

GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

February 2025 Vol 2025:02



Patrick Preece

Urologist: Genitourethral and reconstructive surgery

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 21 Feb	10.00 am	Partner's Morning Tea
Fri 28 Feb	10.00 am	Urologist – Patrick Preece
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 89
January
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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

“The way to get things done is not to mind who gets the credit for doing them.”

- Benjamin Jowett

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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 February Meeting

Our next monthly Group meeting will be held on Friday February 28, 2025, at the Belmont Park Pavilion at the usual time of 10.00 am. Our speaker will be Mr Patrick Preece. Patrick completed his medical studies with Honours at Monash University in 2012. He is a Victorian trained urologist and fellow of the Royal Australasian College of Surgeons. Patrick developed expertise in andrology and genito-urethral reconstruction with further sub-specialty training in England. Morning tea will be provided by Boston Scientific.

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

January Meeting

Paul chaired the meeting and welcomed members, newbie Terry and returning newbie David. 43 members attended.

In-the-News

- Listing of Talazoparib on PBS on 2 January 2025, drug beneficial to metastatic cancer and with BRCA gene. Known as a PARP inhibitor.
- Listing of a 177-lutetium radiopharmaceutical, on PBS from 1 July 2025. Lutetium therapy targets PSMA - an antigen highly expressed on the surface of prostate cancer cells. This is an innovative molecular therapy used to treat metastatic prostate cancer (cancer that has spread from the prostate to other parts of the body).
- Ronnie reported on a recent publication describing the TRANSFORM clinical trial, studying a 'polygenic risk score' for the early detection of prostate cancer, which is potentially more reliable than the current PSA test (although MRI scans have removed much of the uncertainty of PSA as a screening tool). This new approach is based on a saliva sample (rather than blood) and automated genomic testing for the presence of mutations in the person's DNA.

Meeting Feedback

We had a members' meeting to start off the year and caught up with what's going on in our lives at present. Also, we enjoyed a substantial morning tea to start off the year.

- Paul S, had a Radical Prostatectomy (RP) in 2020 with a history of PSA going from two to nine. PSMA PET scans showed some remaining cancer and had SBRT radiation. Scans show cancer still there and was on Zoladex, but PSA kept rising so is now on Eligard.
- David and wife Linda, his PSA rose to four this year and had a RP. Had grade 5 cancer but at this stage it appears none has escaped. David still has some incontinence that is ok at night but gets worse during the day. He suffers from fatigue but believes in remaining positive.
- Geoff, had a RP in 2006 and salvage radiation 3 years later. He had some SBRT radiation at ICON and his PSA is 0. Geoff was on Zytiga, but is now on Lucrin. Zytiga had the side effect of causing heart problems, eg, raising pulse and high blood pressure, He will be reassessed in February for alternatives.
- Peter Armstead is being treated at Epworth Hospital. He has had no success with his last chemotherapy treatment, and is expecting to be returning home.



Member Chat - Alan speaks with Vlad

- Born on Bonegilla army camp in 1950. Didn't speak English at primary school.
- Norlane High, Gordon – general studies, and Dip Ed.
- 3 children
- Was head of a department – specialised in arbitration/mediation.
- Became a consultant and still working with the Australian Sporting Commission.
- Sport – dragon boats (with Louis). Also kayaks.
- Interest in music, plays the piano accordion – threatened to bring it along to a meeting.

Presentation - Video

Healthy Diet - Prostate Cancer Research Institute PCRI, ([#MarkScholzMD](#) [#PCRI](#))

The main message was that lifestyle is important to controlling prostate cancer. The best diet is vegetarian, but at least a diet where red meat is limited, particularly processed meat, where preservatives are harmful. Animal fat, in particular, is bad for prostate cancer. Exercise is also crucial.



Charles - Conducting our exercise session.

Continuation of Member's Feedback

Paul went around the room and gave everyone the opportunity to speak. Some of the topics were:

- How exercise and a proper diet is beneficial
- Having rests from hormone treatment
- TURP and self-catheterising

Some people had attended the last Advanced Group meeting and witnessed a presentation by Professor Richard Wassersug's about using transdermal (patches) Estradiol (tE2) as an alternative to androgen deprivation therapy (ADT), e.g., in lieu of Zolodex, Lupron or Eligard.

To watch the presentation, click on: https://youtu.be/8IKPIT5rWmo?si=i7_UHje50uHO68Ed

Vale:

One of GPSG's stalwarts, Graham Flett, passed away on February 11.

Graham's Prostate Cancer had spread into his bones, and his condition deteriorated rapidly especially after getting Parkinson's Disease. Graham had many interests, photography, Men's Shed etc plus the REPHOS, which is a Geelong Based Group of retired Pharmacists.

We pass on our condolences to his wife Bronwyn and family.

In-the-News

Deakin University Burwood - Mental health care from dietitians, exercise physiologists equal to psychologists, study finds

The eight-week trial by Deakin's [Food & Mood Centre](#) found depressive symptoms significantly improved among adults whose treatment focussed on lifestyle changes such as diet quality and increased movement overseen by an accredited practising dietitian and exercise physiologist. The results were on

par with improvements seen among those undergoing cognitive behavioural therapy delivered by psychologists over the same period of time. For more: [Click Here](#)

From PCFA

Blue Sky News:

The January edition has just been released. Some of the topics are as follows:

- A new era in early detection. Australian experts are about to release new guidelines for the early detection of PCA, towards PCFA’s goal of zero deaths in ten years.
- PCFA and New Zealand’s ANZUP have agreed to a landmark three-year research partnership aimed at accelerating clinical trials and advancements in PCa treatment.
- Australian scientists are leading the world in creating a pipeline of nuclear medicines to treat PCa.
- Clinical trials in stereotactic body radiation therapy (SBRT) is providing hope for men with aggressive cancer, delaying the need for hormone treatment or chemotherapy for up to five years.
- Australian men are being invited to take part in a global clinical trial of the targeted nuclear medicine known as TLX591.
- Radiotherapy protection for the rectum using the SpaceOAR.
- Prostate cancer incidence around the world.

 [BlueSkyNews-Issue 89 – January 2025](#)

Membership Renewal

GPSG Membership Fees and donations

GPSG needs money to pay for rental of the hall, morning teas, administration expenses, and other items. Last year a vote of members unanimously endorsed an increase to the annual fee to \$20, at least partly offset by a cessation of door donations.

It’s again time to renew your financial membership of the Support Group. The new annual membership fee of \$20 is due at the commencement of the calendar year. Please provide the treasurer with your membership fee, in cash with the slip below, or by credit card, at the next meeting.

Alternatively, the payment may be made by:

- Direct bank transfer to: GPSG, BSB 633000 Account number 126830009. If using this method, please ensure to include your name in the reference block

Being a financial member places you in the ‘Active Member’ category, one of the benefits being that you have access to upcoming events and the latest news about prostate cancer.

We thank you for supporting the Group. Any member wanting to cancel his membership with the Geelong Prostate Support Group, or anyone not wanting to receive our newsletter, please advise Bill Rebula on 0414 524 155 or by email on info@geelongpsg.net

2025 MEMBERSHIP RENEWAL



GEELONG PROSTATE SUPPORT GROUP

First Name: Surname:

Email:

Phone No

Some Humour

<p>Walmart had to remove 50,000 milk cartons from their store.</p> <p>The labels have to be changed from "Open here" to "Open at home"</p>  <p><i>The Grinnin' Bear</i></p>	<p>My coffee cup reminding me why I shouldn't have a donut with it. 😂</p>  <p>via KKORIGINALSTORE</p>
<p>After a visit to the beach, it is hard to believe we live in a material age. - Pam Shaw</p>	

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