

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

July 2024 Vol 2024:07



Celia Bolton
Director and
Physiotherapist



<p>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.</p>	<p>Coming Events</p> <table border="1"> <thead> <tr> <th>Date</th> <th>Time</th> <th>Meeting</th> </tr> </thead> <tbody> <tr> <td>Fri 26 Jul</td> <td>10.00 am</td> <td>Celia Bolton - Meditation</td> </tr> <tr> <td>Fri 2 Aug</td> <td>10.00 am</td> <td>Partner's Coffee Morning</td> </tr> <tr> <td>Fri 30 Aug</td> <td>10.00 am</td> <td>Group Meeting</td> </tr> <tr> <td>Tue 3 Sep</td> <td>5.00 pm</td> <td>SJoG Info session - urology</td> </tr> </tbody> </table>	Date	Time	Meeting	Fri 26 Jul	10.00 am	Celia Bolton - Meditation	Fri 2 Aug	10.00 am	Partner's Coffee Morning	Fri 30 Aug	10.00 am	Group Meeting	Tue 3 Sep	5.00 pm	SJoG Info session - urology
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<p>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/</p>	<p>PCFA Expert Telenursing Support 1800 22 00 99</p>															
<p>Geelong Group</p> <table border="1"> <tr> <td>Convenor:</td> <td>Bill Rebula</td> <td>info@geelongpsg.net</td> </tr> <tr> <td>Secretary:</td> <td>0414 524 155</td> <td></td> </tr> <tr> <td>Treasurer:</td> <td>Murray Sayers 0407 437 707</td> <td>muzanne@bigpond.com</td> </tr> <tr> <td>Mentor:</td> <td>Alan Barlee 0429 438 673 03 5223 3327</td> <td>abarlee@bigpond.net.au</td> </tr> <tr> <td>Newsletter Editor:</td> <td>Graham Rees 0408 990 971</td> <td>reesy60@tpg.com.au</td> </tr> </table>	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	<p>PROSTATE NEWS</p> <p>Issue 87 April 2024</p> <p>Check the PCFA Website https://www.pcfa.org.au/publications/prostate-news/</p>
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<p>Please email info@geelongpsg.net to provide feedback, comment or to redirect or cancel receipt of this newsletter.</p> <p>Support Group Website: https://www.prostate-cancer-support-geelong.net/</p>	<p>QUOTE OF THE MONTH</p> <p>“Peace is more important than all justice; and peace was not made for the sake of justice, but justice for the sake of peace.”</p> <p>- Martin Luther</p>															

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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.

Next Meeting

Our next monthly Group meeting will be held on Friday July 26 at the Belmont Park Pavilion at the usual time of 10.00 am. Our presenter will be Celia Bolton. Cecilia is the founder and director of Innerstrength Healthcare. Recently Celia has become a certified 1 Giant Mind meditation teacher and has studied Nature Based Therapy, Trauma Informed Care, Trauma Sensitive Mindfulness, Integrated Somatic Trauma Therapy to complement her passion for mind-body holistic care. Celia holds a position as Director on the Board of Directors for the Continence Foundation of Australia.

Note: Please remember partners are very welcome to the meeting.

June Meeting

The meeting was chaired by Paul who welcomed the 42 attendees including two newbies, Noel and Andrew and returns, Ian and partner.



Members Update

Members brought us up to date on their current situations and treatments. The following are some of these updates.

- Ian – diagnosed 12 years ago, Gleason 9. He didn't have a prostatectomy because of his age, 82. He is having ADT and his PSA is now 0. Ian goes to the Geelong rehabilitation Centre, High St to help with muscle and bone strength. He has some incontinence and feels fatigued all the time.
Kay (presenter) said it is important he stays on his medication and persevere with the one supplier.
- Alan – has had PCa since 2022. Has a Gleason of 10 but his doctor was not keen on him having a prostatectomy due to him being over 75. He was told his prostate was three times the normal size.
- Alan (another) – he said his PCa is not contained to the prostate and during his prostatectomy his urologist tried to take some samples around the area. Alan's PSA has gone from 0.7 to 1.7. His urologist said he will wait until his PSA reaches 3.0 when he can have a PSMA PET scan to detect the cancers followed by radiation if necessary.
- Noel (newbie) has had a TURP (urethral resection for urine retention) three times. He is a borderline diabetic, which he was told aligns with a large prostate. Noel is seeing a nurse next week for exercises to help with incontinence.
- Andrew (newbie) was diagnosed six years ago. Andrew learned about GPSG from a brochure when visiting Bree at the McKellar Centre. He has metastatic cancer in the spine and is on Lucrin.
- Noel (newbie) had a radical prostatectomy a few weeks ago, is doing well, and enjoys pool exercise.

Member Interview (little more detail?)

This month Jamie was interviewed by Alan.

In summary, Jamie told us;

- He was born in Geelong.
- First memory was collecting matches.
- School – Geelong College. Good for sport, not so much at academics, eg, played local football.
- Hobbies included water polo.
- Ended up with a degree and dip Ed, taught for 25 years.



Presentation

Our presenter, Kay Talbot, Prostate Care Nurse talked to the Group about our most raised topic – incontinence. Kay presented well and answered many of our queries. She said the survival rate of PCa was now 96% over five years, but with some problems along the journey.

Options for treatment:

Conservative: Pads, fluid intake, pelvic floor exercises and anti-allergens.

Minor Invasive: Bulking agent (Botox), has to be repeated regularly.

Surgery: Sling and Artificial Sphincter (AUS).

Clamps: Lots of different types. Must be the right size. Not to be used overnight.



Kay stated that we all should do pelvic floor exercises, men and women of all ages. She suggested we go to the Continence Foundation of Australia website for instruction on the exercises.

Namely:

https://www.continence.org.au/about-continenec/continence-health/pelvic-floor?gad_source=1&gclid=CjwKCAjwvzmzBhA2EiwAtHVrb_04ZO_CrZ8aF2AFk1kKFISKLjcY0UbmVoK-6d7S9jjvDhpjH8jvxBoCvTEQAvD_BwE

In-the-News

How much time do we have to treat prostate cancer?

The Prostate Cancer Research Institute (PCRI, USA), discusses on video how soon PCa should be treated after diagnosis depending on the grade. Alex and medical oncologist Mark Scholz, MD, discuss the rate of prostate cancer growth and how much time a patient may have to research and decide upon a treatment plan.

To see the video on YouTube click on this link:

https://m.youtube.com/watch?si=X5z3wDhGL7fwPHet&fbclid=IwZXh0bgNhZW0CMTEAAR3WVPh1SvFOKCroHFU0w8CJIsu04cqMxrMCvkj3ASSkJQD8FsV1M64WSE4_aem_ZmFrZWR1bW15MTZieXRlcw&v=aotF2SPzCmU&feature=youtu.be

Plant-Based Diets and Disease Progression in Men with Prostate Cancer

Abstract (edited by Alan B)

Question What is the association between post-diagnostic plant-based dietary patterns and risk of prostate cancer progression?

Findings In a cohort study of 2062 men diagnosed with non-metastatic prostate cancer, individuals with the highest intake of plant foods in the overall plant-based diet index had lower risk of prostate cancer progression compared with those with the lowest intake.

CONCLUSIONS AND RELEVANCE In this cohort study of 2062 men with prostate cancer, higher intake of plant foods after prostate cancer diagnosis with intermediate or higher risk was associated with lower risk of cancer progression. These findings suggest nutritional assessment and counselling may be recommended to patients with prostate cancer to help establish healthy dietary practices and support well-being and overall health.

Make Peace with Your PROSTATE CANCER: Why am I at war?

Being diagnosed with, or living with, a chronic condition such as prostate cancer can have a devastating effect on nearly every aspect of your life.

For many people a diagnosis can trigger difficult thoughts including about the future, guilt that you did or did not do something that might have avoided this, as well as anger and disbelief that it's happened to you. This is when it is worth remembering that life is uncertain. You can't control it, no matter how hard you try. In life we don't always get the result we want and, as much as it might upset us, **we need to find a way to accept our reality.**

WHY SHOULD YOU MAKE PEACE? Accepting your reality is not always easy, but raging against it means that you use a great deal of emotional energy that is going nowhere. Rather than being trapped in your belief about a situation you are not able to control, it is preferable to learn how to accept what is happening.

Acceptance doesn't mean that you like the situation. It is about how you choose to respond to the difficult emotions that you feel as a result of your situation.

HOW DO YOU MAKE PEACE? If you hold onto the belief that you can't do anything useful or enjoyable or new because of your cancer, you are limiting yourself. When we face difficult emotions, we tend to try and avoid facing them to avoid the pain that goes with them.

But there is an alternative to resistance, and that is acceptance.

So where do you start? How can you change some of the strong feelings you have and learn to accept them?

The first step is to learn how to work with the situation, not against it. Using mindfulness techniques can help. It is OK to have a negative thought, but that is all it is, just a thought. It doesn't have to dictate your life.

One really important thing is to check your mood and seek help and support if you have been feeling down for a while. There are many places in Geelong where you can learn mindfulness techniques. The PCFA Expert Telenursing Support is also an ideal source to seek help.

(1800 22 00 99)

(Article edited from the original version published in Diabetes Australia's *Circle* magazine, Issue 35, 2023)

From PCFA

Hire a Hubby

On 11 July PCFA recognised Hire A Hubby's \$1m contribution to PCFA's work over the past decade. The story, broadcast nationally on A Current Affair, featured advocate and champion Jen Berton and her children, Kai and Beth.

Jen became known to PCFA in 2021, after she sent an email asking us why Australian men weren't being encouraged to undergo PSA testing for prostate cancer. Her husband Mike was diagnosed with the disease at age 51 and died just 22 months later. He had no symptoms. Speaking to Jen after the story aired and she repeated what she's said many times, "If we save just one life".

NB: [Click here](#) to view and share the story.

New PCFA Appointment



Linley Watson has been appointed as the Community Engagement Manager, Southern Region for the PCFA.

We look forward to working with Linley.

Linley plans to attend our next meeting.

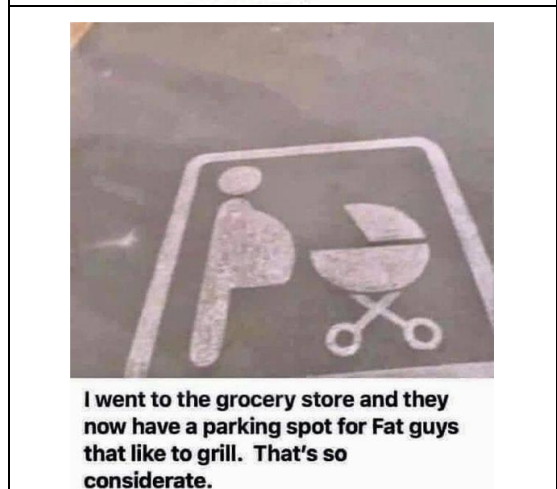
GPSG Partners' Group Coffee Morning

The next Partners' Coffee Morning will be on Friday August 2nd at 10am. The venue, as always, will be - No 42 Cafe, 42 Bell Parade Rippleside.

Looking forward to catching up with our regulars and hopefully meeting some new partners.



Some Humour



You know what the biggest problem with pushing AI is? Wrong direction! I want AI to do my laundry and dishes so that I can do art and writing, not AI do my art and writing so I can do my laundry and dishes.

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
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