

GEELONG PROSTATE CANCER SUPPORT GROUP

NEWSLETTER

September 2026 Vol 2026:09

NEW NATIONAL GUIDELINES

The evidence has changed.
So has the guidance.

Australia's new, NHMRC-approved guidelines for early detection are now available.

[READ THE GUIDELINES](#)

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 25 Sept	10.00 am	Members' Meeting
Fri 30 Oct	10.00 am	Mark Harrison - APC
Fri 23 Oct	10.00 am	Partners' Morning Tea
		Last one for 2026

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/>

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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

“Never is a man more a man than when he is the father of a newborn.”

- Mathew McConaughey

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**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 September 25** 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.

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

August Meeting

Ian chaired the meeting and welcomed the 50 attendees including newbies John, Gary and Mark. He also welcomed back Mark and Dion.

In-the-News

PCFA have announced the Guidelines for the Early Detection of Prostate Cancer. Alan provided a summary of the 2026 guidelines, focusing on the three age-based streams, viz. 45-49 (early baseline and higher risk, 50-69 (most men) and 70+ (with 7+ years life expectancy).

GPCSG Early Detection Event September

Alan outlined the upcoming Community Awareness Evening at Geelong High School on 9th September and called for volunteers to help with crowd management on the night.

Members' Feedback

- Ronnie – PSA now undetectable.
- Mark – Newbie – he has had three gold marker seeds inserted into his prostate prior to image-guided radiation, along with a spacer gel to protect the rectum (which will dissolve in six months).
- Alan J – was deciding to have radiation treatment. Alan's urologist informed him that he couldn't have a radical prostatectomy (RP) after radiation. Several people, including Alan, joined a discussion on whether RP could be done after radiation. The consensus was, yes, it is possible to have RP but is considerably more difficult - hence his urologist is probably not keen.
- John (Newbie) – announced he was 78. He had a brother who had problems with his prostate, including problems urinating. John found in April 2025 he had a PSA of 11.6. He saw his urologist who did an MRI and biopsy confirming cancer. (He didn't remember his grade). A PSMA-PET scan showed there was no detectable cancer outside the prostate and his urologist recommended active surveillance. John's emotions dictated "get it out".
- Gary (Newbie) – had a PSA of 5.6 and then had an MRI and biopsy showing a Gleason Score of 4+3 = 7. Gary accepted an RP but due to adhesion complications the gland couldn't safely be removed. He subsequently had a TURP and is now having 20 radiations over 4 weeks. Alan is also on ADT which he finds "brutal".

Members Notable Experiences:

Ian asked for members to relate an experience in their treatment which was unique.

- Graham – Described his horror experiences when first treated with ADT resulting in incredible emotional problems. His oncologist put him on venlafaxine, an anti-anxiety drug, which solved his problem.
- Steve – Benefited by seeking multiple opinions after his diagnosis.
- Ken – Initially saw his oncologist and sat in the waiting room with all these people and felt traumatised. Ken was given our brochure and he joined this meeting and realised he wasn't alone, which was comforting.

Member Chat – Bill with Alan B

- Age 85, born during WW11. His father died fighting in New Guinea.
- Family moved to a poultry farm near Dandenong when Alan was five
- Went to Dandenong High school, played basketball and was a competitive sprinter.
- Attended the 1956 Olympics by selling pies. Saw Billy Graham at the Myer Music Bowl in 1959.

- When 16, hotwired a friend's mother's Ford Prefect one night and drove to the exhibition building.
- Contacted by ICI in year 10 and after Year 12 started a traineeship with them. Worked from 1965 until 1992 in ICI's pigment, etc, plant at Deer Park and Laverton. Including regular o/s travel.
- Picked up two girls hitchhiking near Sorrento in his friend's VW beetle – one was Judy.
- Now married 65 years with two children and 2 grandchildren.
- From 1965, Sole Trader and Partnership designing solar systems - installed Melbourne's first 100 homes with grid connected solar panels.
- Moved to Bright for 12 years, built an energy efficient house and was active in Landcare.
- Bought a microlight plane and instructed in daughter's Porepunkah microlight flying school.
- For 10 years, every 2nd year, went to Cambodia to build houses to replace bark huts in poor areas.

Presentation

Alan introduced **Associate Professor Nathalie Bock**.

Nathalie came from France to Queensland University of Technology in Brisbane, where she 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 how it responds to anti-androgen and targeted therapies.



Nathalie discussed how her research group applies bioengineering strategies to study bone and how prostate and breast tumours interact with bone in this microenvironment, with the ultimate goal of identifying new mechanisms that may ultimately help to understand, prevent and treat disease.

She presented a slide demonstrating live, moving prostate cancer (PCa) cells on a Petrie dish. One dish showed PCa cells slowly dying. Another dish showed the same cells when testosterone was added. The cells immediately started growing and continually dividing, demonstrating how testosterone stimulates growth.

Nathalie has studied the effects of androgen receptor inhibitors such as enzalutamide. Enzalutamide stops testosterone and other male hormones (androgens) from binding to receptors on cancer cells, which aims to stop cancer cells from growing and spreading. However, while these hormone treatments slow PCa growth they don't stop it completely.

Nathalie said that in their model, adding simvastatin (statin) helped the effectiveness of enzalutamide and slowed tumour progression. Statin tablets are used to lower "bad" cholesterol in the blood. A show of hands demonstrated that over 75% of members were on a statin. Graham said he was on a statin and darolutamide which was being effective and asked if this was due to the statin. Nathalie answered, "most likely".

Nathalie was thanked by Alan and said they had worked together to obtain grants for her cancer research. (Nathalie added she danced publicly to relieve stress but said we would have to go to Brisbane to see her).

From PCFA

BLUE SKY NEWS

The new Blue Sky News is available by clicking on the link on the front page. The contents include:

- A call to arms on education and awareness.
- Searching for the next breakthrough.
- The hunt for hidden cancer via advanced imaging.

- The new wave of precision medicine.
- Closing the patient access gap.

Disappointing News

Dear Geelong Prostate Cancer Support Group,

Today, I need to share deeply disappointing news.



The Australian Government has announced it will end funding for PCFA's Prostate Cancer Specialist Nursing Program from 30 June 2027 - cutting down the quality of care available to over 300,000 Australian men and families impacted by prostate cancer.

Make no mistake – we will fight this move. We'd welcome your support in standing with us - please watch this space for more information about how you can get involved.

Professor Jeff Dunn AO Chief and Head of Research.

[Read PCFA's full response](#)

More on this subject will be for discussion at our next meeting.

ADVANCED PROSTATE CANCER NETWORK Immunotherapy

This meeting occurs every month nationally on Zoom. The guest speaker at the August meeting was A/Prof Lisa Horvath. Lisa is a director of research into prostate cancer.

Lisa discussed how standard immunotherapy is largely ineffective for prostate cancer (PC) due to the cancer's unique immune-evasive microenvironment. Immunotherapy uses "killer T-cells" which are a type of white blood cell that forms a core part of the adaptive immune system by destroying infected cells and coordinating immune responses.

However, PCa's tumour microenvironment contains stroma (muscle cells, collagen, blood vessels) and immune cells that form a "camouflage net" over cancer cells, preventing T-cells from identifying and attacking them.

Lisa's research has shown that a new approach is to use bispecific T-cell engagers which guide immune cells through the camouflage to the cancer cell. Lisa used the drug Zaluridamig in a trial of over 90 men with advanced heavily treated PCa and demonstrated meaningful and durable anti-tumour activity.

From such trials we can hopefully look forward to successful immunotherapy of PCa as is the case with a few other cancers (e.g. breast cancer, melanoma, kidney cancer).



Community Awareness Evening at was held at Geelong High School on Wednesday 9th September. 55 people attended the event which was deemed a success. The speakers were excellent, spreading the message to get tested early. The format was as follows:



Rob Cameron from Pulse FM was a very effective MC, who welcomed everyone and introduced the following presenters:

- Councillor Rowan Story, who is a retired oral and maxillofacial surgeon and COGG councillor for Murradoc Ward. Rowan told us of his and his father's experience with prostate cancer, which emphasised the need for early testing.
- Dr James Carter, GP, who is a Practice Principal at Newtown Medical Centre. James explained the location and function of the prostate gland. He explained the role of the GP in the context of cancer, and how important the new Early Detection Guidelines are in targeting PSA testing.
- Mr Patrick Preece, Urologist at West Coast Urology presented prevalence and mortality PCa statistics, which showed Victoria's SW Region to have a significantly higher death rate combined and lower diagnosis rate than the national average, indicating that late detection is prevalent in our region. He also discussed the '2026 Early Detection Guidelines'. Patrick then described the urologist's role in testing, prostate cancer risk factors, DRE, MRI and biopsy. He also talked about advances in research, and how activity in this area is intense worldwide and is now making rapid progress.
- Graham and Jamie, members of GPCSG, were interviewed by Ian about their experience with prostate cancer. Jamie said he had surgery and radiation and is likely "cured". Graham said his testing started when he was 50 which led to a diagnosis of a Grade 5 cancer at 67. At 77 he is alive and kicking while still having extensive treatments.
- Alan, also from GPCSG, filled in at the last moment for Linley Watson from PCFA, who had an urgent family issue to attend to. Alan spoke about the advocacy roles of the PCFA, especially political and public awareness of prostate cancer and public funding anomalies. The PCFA provides research funding, local prostate cancer nurses and phone in services. PCFA fosters and assists 120 support groups, such as GPCSG, in their role to empower men with knowledge and friendship.

Rob Cameron made some closing points and thanked each of the speakers, the commercial sponsors, PCFA sponsorship, and GPCSG for organising the event. Rob emphasised the call for action.

All attendees had been presented with a numbered ticket and four lucky attendees won gift vouchers from our sponsors.



"While Men's Mental Health has been hidden from the public eye, it is of paramount importance to the well-being of our community. Here In Geelong, Victoria, we're striving to bring this issue to light and provide support where it's needed most.

"Every month, we host guest speakers who impart their knowledge and personal stories about men's health issues. In August, Graham spoke to the group about prostate cancer along with a GP and two members. The Wandering Man is convinced that through learning and the exchange of stories, "we can break down the stigmas preventing men from seeking assistance." www.thewanderingman.com.au



PCSG PARTNERS' COFFEE MORNING

Our final Partners' Coffee Morning for 2026 will be held on FRIDAY OCTOBER 23 at 10am.

Please note new venue - SOFT CAFÉ 29 Minerva Rd Herne Hill

We have the room at the back reserved for us. Parking area opposite. Hoping to see as many partners as possible to finish off our 15th year together in style.



Some Humour



My Living Will

Last night, my kids and I were sitting in the living room and I said to them,

'I never want to live in a vegetative state, dependent on some machine and fluids from a bottle. If that ever happens, just pull the plug.'

They got up, unplugged the computer and threw out my wine!!



The little bastards.

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 For Advice: prostate.com.au
 PCFA Incontinence: Call 1800 33 00 66
 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
 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>