

GEELONG PROSTATE SUPPORT GROUP

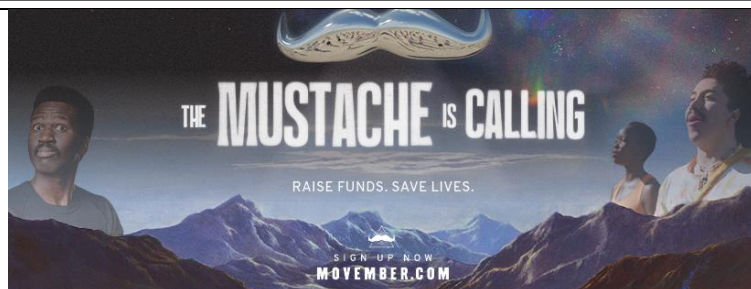
NEWSLETTER

November 2024 Vol 2024:11



Geelong Prostate Support Group

<https://au.movember.com/team/2443067>



Support the Team

- Join - Grow a Mo - Donate

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 29 Nov	10.00 am	Radiologist – Dr Giles Craig
Fri 13 Dec	12.00 pm	Christmas Get-together Balyang Sanctuary
Fri 31 Jan	10.00 am	Member Meeting

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

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PROSTATE NEWS

Issue 88
August
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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

“We come to love not by finding the perfect person, but by learning to see an imperfect person perfectly.”

- Anon

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 November Meeting

Our next monthly Group meeting will be held on Friday November 29 at the Belmont Park Pavilion at the usual time of 10.00 am. Our speakers, from Barwon Medical Imaging, will be Dr Giles Craig (Consultant Radiologist & PET/CT Specialist / Director Cancer Imaging at BMI) and Amy Rebula (PET Supervisor).

From the BMI website:-

One of Giles' main interests is Lung Cancer and he has been appointed by Cancer Australia (along with a team from Deakin University) to investigate the implementation of a National Lung Cancer Screening program, for which he hopes Geelong will become a pilot site.

Dr Craig is looking forward to embracing new PET tracers, made possible by the recently installed state-of-the-art 68-Gallium laboratory at University Hospital Geelong – these include imaging of prostate cancer with PSMA and neuro-endocrine tumours with DOTATATE. His other interests include novel therapeutics such as Lutetium-PSMA and the oncology applications of Spectral/Dual-energy CT, the latter of which he has just finished investigating with a 6-month sabbatical.

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

October Meeting

Graham chaired the meeting and welcomed members, newbie Damian and returning newbies Dan, Dirk, Doug and Alan. 48 members attended.

Presentation

Speaker Sue Titcumb, a psycho-oncologist from Barwon Health, was introduced by Alan.

Sue spoke on the psychological concerns arising from cancer diagnosis; the causes, effects, and remedies for problems arising such as distress, anxiety, fear of cancer recurrence, depression, sexual health, mood swings and the importance of relaxation and communication in dealing with these. Sue concluded with a list of what is helpful and not helpful for mental health. For example, eat well, exercise, sleep, socialize and reduce alcohol intake.

This was followed by a short question and answer session then a thank you and appreciation by Craig.



Meeting Feedback

Ken – gave a heartfelt account of how his health had started to deteriorate about 12 months ago. Subsequent visits to the doctor suggested he may have dementia. Then visits to McKellar Centre (which he thought were very poorly handled) resulted in confirmation of dementia and suspension of his driver's license. He spoke of the distress the diagnosis and license loss has caused.

Other members spoke on the effects of dementia diagnoses and losing a driver's license and that there are ways of having it provisionally reinstated. Ken spoke to several members at the break who shared his experience.

Steve – recently back on hormone therapy Zoladex and Darolutamide, and says he now feels exhausted all the time.

Graham W – has been recommended to use a “magnetic chair” at St John of God in the treatment of incontinence. He asked had anyone heard of this? Others present said they had used it and had positive results.

Damian (newbie) – First diagnosed with a prostate problem at age 40. Had prostatectomy 6 years ago and PSA since has been 0.

Member Chat



Paul chatting with Graham

- Graham was born in Melbourne
- Primary and secondary school in the Rosanna area
- Had an interest in photography and did own developing and printing
- Married and has 2 children
- Played squash and a cyclist
- Got children to join Nippers at Jan Juc and became interested in the Surf Club and is still connected
- Lives in Melbourne but comes to GPSG because he can't find a group as good in Melbourne

Other News –

Paul reported on an ABC news item where a man had a blood test for PSA and heard nothing and didn't follow up. Nine months later he had another blood test with a different doctor and his PSA was 9. The moral of the story is – if you don't hear from your doctor, chase up the results. No news is NOT always good news.

Graham R – reported that Government regulations now state that genetic testing results cannot be used by insurance companies when determining if a person is insurable.

Steve – reminded members that “Movember” is about to start and that PCFA is a benefactor of this campaign, so get involved if you can. (see the top of the Newsletter's front page.)

Christmas Get Together

Our annual celebration and final get-together for 2024 will again be at Balliang Sanctuary. The order of the day is:

- BYO everything
- 12 noon arrival
- Music
- And more...!

Vale:

Arch Gardner, a new member this year, sadly passed away in late October. Some of us had a chat with him at the September meeting. Our condolences go to Pam and family.

In-the-News

The Age - 4 November 2024

The *Journal of the National Cancer Institute* paper said, “Many believe public health would on balance greatly improve if Grade Group (GG) 1 – along with other lesions with no capacity to cause symptoms or threaten life – were labelled something other than ‘cancer’”.

Our Alan states that CG1 means Gleason Score (GS) 6. Sometimes a follow up biopsy changes GS 6 to GS 7, which indicates that continuing periodic PSA testing after a GG1 biopsy result is still important. Another term for GG1 (GS 6) that’s getting more widely used in the literature is ‘clinically insignificant cancer’, which is in line with Alan’s preferred term ‘low-grade cancer’.

9 November 2024

Hospitals are rolling out fitness classes and prescribing exercises to patients to reduce the risk of potentially deadly side-effects of cancer treatment on their hearts. Peter Mac senior physiotherapist says, “There is evidence that exercise reduces cancer related fatigue and cancer related mortality and it therefore increases the likelihood that a person will finish chemotherapy.”

Cancer Alliance Chief Executive Prof Grant McArthur said, “I’m constantly impressed at the benefits that exercise has along the whole cancer pathway.”

AI Unlocks the Secret Genes Behind Muscle Aging



A study utilised AI to uncover genes affecting muscle aging, highlighting USP54’s significant role. These discoveries could lead to targeted therapies and exercise interventions that prolong muscle health and functional independence in older adults.

This study, which analysed gene expression in younger and older adults, highlights USP54 as a key protein-coding gene in muscle degradation and progression of some cancers. Findings suggest potential new drug targets and exercise-based interventions to preserve muscle mass and prevent age-related disabilities.

Read More: <https://scitechdaily.com/ai-unlocks-the-secret-genes-behind-muscle-aging/>

From PCFA

Men’s Sheds

Linley, our contact at PCFA, was excited to announce that PCFA has formed a new partnership with the Victorian Men’s Shed Association (VMSA).

This partnership aims to tackle the rising number of prostate cancer diagnoses across Victoria while enhancing support for men affected by the disease.

Linley stated, “This partnership enables PCFA to engage with over 20,000 Men’s Sheds in Victoria, creating opportunities to welcome more men affected by prostate cancer and their families into our support network”.

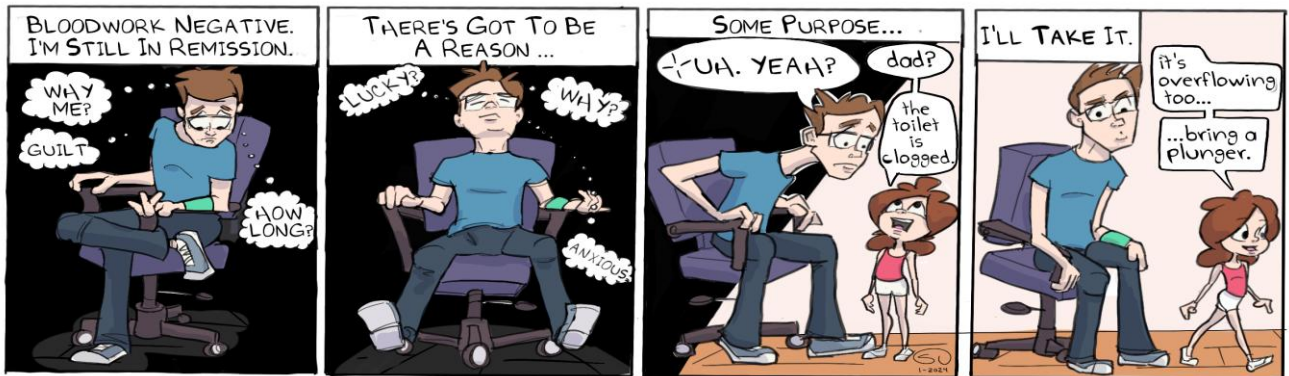
Graham, PCFA Life Force representative, has presented to nearly all Men’s Sheds in the Geelong region.

High-dose vitamin D to attenuate bone loss in patients with prostate cancer on androgen deprivation therapy

A study has evidence that patients on ADT are at risk of accelerated bone loss and are routinely advised to take calcium and vitamin D supplements as well as engaging in an exercise program.

Read More: [High-dose vitamin D to attenuate bone loss in patients with prostate cancer on androgen deprivation therapy: A phase 2 RCT - Peppone - 2024 - Cancer - Wiley Online Library](#)

Some Humour



"How do you know this isn't the button for the nurses' station?"



"I'm not that concerned about my prostate ... I'm still trying to survive my wife's menopause."

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