

GEELONG PROSTATE CANCER SUPPORT GROUP

NEWSLETTER

July 2026 Vol 2026:07



Radiation Oncology

- is a medical specialty that uses precisely targeted high-energy radiation (such as X-rays) to destroy cancer cells and shrink tumors while protecting surrounding healthy tissue.

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
Sat 25 July	9.00 am	Vic PCSG Council conference – APC Centre
Fri 31 July	10.00 am	Radiation Oncologist
Fri 28 Aug	10.00 am	Prostate Research World
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

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

PROSTATE NEWS

Issue 93
April
2026



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/>

QUOTE OF THE MONTH

"There is only one thing more painful than learning from experience and that is not learning from experience."

- Archibald MacLeish

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 July 31** at the Belmont Park Pavilion at 10.00 am. Our presenters will be Dr Wee Loon Ong and Dr Therese Kang. Dr Ong is a Radiation Oncologist subspecialising in prostate cancer care at Barwon Health. He is an Adjunct Clinical Professor at Monash University School of Translational Medicine. Dr Kang trained as a radiation oncologist and practises in Geelong.

At this meeting promotional posters and brochures for our September Prostate Cancer Awareness Night will be available for collection by members who have kindly volunteered to distribute them around the community.

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

June Meeting

Steve opened the meeting and welcomed members and partners. He also welcomed six newbies - Daniel, Ray, Colin, Ted and Mark. This was a record for both newbies at a meeting and attendance of 61.

Vlad introduced Rob Cameron from FM Pulse Radio who will be master of ceremonies at our Awareness Event in September. Rob said he had come along to introduce himself and to see how our meetings work. Rob said he was very impressed with the meeting - especially the participation. He said the world is changing, especially for men who previously didn't talk. The New Norm is people being more willing to open up, potentially helping someone else. "Everyone needs to know their family history and to come out of the cave".

In-the-News

Alan outlined the Community Awareness Evening in September. The event will include finger food, MC introduction, event opening (Cr Story), presentations by Geelong a GP and a urologist; Linley from PCFA, Ian interviewing Jamie and Graham; Q&A session, informal mingling/coffee.

Alan said GPCSG needs its members to widely distribute printed posters and flyers. A form was passed around the members asked to nominate where posters could be 'posted' and how many they would take.

Bill referred to two PCFA 30th anniversary events that were attended by GPCSG members held earlier this month, during Men's Health Week. The first was hosted by the Governor General (PCFA patron) at Melbourne Town Hall on June 8 and the second was hosted by the Governor of Victoria, held at Government House on June 11. Bill showed some photos of the events.

Bill also mentioned that his Max Gardner Award had been well covered in the Independent and the Geelong Advertiser newspapers.

Leon queried whether the Addy could put the Awareness poster in the paper. Bill said after his interview, he thought the reporter would be receptive to an invitation to cover the event.

Alan said our Group had some business cards from Pioneer Skin Doctors in Grovedale. If one of these cards is presented to the clinic as coming from our Prostate Cancer Support Group, the first consultation will be bulk billed to Medicare.

Jamie brought to our attention that TV presenter Jeremy Clarkson has prostate cancer.

Member's Feedback

Several members shared their experiences, asked poignant questions and offered some insightful observations. Those contributing were David, Leon, John and our newbies. Discussion was at times intense on the topics of urology, oncology and ADT (hormone treatment).

Leon – added he has to have another PSMA PET scan. If he waited until November it would be free, but he is a bit anxious and decided to have the scan now at a cost of \$1,000.

Answering a question, Alan stated that the basic ADT for PSA rising after primary treatment, or for a PSMA-PET scan confirming PCa beyond the gland, is usually a 3-monthly injection of Lucrin, Zoladex or Diphereline, combined with an androgen receptor blocker such as darolutamide, enzalutamide or abiraterone .

Ted (newbie) – PSA was 8.7 three months ago. He had an MRI confirming prostate cancer (PC). His PSA is currently 7.9. Ted was advised to have a biopsy and asked the Group about the risks. Several members suggested there is very little risk with a modern trans-peritoneal biopsy and is essential to determine the aggressiveness of the cancer, which directs the type of treatment.

Ray (newbie) - has had a TURP. Two years later he had problems again with his water works and PSA was shown to be elevated, but an MRI scan didn't identify any cancer. Ted then had a PSMA- PET scan which revealed cancer. His biopsy showed Grade Group 2 and he has decided on radical prostatectomy (RP).

Daniel (newbie) – He has a family history of cancer. Danile's biopsy showed Gleason 7 and his PSA is rising. MRI revealed cancer. PSMA PET scan showed no migration. Daniel will have RP. Daniel asked the question – if prostate cancer produces PSA, why does PSA rise after RP?

Alan - the reason that PSA rises after a prostatectomy is that the cancer has likely metastasised: the mets are still prostate cancer and produce PSA.

Exercises

Conducted by Charles



Presentation

Dr Ania Sliwinski,

Urologist, specialises in prostate problems that are not always cancer, for example:
vasectomy reversals;
penile pumps; enlarged prostates (BPH); prostatitis (inflammation),
haemospermia (blood in urine), etc.



Ania gave an in-depth description of prostate problems, their causes and treatments: -

Enlargement - Treatments:

Non-surgical –

- Lifestyle, - fluid management
- Pharmacology - alpha-blockers, 5 alpha-reductase inhibitors, PDES inhibitors.

Surgery-

TURP, HOLEP (green light laser - though this treatment is now out of fashion), Urolift (staples, which can last for 13 years and are good for maintenance of ejaculation in non-RP men).

Prostatitis

Treatments includes - education, antibiotics, endoscopy, embolization, 5- alpha reductase inhibitor.

Haematuria

Blood in the urine (haematuria) is a symptom, not a condition, so treatment relies on targeting the specific cause and can vary depending on the diagnosis.

Incontinence

Treatments: Pelvic floor exercises and surgery implanting Slings and Artificial Sphincters (AUS).

Erectile Dysfunction

Treatments:

Nerve sparing during radical prostatectomy; Viagra, Cialis; Vacuum erection device; Penis injections; Inflatable penis prosthesis

Jamie thanked Ania for her informative presentation and presented a gift.

From PCFA

Timing is everything: Men delaying prostate cancer care as costs and access barriers grow 🕒

A new [PCFA survey](#) has revealed that cost pressures, difficulty accessing doctors and long wait times are causing some men to delay prostate cancer testing, diagnosis and treatment. Perth man **John Williams** (pictured right), diagnosed at just 44, said he had to draw on his superannuation to pay for surgery to remove his tumour.

FIGHTING FOR YOU

In-the-News**ASCO 2026: Less cognitive decline with darolutamide treatment than enzalutamide**

Results from the phase 2 ARACOG study, the first direct comparison of the cognitive effects of androgen receptor pathway inhibitors (ARPIs), show that darolutamide impairs memory and thinking less than enzalutamide in people with advanced prostate cancer.

Because the drugs are often used for a prolonged time, this quality-of-life effect is particularly important, especially if patients already have an increased risk of cognitive impairment.

Both darolutamide and enzalutamide reduce tumour progression and improve survival in people with prostate cancer. However, studies have suggested that those who take enzalutamide have a higher risk of neurological symptoms, such as seizures and falls, than those who take darolutamide. This is likely because enzalutamide crosses the blood-brain barrier at higher levels than darolutamide.

([Full Report In Oncology News](#))

PCSG PARTNERS' COFFEE MORNING

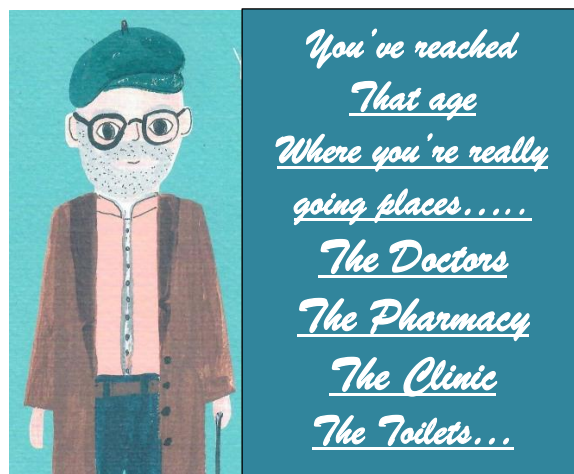
Our next Partners' Coffee Morning will take place at 10 am on FRIDAY 14th AUGUST. The venue, as usual, will be No 42 Cafe, 42 Bell Parade, Drumcondra.

Hoping to see as many partners as possible there - especially our new ones!



Some Humour

On one of the Editor's Birthday cards:



Useful Links

Geelong Prostate Cancer 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

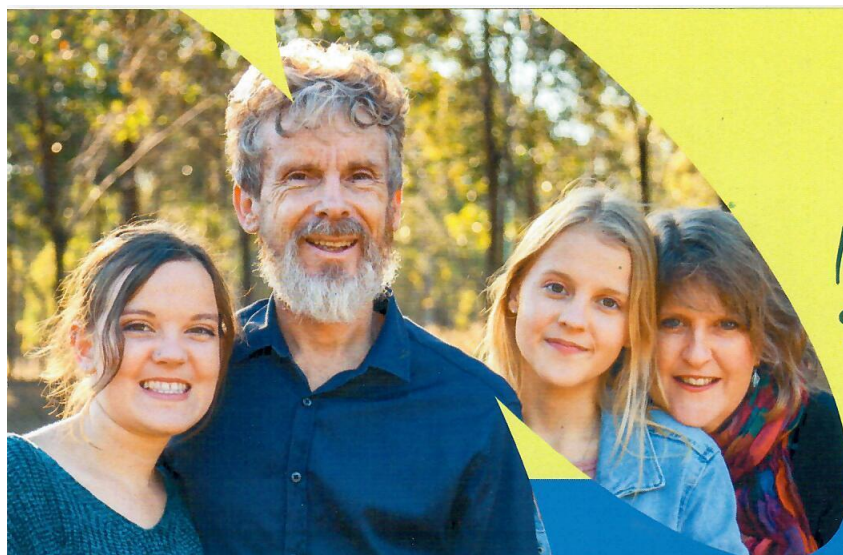
Lifeline: <https://www.geelonglifeline.org.au/>

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>



I HAD NO
SYMPTOMS
- PETER

Community **PROSTATE CANCER AWARENESS EVENING**

Wednesday 9th
September 2026

6:30pm – 8:30pm

Finger food from 6:30pm
for 7:00pm start

Where: Geelong High School Hall
corner Garden & Ryrie Streets East Geelong

Come along, bring your partner / friends, and
hear about early prostate cancer detection from
medical experts and local men – it's free!

Geelong Prostate
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