GEELONG PROSTATE CANCER SUPPORT GROUP

NEWSLETTER **October 2026** Vol 2026:10



Come along and enjoy, learn, laugh at the last formal meeting for the year?



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 30 Oct	**10.00 am**	**Members Meeting**
Fri 27 Nov	10.00 am	David Campbell – Med Oncologist
Fri 11 Dec	**10.00 am**	**Christmas Party**

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: Secretary:	Bill Rebula 0414 524 155	info@geelongpsg.net
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 94
August
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

"Wrinkles should merely indicate where smiles have been."

- *Mark Twain*

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 October 30** at the Belmont Park Pavilion at 10.00 am. This is our last formal meeting for the year and worth celebrating. We believe it has been a successful year with great presenters, group camaraderie and sharing of experiences. So the meeting will be catered for with heaps of food at morning tea.

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

September Meeting



Paul welcomed the 40 attendees including partners and three newbies, Peter, David and Gerald with their partners. It was the consensus that this was one of the most successful member's meetings. It was fruitful, supportive and, at times, entertaining. The facilitators who were only three in number, Paul, Graham and Alan, and left to their own devices had a lot of fun.

We didn't have a sound system, so member Ron ducked out to his car and brought a sound system in. It worked well.

Members' Feedback

Gary W – has had a long history including SBRT Radiation and has been on Androgen Deprivation Therapy (ADT) for some time. Thankfully his PSA is stable. Gary is entering a ´New Chapter" with some metastases in the bone. He has been incontinent for a long time and wears a catheter with a drain. Lately he has had some concerns about the catheter process and Paul Kearns recommended that Gary go to Patric Preece and discuss an Artificial Sphincter (AUS). Gary had a cystoscopy and told "like this, don't like that". But had good flow.
Gary asked other members about their experiences with their AUS. Geoff, Graham and several others told Gary how good AUS is. Peter said he was diagnosed 21 years ago and now the AUS is the best thing that has happened to him.

Gary (other) – had radical prostatectomy (RP) five years ago. He gets leakage with over exertion. Gary downloaded the app "My Treatment" from the internet which he said prepares you in a natural way to deal with cancer and also to prepare for treatment.

Ron – sound system man - gave an account of his experiences. He participates in ballroom dancing at this facility. He is 89 going on 90 and finds dancing is very good exercise for body and mind.
When he had COVID his GP decided to check his PSA and found he had prostate cancer (PC). Ron had radiation now his PSA is 0.14. But cancer had pierced the bladder, and he had copious blood in urine. Ron had intensive treatment and urine became paler over time. He had more treatment and one day experienced a blockage and urine retention. This was very painful. The hospital put in a catheter and he had immediate relief. Then his urologist put in a pump and got the clots out. Now all clear.

Adrian – "even urologists pass away" and he cited the case he knew of that just did.
Also, he said he had been seeing a psychologist due to anxiety. During his session he told the psychologist about his dreams.
Adrian: "I dreamt when I was a kid I couldn't work out whether I was a wigwam or a teepee."
Psychologist: "That is because you are two tents." Boom Boom.

In-the-News

Alan – discussed the Advanced Group Meeting that had a presenter on cyber knife. The cyber knife systems is a non-invasive robotic radiation therapy device used to treat cancerous and non-cancerous tumours without any surgical incisions or anaesthesia. Another advance in radiation therapy.

Graham - as mentioned at the last meeting 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. PCFA has provided letters that may be sent to the Minister and your local MP. A table was provided at the rear desk with provision for members to provide their email addresses and copy of the letters were sent to them. Anyone still wanting to participate please let Graham know (his details are on the front page).

Members' Feedback

- Dion – announced he is to have his RP on Oct 7.
- Phil Carman – said he was not tested early and was found to have a high PSA. The cancer is now in his bones.
- Ron – why do we have to have 6 weeks off after RP?
  Answer: although operation is simple, it makes a mess of our insides so urologists being cautious require rest after a RP.
- David (newbie) – 66, PSA 8.2, Grade Group 3. He also has had brain cancer (neuroblastoma) and was incorrectly given 18 months to live. After 18 months David went to his GP and had a PSA test – 6.5 which then went to 8.2. He has option of RP or radiation and was told it is difficult to have RP after radiation. He is considering a 3rd option of diet control, good food (no processed food), with high level supplements. He then might try radiation.
- Mark – 66. PSA 7 He had the decision to have RP or radiation. Mark has chosen radiation, that is, five treatments over five days, at Andrew Love and had to have tattoos. He is also on ADT with no side effects.
  Mark said that he had pain with radiation after 2 treatments. He then took a herbal powder used for treatment of cystitis which was successful and had the best sleep after. Powder contained citric acid, bicarb soda, etc. He has had his 5th treatment and it is all over and done with.
- Gerald (newbie) – couldn't remember his PSA but had Grade Group 5. Gerald had MRI and his medical oncologist referred him to a radiation oncologist. Gerald said on a recommendation he contacted Alan to discuss. He is now having 20 sessions of radiation. He enquired of the group what were the side effects.
- Murray said had 35 doses of radiation with no side effects.
- Graham said he had 35 treatments which caused incontinence.
- Peter (newbie) – 62, retired. He said he couldn't remember original PSA. Initially he had breathing problems and had chest Xray and found he has a chronic collapsed lung which is permanent. Probably due to having whooping cough in 2010 and COVID in 2024. Peter's PSA 'was 87 and he had MRI, biopsy and Gleason Score 4+3 = 7. Had RP in May and now PSA 0.87. Peter's incontinence is getting better. After 7 weeks his PSA is now 2.5 indicating metastases and will probably go on ADT.

Member Chat – Jamie M with Alan H

- Born 1947, Middlesex UK.
- Had problems at primary school and left to go to another school. Mixed bunch. He had a strict HM and to avoid him Alan tried to get in a cupboard. But didn't work and he was sore for a while after that.
- Went to Guernsey and worked in a hotel – left after a bad night. Then slept in a container for a while.
- After 5 weeks went back to London and a driving job for 2 months.
- Joined Airforce. RAF. Was in their fighter program and went to North Africa two times, Gibraltar and ended up at Nth Devon Airforce for 5 years, where he met Liz. Married in 1974.
- 1978 came to Australia because it was too cold in the UK? Bought and did up a house.
- Joined civil aviation – in turn – TAA (3 months), QANTAS (21 years).
- Studied and became an aircraft engineer. Went to Canberra.
- Retired to – Geelong – "Beer Time."

In-the-News

From PCFA

Support Groups rally behind specialist nurses

Dear Support Group Leaders and Members,

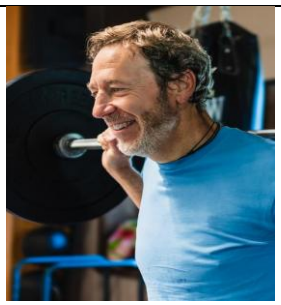
You may have seen the attached story in today's Australian (13th October) supporting our call for the continuation of funding for PCFA's Specialist Nursing Service.
Thank you all for your strength and solidarity, and we want to reassure you that PCFA is working on plans to keep our specialist nursing support network and training in place.

Kind Regards
PCFA

ADD YOUR VOICE

Strong recovery: Pelvic floor training cuts leakage after surgery

A trial of 109 men with incontinence after surgery combined 12 weeks of strength training with either physiotherapist-guided or device-assisted pelvic floor exercises. Leakage fell significantly in both groups, and around half the men who finished halved their leakage. Starting after surgery improved recovery, but many benefited long-term. Learn More



Fit for treatment: Exercise program eases hormone therapy side effects

A trial of 700 men on hormone therapy found that a supervised exercise, diet, and support program, delivered through local gyms, cut the decline in quality of life by up to a third. Men reported significantly less fatigue, more than 80% stuck with the program over 12 months, and it proved cost-effective for the health system, building on existing evidence. Learn More



Fund Raiser for PCFA

Graham presented on behalf of the PCFA's Life Force Program. As well, he was given a tour of the golf course on a buggy and provided with dinner.
Lonsdale links had a fund-raising campaign for the PCFA including match days and a blind auction and raised the astonishing figure of **$8,900.**



Some Humour



The teacher was horrified to hear Little Johnny swear. "I never want you to use language like that again. Where on earth did you pick it up?" "From my father." said Johnny. "Well, he should be ashamed of himself. And it's no reason for you to talk like that. You don't even know what it means." "I do," said Johnny, "it means the car won't start."

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