

GEELONG PROSTATE CANCER SUPPORT GROUP

NEWSLETTER

June 2026 Vol 2026:06



Dr Ania Sliwinski Urologist

Subspeciality

Andrology including male infertility, incontinence

Areas of Interest

Benign Prostatic Hyperplasia (BPH), Complex stone surgery, Prosthetic urology, Vasectomy reversal

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 26 June	10.00 am	Ania Sliwinski -Urologist
Sat 25 July	9.00 am	Vic PCSG Council conference – APC Centre
Fri 31 July	10.00 am	Radiation Oncologist
Fri 14 Aug	10.00 am	Partner's Morning Tea

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



QUOTE OF THE MONTH

"Common sense is the basis of true happiness."

- Sara Henderson

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 June 26** at the Belmont Park Pavilion at 10.00 am. Our presenter will be Dr Ania Sliwinski. Ania is an Australian-trained consultant urologist who holds fellowship accreditation with the Royal Australasian College of Surgeons and has completed additional fellowship training in incontinence management and minimally invasive stone surgery. Ania has also undertaken specialist training in male infertility microsurgery, performing the first microsurgical testicular sperm harvesting procedure in Geelong in 2023. Whilst Ania will answer questions regarding Prostate Cancer her presentation will mostly be about other urological problems experienced by men.

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

May Meeting

The meeting was chaired by Ian. He welcomed the 50 guests and welcomed newbie David and the returning Denis. A special welcome was to the many partners who attended.

Ian also welcomed Linley Watson from PCFA and Barbara Kinnersley, widow of Bruce, the founder of GPCSG, who was also a recipient of the Max Gardner Award. Ian introduced Councillor Rowan Story who was also attendance.

In the News

Bill, OAM, has now been awarded the Max Gardner Award, the most prestigious award by PCFA. More later.

Bill received his OAM at a Special Event at Government House on May 7.

Bill gave an account of the OAM award ceremony. He said this was a polished well organised event and in a magnificent building. The building was built in 1876 and was the original residence of the Australian Governor General of Australia when Victoria was the location of the Australian Government.

Bill said the highlight was having Rosa and his three sons attend. The ceremony was held in the ballroom.

Public Awareness Event: September is Prostate Cancer Awareness Month, and our support group is planning a major public awareness event on September 9 at Geelong High School. The PCFA has awarded \$4,300 funding toward the program.

The format will be: finger food, MC introduction, event opening, presentations by GP and urologist; Linley from PCFA, Jamie and Graham; Q&A session, informal mingling/coffee

Bill talked about recent articles in the Age and Blue Sky News on Wayne Swan, former Federal Treasurer. His father had prostate cancer (PCa) diagnosed late, and died early. Wayne has had PCa himself. He has started an awareness campaign with the aim: no man dies of PCa. (See PCFA notice later.)

Murray (Treasurer): Reminder that yearly fees are overdue and EFTPOS is working.

Bill discussed an 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, personally and for the family, of also developing certain cancers - especially prostate and breast cancer.

Members' Meeting

Another fruitful session with members sharing their experiences. Topics covered were artificial sphincters (AUS) and continence, Active Surveillance, ADT (especially the effects on bone density). Peter – had TURP and radiotherapy. He was incontinent. Peter said he was an avid bike rider and asked could he now ride his bike again.

- David S said after radical prostatectomy (RP) he had to wait three months before riding. He then built up slowly.
- Paul said to get a good seat with a gap in the middle.

Charles - takes vitamin D and K and his bone density tests are OK. Bone density declines with age and with ADT, and Prolia helps to slow or reverse this process.

Steve – had radiation 13 years ago. He has been intermittently on ADT. The last year his PSA went from 0.1 to 0.9. Steve restarted ADT and had since exchanged darolutamide for apalutamide – which worsened the fatigue side effect.

Member Chat – Jamie with Ronnie

- Born Scotland, near Edinburgh, had three brothers (1 died when 6), and four sisters.
- Primary school, then secondary at King George.
- When young he had a paper run on weekends and a grocery run.
- Later, apprenticeship - electrical fitter.
- Married, 42 years to second wife with three children and 6 grandchildren.
- Emigrated in 1988 – apprenticeship not recognised and had trouble getting work as he wasn't an Aussie citizen. Got a job at Fords, where he got his electrical certificate.
- Watches football (soccer) on TV. Son plays for local club.
- When he returns for a visit to Scotland, he is asked “why do you talk like an Aussie?”.

Bill Rebula Max Gardner Award

Linley from PCFA

The Max Gardner Award is awarded to an individual member of a Support Group who has made an outstanding and significant contribution to reducing the impact of prostate cancer on Australian men, their partners, and families.

It is PCFA's most prestigious award and is named in honour of Max Gardner, who worked tirelessly to raise the level of community awareness about prostate cancer, to promote research into this disease and to support men and women dealing with prostate cancer. Max left an incredible legacy, and PCFA is honoured to continue it with this award.



Presenting the award Linley said Bill had shown exceptional leadership and compassion.

Graham presented a summary of the Group's application for the award. He added that Bill is the third recipient in our group who has been presented the Max Gardner award, -a reflection of the status and success of this Group. Graham paid tribute to Rosa's contribution to GPSCG and Bill's awards.

Bill thanked the PCFA and the group for nominating him. He said the group has achieved what it has due to the team effort of his very supportive colleagues.

Bill paid tribute to Bruce Kinnersley - the original founder of the group. The way Bruce had set the group up with a need to evolve has meant its success.

Bill again paid tribute to Rosa. He said she supports him during the long hours at his computer, helps with administration, and manages the coffee breaks at meetings.

Bill said the group needs to keep doing what we do best - supporting each other on our prostate cancer journey.



Bill with Rosa, son Michael and 2 grandchildren by his side - The facilitators of the group with Linley

Councillor Rowan Story – “Filling in for the Mayor”.

Rowan, a retired surgeon, told us his own story of his father and himself who both had prostate cancer. He said he had benefitted from being tested early.

Rowan AM (Member of the Order of Australia) welcomed Bill to the order of OAM. He paid tribute to Bill, who he said represented Geelong, and is a very deserving recipient for the Max Gardner award.

Ian concluded the meeting thanking all for coming followed by morning tea including Bill's cake.

From PCFA

Special Men's Health Week Event Melbourne Town Hall – 08 June 2026

An invitation was issued to members to join Prostate Cancer Foundation of Australia for a special VIP reception with Her Excellency the Honourable Sam Mostyn AC, Governor General of Australia. The Governor General is particularly interested in meeting prostate cancer survivors.

Representing GPCSG were:



With her excellency were Geoff and Cynthia; Gary and Alison



Also Leon and Tracy

30th Anniversary of the PCFA at Government House – 11 June 2026



Bill, Alan, Graham and Steve were invited to afternoon tea at Government House Victoria hosted by Governor Margaret Gardner to mark the 30th anniversary of Prostate Cancer Foundation of Australia.



The launch featuring a striking awareness truck, positioned in front of Parliament House, carrying the message: “One small test for man, one giant leap for mankind.”

A taskforce for survival: a new national committee takes a moonshot for zero deaths 🧑🏻💡❤️

A major new national effort to eliminate deaths from prostate cancer has been launched at Parliament House in Canberra, bringing together leaders from government, health, and the community. PCFA's newly established [Committee for the Elimination of Prostate Cancer](#) will be chaired by former Deputy Prime Minister, the Hon. Wayne Swan, and will be tasked with developing the nation's first coordinated roadmap to end avoidable deaths from Australia's most commonly diagnosed cancer. PCFA's Support Network will be crucial to the committee's success, and we look forward to having you involved.

SMALL STEPS, GIANT LEAPS

In-the-News

Beyond GnRH analogues: The Renaissance of Estrogens in Prostate Cancer Management. June 4, 2026

Androgen deprivation therapy (ADT) treatment of advanced prostate cancer induces a suppression of estradiol levels. This estrogen deficiency is responsible for significant side effects that impair patients' quality of life. The role of estrogens in prostate cancer management is currently being investigated in multiple clinical trials, either as a replacement for conventional ADT or as add-back therapy combined with standard ADT. [Read More](#)

PSG PARTNERS' COFFEE MORNING

On Friday June 12 seven lovely PSG partners met for a coffee morning. We also had 3 apologies. We had a really enjoyable morning and while having coffee we rang one of our nice regulars Sandra, who had been sick, to say 'hello.' Hope to see you next time Sandra. And next time will be Friday August 14th, at No 42 Cafe. Hope to see some new partners join us then!

For further information, call Michelle on 0418 529 612.



Some Humour

Old age comes at the worst time... Just as I was starting to know a thing or two, I started forgetting everything I knew.



Debt free
No alcohol
10 hours of sleep
In great shape

In my prime.

I was 10 years old.

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>