

GEELONG PROSTATE CANCER SUPPORT GROUP

NEWSLETTER

August 2026 Vol 2026:08



Dr Nathalie Bock

The Prostate Cancer Research World

- 3D bioengineered tumor models to study how advanced prostate cancer both interacts with the bone microenvironment and responds to anti-androgen and targeted therapies.

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 28 Aug	10.00 am	Prostate Research World
Wed 9 Sept	6.30 pm	Community Awareness Evening
Fri 25 Sept	10.00 am	Members' Meeting
Fri 23 Oct	10.00 am	Partners' 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
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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/>

QUOTE OF THE MONTH

"The reward of a thing well done, is to have done it."

- Ralf Waldo Emerson

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 August 28** at the Belmont Park Pavilion at 10.00 am. Our presenter will be Dr Nathalie Bock from Brisbane, who is a biomedical researcher specialising in bone and tumour bioengineering. Her research focuses on creating 3D bioengineered tumour models to study how advanced prostate cancer interacts with the bone microenvironment and responds to anti-androgen and targeted therapies

Note: Please remember, partners are welcome to attend the meeting.

July Meeting

Graham chaired the meeting and welcomed members, partners and two newbies. The attendance was 50. The opening statement was read by Sandra.

In-the-News

Alan outlined the upcoming Community Awareness Evening at Geelong High School on 9th September.

Alan said GPCSG needs its members to widely distribute printed posters and flyers. Alan asked members and partners to sign on to the distribution outlets listed, to add new ones, and to pick up the poster and flyers from the table set up at the front of the room.

Members' Feedback

Several members shared their experiences, asked poignant questions and offered some insightful observations.

- Colin – was diagnosed Christmas 2025 and has had radiation and hormone therapy. He said a PET scan was to come.
- Mark - diagnosed in April 2025 and on active surveillance. His PSA rose from 2 to 3. Mark had a biopsy and his last PSA was 7.6 in June. He was not wanting surgery and was looking at radiation treatment.
- Ken - had urinary issues, not being able to pee, and went onto tablets for 18 months. He had a prostatectomy in 2023 when his PSA was 5. Ken said his PSA had returned to 0.3 last November. Ken said he had stereotactic radiation in April because spots were discovered outside the prostate and PSA was now up to 0.84. Ken said he was not keen on ADT. He is being treated at the Andrew Love Centre.
- Deon (Newbie) - wanted clarification of PSA grades, including Gleason Score vs Grade Group. Deon said that 3 years ago his PSA was 5.7: it is now 2. At age 76 he had both MRI and biopsy. He has been recommended he have a prostatectomy in September and is also considering radiation.

Presentation

Guest Speakers were Wee Loon Ong and Therese Kan, oncologists from Barwon Health Andrew Love centre

These radiation therapy experts gave us an excellent presentation on the evolution of radiotherapy.



Their topics included:

- PSA PSMA PET scan and biopsy.
- Risk low – active surveillance.
- Intermediate question – surgery or radiation?
- High risk – surgery or radiation +/- hormone injection?
- Metastatic - hormone injection, systemic therapy with/without radical prostatectomy.
- Over 20 years of trials have reduced radiation treatments from 37/39 to 20 and now 5 - the standard for intermediate-risk cancer group over 3 weeks.
- SABR – Stereotactic Ablative Body Radiotherapy (also known as SBRT) - advanced form of radiotherapy.
- UK trials comparing results of surgery to radiation:
 - Continence and erectile functions are less affected by radiation compared to surgery.
 - Bowel issues are better with surgery.
 - The process of radiation includes 3 gold markers, a rectal spacer, CT scan and MRI.
 - There is now a trial comparing the two treatments in Australia.
- May soon also be able to treat low spread metastatic cancer – trials are underway.
- It is recommended to obtain objective consultations with both a urologist and a radiation oncologist to decide on the best outcome for the individual.
- With focal treatment re-treatment is possible. Trials are underway.

From PCFA



Dear GPCSG Members,

This month marks an important milestone for Australian men and families — and for everyone in our support network who helped make it possible.

After two years of intense study and work lobbying the government, PCFA has released the 2026 Guidelines for the early detection of Prostate Cancer. They replace the 2016 Guidelines and provide clearer, evidence-based advice about PSA testing and what should happen after an elevated result. Read the Guidelines and download the plain-language resources via our website:

<https://www.pcfa.org.au/awareness/new-guidelines-for-the-early-detection-of-prostate-cancer/>

Over two years, the Steering Committee examined more than 27,000 scientific abstracts, evaluated more than 1,100 published research papers, and considered more than 1,400 submissions received through three rounds of public consultation.

A great many of those submissions came from people like you - support group leaders, members, partners, and carers who took the time to tell us what mattered.

What has changed? In plain terms:

- **Men aged 50 to 69** should be offered a PSA test every two years, after a conversation with their GP about their individual risks and any possible benefits and harms.
- **Men at higher risk can start at 45**, with lower PSA thresholds for referral. Higher risk now clearly includes men with a significant family history, men with a BRCA2 gene mutation, and black men of sub-Saharan African ancestry.
- **An MRI scan is now recommended before biopsy**, reducing unnecessary biopsies.

- **Active surveillance is confirmed** as the right first option for most men with low-risk disease.
- **Men over 70** will be eligible for testing, based on individual clinical assessment and each man's preference.

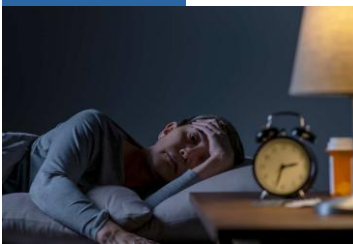
One thing has not changed: the digital rectal examination is still **not** recommended in primary care. That's because the evidence does not demonstrate a clear benefit and it may also discourage some men from being tested.

With gratitude,

Professor Jeff Dunn AO

PCFA Chief of Mission & Head of Research

Patient Power



What Over 1,000 Cancer Patients Say About Their Sleep

We asked people living with cancer to share how their sleep was affected after their diagnosis. Here's what they had to say, and some tips that might help you get a better night's rest.

JOIN DISCUSSION

Geelong Advertiser

An article in last month's Advertiser. Local well know hairdresser Darren Grayson is going through prostate cancer follow-up treatments.



PCSG PARTNERS' COFFEE MORNING

Partners met for another lovely coffee morning on Friday August 14. We had nine partners in attendance and there were two apologies.

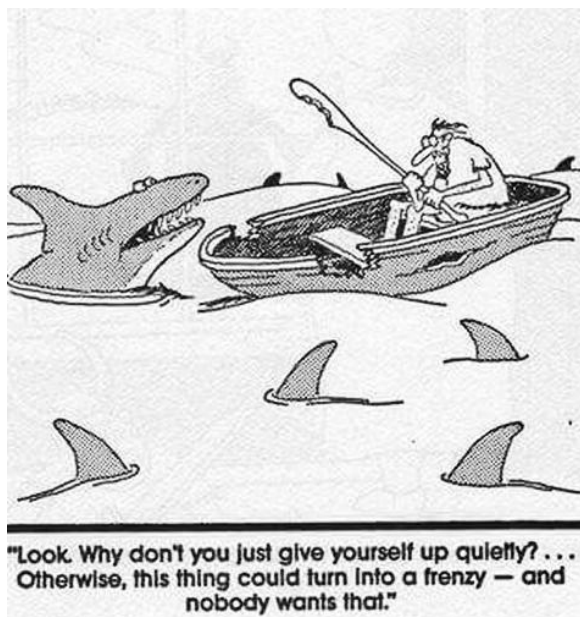
We received the very sad news that our venue, No 42 Cafe is closing. I would like to take this opportunity to sincerely thank the fabulous staff who have looked after us so well for many years. Good luck to you all - we will miss you! We were too sad to remember a photo.

Our final coffee morning for 2026 will be held on Friday October 23 - we will let you know when we find a new venue. Looking forward to seeing you all then.



Some Humour

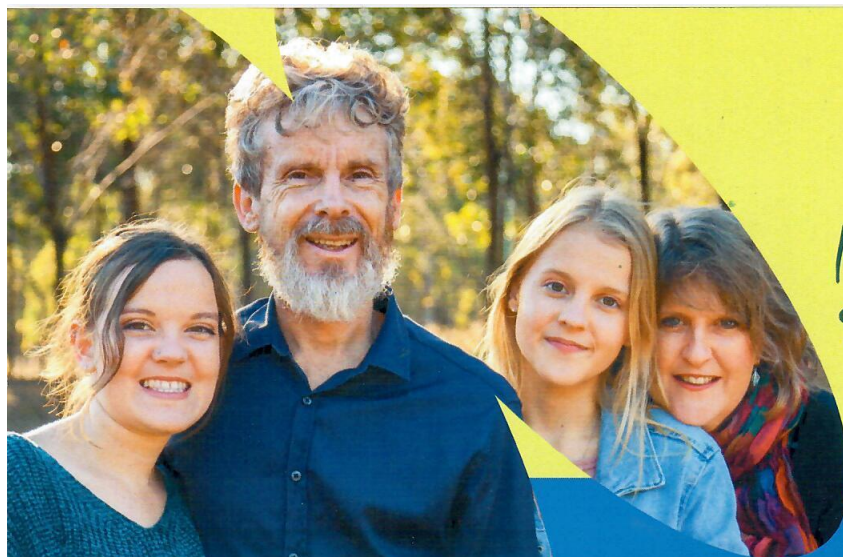
From Adrian: I keep falling over when walking so I decided to wear a bike helmet. I thought I looked stupid. So now I carry a skateboard as well.



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!

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