatment using women's hormones in UK.

Alan - answered that oestrogen injections in the past have caused cardiovascular problems and breast enlargement. Oestrogen patches are now being trialled with more success, eg with minimal hot flushes, although the issue of painful breasts remains.

Dave - nobody told him that the urologist routinely performs a DRE.. He got a big shock.

Newbies:

Brian - Heard about the group from a friend (Graham) was diagnosed in 2026, PSA 6.9. He had a radical prostatectomy, with no issues since. PSA now undetectable.

Godwin – Problems with enlarged prostate. Has stents put into arteries to the prostate, which helped with blood flow and prostate healing.

Exercises led by Paul.

Member Chat – Paul with Gavin

- Born Moolap, lived there for 20 years, now aged 72, married 45 years, with 3 children and 6 grandchildren.
- Moolap State School, Geelong East Tech until Form 5. Apprenticeship with Alcoa – 5 ½ years.
- Left and held several jobs before joining family poultry farm – 28 years.
- Sold farm and had workshop in Bannockburn, mostly servicing agricultural equipment.
- Travel – many overseas trips, and then around Australia.

In-the-News

Bill receiving his Order of Australia Medal at Government House Victoria



Bill and family: Michael, Rosa, Governor of Vic, Philip and Jeremy

An example of one part of the submission for OAM was Bill's involvement in Geelong Council's L2P Program. This program assists people to reach the required 120 hours to apply for a car Licence. [View Here](#)

From: BSWRICS Administration

Supporting someone with cancer? The Cancer Carer Hub is testing a free online mindfulness program

Supporting someone with cancer can be challenging. The Cancer Carer Hub at Deakin University is researching whether an online mindfulness program (Carer_MindOnline) may help people caring for

someone with cancer reduce stress and manage their thoughts and feelings Carer_MindOnLine is a 9-week program involving short videos and activities that teach you how to practise mindfulness in everyday life.

Partners - if you are providing or have provided support to an adult facing cancer within the last 2 years, they would love to hear from you!

For more information [Click Here](#). You can also contact the Research Team at carermindonline@deakin.edu.au

From PCFA



For lovers, brothers, fathers & sons: Join the Walk for Him during Men's Health Week 😊

'Walk for Him' takes place during **Men's Health Week - 15 - 21 June 2026**.. This is a fundraising event for the Prostate Cancer Foundation of Australia (PCFA). The funds raised go towards life-saving research, awareness campaigns and support services. It asks 'How far will you go' for the men in your life. This provides the opportunity for you to set your own distance goal for the week, or participants can opt for the suggested 25 kms.

To find out more about 'Walk for Him' and to register go to the 'Walk for Him' website: <https://www.walkforhim.org.au/about-us>.

BLUE SKY NEWS

The April 2026 edition is now available. Key items are:

- **Exercise is medicine for prostate cancer:** by Prof Rob Newton, as discussed at our meeting.
- **Fighting for a fair go:** Wayne Swan, former Federal Treasurer, due to his own and father's experience, is spearheading a national campaign for zero deaths from prostate cancer.
- **225 Actinium:** A new radiopharmaceutical for men with prostate cancer.
- **Genetics and Genomics:** What every man needs to know.
- **Powering clinical trials to combat prostate cancer:** Trials are more than research – they are tomorrow treatments.

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

MEDIA RELEASE Tuesday, May 19, 2026

Federal Government expands Medicare access to PSMA PET scans for prostate cancer

Thousands of Australian men with recurrent prostate cancer are set to benefit from a major expansion of Medicare-funded access to PSMA PET/CT imaging, following a Federal Government decision to ease long-standing restrictions on the life-saving scans.

From 1 November 2026, the current Medicare Benefits Schedule (MBS) restriction limiting MBS item 61564 to two scans per lifetime for the restaging of recurrent prostate cancer will be amended to give eligible men access to yearly scans.

The decision follows advocacy by Prostate Cancer Foundation of Australia to have the restrictive lifetime cap removed, and has been backed by clinicians, consumers, and health professionals.

PCFA Chief Executive Officer Anne Savage said the reform represented a significant step forward for men facing advanced and recurrent prostate cancer.

The press release is also accessible via the PCFA website: [Click Here for Press Release](#)

GPSG Partners' Group Coffee Morning

The next partners' coffee morning is coming up! All partners are invited to come along for coffee and a casual chat at 10am on FRIDAY JUNE 12.

The venue is NO 42 CAFE, 42 BELL PARADE, RIPPLESIDE.

Hoping to catch up with our lovely regulars and to meet some new partners too.



Some Humour

THEY SAY WHEN YOU RETIRE
YOU WILL TRAVEL MORE.
WHAT THEY DON'T TELL YOU
IS THAT IT IS TO DOCTOR'S
APPOINTMENTS



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>