

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER CHRISTMAS EDITION December Vol 2024:12

Merry
Christmas



ENJOY

SUMMER IN GEELONG

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 31 Jan	10.00 am	Member's Meeting
Frid 21 Feb	10.00 am	Partners Morning Tea
Fri 28 Feb	10.00 am	Patrick Preece - Urologist
Fri 28 Mar	10.00 am	Pharmacist

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
www.prostate.org.au/publications/prostate-news

Please email info@geelongpsg.net to provide feedback, comment or to redirect or cancel receipt of this newsletter.

QUOTE OF THE MONTH

‘Peace on earth will come every day, when we live Christmas every day.’

- Mildred L Jarrel

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.

A Reflection on The Year Gone By

As the year draws to an end, it is worth reflecting on the wonderful achievements of the Group during the year. The Group continues to grow in strength with 24 new members signing up this year and an average of 43 people attending meetings. Good attendance facilitates lively, interesting and helpful discussions between the members (and partners).

We had some marvellous speakers who enlightened us on a variety of topics relating to our health and well-being. The most benefit was thought to be Patricia Banks on Oncology, Cecilia Bolton on Meditation and Sue Titcumb Oncology Phycologist.

The Geelong Prostate Support Group is one of the leading Prostate Cancer Support Groups in the country, thanks to the dedication of the eight facilitators who run the Group. The group now has 185 people on its mailing list.

The perseverance of our members in their prostate cancer journeys is nothing short of amazing and each story is a help to another person who then knows he is not alone. So, let's be positive and look forward to another educational and supportive new year at the Belmont Park Pavilion, where we can genuinely enjoy each other's company and share our stories.

Next Meeting

Our next monthly Group meeting will be held on Friday 31 January at the Belmont Park Pavilion at the usual time of 10.00 am. We will have a members' meeting to start off the year and catch up with what's going on in our lives at present. Also, we will have something to eat at morning tea.

Note: Partners are always welcome at our monthly meetings.

November Meeting

Ian chaired the meeting and welcomed 43 attendees, returning newbies and the latest newbies, David and Bob and his partner Linda.



News:

Graham: PCFA has formed a partnership with Men's Sheds. This partnership aims to tackle the rising number of PCa diagnoses across Victoria while enhancing support for men affected.

Also Graham gave an account of the second meeting of the Victoria Council of Prostate Groups.

Steve – gave a report on Movember saying it was the last day tomorrow for donations.

Also, Steve informed the Group that Andrew Love now has SBRT.

Bill: He is working on updating GPSG brochures with attempt to incorporate the Blue Man. He asked the Group was there a member who could help with graphics.

Jamie – when in Brisbane visited Mark Jensen, the Manager of the Life Force program. Mark said GPSG was no 1 in Australia.

Member Feedback

Murray – PSA was increasing after Radical Prostatectomy (RP). Had salvage radiation and would take time to take effect. Experienced no side effects from the radiation.

Dirk – had RP on 13 Nov at Epworth. All went well and good report from follow up with George. Some minor incontinence. He expected some incremental improvements.

Peter – mentioned he had success with incontinence using a clamp. The Group’s general opinion was that this was a bit early for Dirk.

Dan – from cancer of the lymph nodes they found PCa. Four months ago his PSA was 8. Had RP and experiencing mild incontinence.

Jamie – declared that it was 5 years since RP and PSA is still undetectable. Considered “cured”.

Steve - had metastatic cancer in the spine. He went off ADT 3 times and last PSA was 2.1. Now on ADT and Darolutamide. He said he feels tired all the time.

Sandra – said on their last cruise Ken got sick. Due for another cruise– do they go or not? Consensus of the Group was to “live life” and just do it.

David – it was 8 years since RP. He had radiation last year and his PSA is undetectable.

David – newbie, due to have RP on 9 Dec. PSA went from 2 to 4. He and his partner found GPSG by searching Google and finding our website.

Rob – newbie, was diagnosed in Nov 2021 when his PSA rose from 3.9 to 6.4. Diagnosed with Gleason 9. After RP his Gleason was reassessed at 7. Does 4,000 steps each day. Had mild incontinence after RP which cleared after a month. Has 6 monthly checkups.

Member Chat

Paul chatted with Steve.

- Age 62 and born in Canberra
- Went to Perth – did school and uni. Maths and computer science. Stuffed up calculus exam.
- Travelled, particularly USA. Son before one year old had 17 flights.
- Golf, baseball
- Volunteers – Cancer Council Vic, Make a Wish, Movember

Presentation

Dr Giles Craig (Consultant Radiologist & PET/CT Specialist / Director Cancer Imaging at BMI) and Amy Rebula (PET Supervisor) gave an informative presentation on modern medical imaging.

Amy covered the topics of MRI, CT, Ultrasound, bone scans and PET scans.

Giles provided in depth descriptions of PSMA PET scans using Gallium 68 and how it can detect very low levels of PCa. He added that bone scans will only detect PCa for a PSA over 40.

Giles described how MRI technology is used to locate PCa and its assistance for conducting biopsies.

Giles added that he next big thing was Lutecium treatment which he hopes to see in Geelong one day.

Jamie thanked Giles and Amy and presented some gifts.

In-the-News

Graham attended an Advanced Group meeting yesterday as suggest by Mark Jensen. The guest speaker, Richard Wassersug, talked about his journey being treated with estrogen (Estradiol) instead of ADT. His PSA has stayed low and has none of the ADT symptoms. Estrogen is applied by patches to the skin. The link below is a paper on the subject.

<https://www.urotoday.com/conference-highlights/esmo-2024/esmo-2024-prostate-cancer/154894-esmo-2024-prostate-cancer-efficacy-results-from-a-randomized-phase-3-evaluation-of-transdermal-estradiol-versus-lhrh-agonists-for-androgen-suppression-in-m0-prostate-cancer.html>

New UCLA Research: Omega-3 Rich Diet Could Be Key to Slowing Cancer Progression

University of California (UCLA) researchers demonstrated that dietary changes, including reduced omega-6 intake and increased omega-3 fats supplemented by fish oil, can slow prostate cancer progression in men on active surveillance.

A UCLA study found that a diet low in omega-6 and high in omega-3 fatty acids, along with fish oil supplements, can significantly slow the growth of prostate cancer cells in men opting for active surveillance, potentially reducing the need for future aggressive treatments.

Researchers from UCLA Health Jonsson Comprehensive Cancer Center have found new evidence that dietary changes may slow cancer cell growth in men with prostate cancer undergoing active surveillance — a treatment approach that involves closely monitoring the cancer without immediate medical intervention.

For more: <https://scitechdaily.com/new-ucla-research-omega-3-rich-diet-could-be-key-to-slowing-cancer-progression/>

PET/CT can detect prostate cancer in 'PSA 0' patients

PET/CT scans in patients treated for prostate cancer can detect early progression of the disease, despite undetectable prostate-specific antigen (PSA) levels, according to a study presented December 2 at Radiation Society North America (RSNA).

Prostate cancer can occur even without detectable PSA levels. The findings could mean detecting PCa even before PSA levels rise. For More: [Click On](#)

Partners Morning Tea

FRIDAY FEBRUARY 21, 10.00 am NO 42 CAFE RIPPLESIDE

From PCFA

Christmas opening hours: Support just a call away

Please let your members know that if they need support over the Christmas break, PCFA Telenurses will be available Monday to Friday (9am - 5pm AEDT) except for public holidays. To speak with one of our specialist nursing and counselling team please call 1800 22 00 99 or email us requesting a call-back via telenurse@pcfa.org.au. Please note, the PCFA offices will be closed from Wednesday, December 25, reopening Monday, January 6.

CHRISTMAS PICNIC

The Christmas picnic was thoroughly enjoyable with 46 attending, including many of the year's newbies. It was good to mingle socially and have a good yarn. Balyang Sanctuary is a beautiful setting with the weather being kind. Entertainment consisted of Alan and Judy again provided the music for the occasion, some joke telling, Graham reciting the *Man From Snowy River* and Des the poem *the Old Woman*. We were able to see off the year in fine fashion and each were wished an even better 2025.



A great day was had by all. **Merry Christmas**



Ian thanking Bill and Rosa for their efforts



GPSG Troubadours



The Facilitators of the Support Group would like to wish all our members and partners a very Merry Christmas and an even better New Year.



Some Humour





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

Prostate Zone: www.theprostatezone.com

MatesCONNECT: www.prostate.org.au/support/matesconnect