

# GEELONG PROSTATE SUPPORT GROUP

NEWSLETTER

March 2025 Vol 2025:03



## Pharmacy and Prostate Cancer



Pharmacists play a crucial role in prostate cancer management, and their roles include:

- . Medication Counseling and Education
- . Drug Interaction Management
- . Early Detection and Prevention
- . Support and Communication
- . Collaborative Care
- . Cost Reduction
- . Specific Medications
- . PBS Access

### 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
<b>Fri 28 Mar</b>	<b>10.00 am</b>	<b>Pharmacist – Andrew Love Centre</b>
<b>Fri 25 Apr</b>	<b>10.00 am</b>	<b>ANZAC Day - Meeting moved to 2 May</b>
Fri 2 May	10:00am	PSA Guidelines / HIFU T'ment
<b>Fri 9 May</b>	<b>10.00 am</b>	<b>Partner's Morning Tea</b>

### 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/>

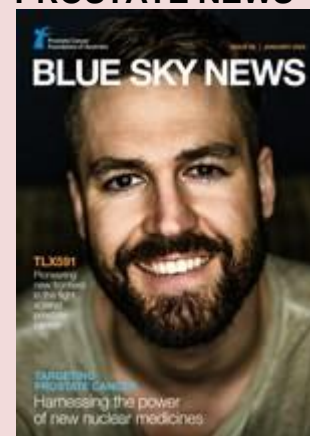
**PCFA Expert Telenursing Support**  
**1800 22 00 99**

### Geelong Group

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### PROSTATE NEWS

Issue 89  
January  
2025



Check the PCFA Website

<https://www.pcfa.org.au/publications/prostate-news/>

Please email [info@geelongpsg.net](mailto: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/>

Supported by



### QUOTE OF THE MONTH

“Don't put off for tomorrow what you can do today, because if you enjoy it today you can do it again tomorrow.”

- James A Michener

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 March Meeting

Our next monthly Support Group meeting will be held on Friday March 28, 2025, at the Belmont Park Pavilion at the usual time of 10.00 am. Our speaker is a pharmacist from the Andrew Love Centre. Patient communication is an important strategy for humanised practice. This allows the pharmacist to see beyond an individual with health problems to a human being with particularized needs.

**Note: April meeting has been moved to May 2 due to Anzac Day being on April 25.**

Please remember partners are very welcome to the meeting.

### Breaking News

## Early Detection of Prostate Cancer: National Guidelines

A government sponsored panel of national experts, comprising top medical specialists, GPs, epidemiologists and consumers (including our member, Alan Barlee) has been reviewing the 2016 PSA Testing Guidelines for the past year. This panel has developed recommended changes to the Guidelines which, if accepted, will expand access to PSA and MRI testing under Medicare.

The expert panel will be seeking public opinion on the proposed changes to the Guidelines over a 5-week period from 14th April. The panel is particularly keen to receive input from PCFA's support groups prior to progressing the changes with the government. The Geelong Group has always been active in contributing to national issues related to prostate cancer, and we're keen to maintain this commitment.

We're therefore planning to allocate a large chunk of our '**April**' meeting (to be held on **Friday May 2nd**, to avoid Anzac Day), in order to brief members on the proposed changes and to record member discussion and responses to them. We're particularly keen to have as many of our members and partners for this meeting as possible participating in this process. We hope to see a really good roll-up. (We'll include a reminder in our April newsletter - please come along if you can).

(Editor: Prostate Cancer is the second highest cause of deaths in Men – the **Guidelines** are overdue.)

## February Meeting

Ian chaired the meeting and welcomed members, newbies Andrew, Gary, and John. 55 members attended.

## Presentation

### Patrick Preece - Urologist

Patrick had developed expertise in andrology and genito-urethral reconstruction with further sub-specialty training in England. He has an interest in telescopic surgery and managing prostate cancer (PCa) better. Patrick's sub-specialities included urinary incontinence and erectile dysfunction.

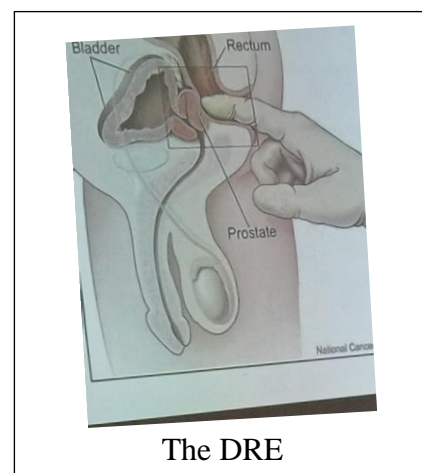
Patrick's referrals consist of:

- Benign prostate enlargement (BPH)
- Cancer confined to the prostate
- Advanced PCa

Patrick defined advanced PCa indicators as:

- "Sky high" PSA
- Physical symptoms (whereas PCa normally doesn't have any)
- Urinary tract obstruction
- Bone pain
- Paralysis from spinal cord compression.

Patrick went on to describe the extensive treatments available for PCa.  
Sub-Specialities



Patrick presented on his sub-specialities which included urinary incontinence and erectile dysfunction. The many causes were discussed and the multitude of treatments.

- Treatments for incontinence varied from pelvic floor exercises, catheters to artificial sphincters.
- Erectile dysfunction treatments from drugs (Viagra) to penile prothesis (Implants).



## Member's Meeting

### In-the-News

- Deakin ProHealth trial as mentioned in the February newsletter.
- Rob Roy Classic Motor Sport event.
- Pedal4Prostate - a non-profit group riding to support the Prostate Cancer Foundation of Australia, which was riding through Geelong that day.
- PSA Pathology testing - new PBS rules:
  - No previous PCa or family history – free test every 23 months. (More frequent tests will cost \$30 to \$50).
  - Family history of PCa – free test every 11 months.
  - PCa diagnosed – all tests free.

Peter Armstead, one of GPSA stalwarts, is reported to be unwell. He is in our thoughts.

### Meeting Feedback

Several members contributed to discussion on progress with their prostate journey, which included a range of interesting topics, viz chemotherapy; exercise program with McKellar Centre; salvage radiation; radical prostatectomy; brachytherapy and dealing with incontinence, including successful experiences with clamps, slings, and artificial sphincters.

Gary (newbie) said he recently had a radical prostatectomy, and that his incontinence “wasn’t too bad”. He believed he is good at looking forward.

Andrew (newbie) had an ultrasound which revealed an enlarged prostate. He had his PSA tested which was zero. Gary said his urinary retention was bad so he saw his urologist and had a TURP (“rebore”), which included a two-night stay in hospital. He had two weeks of bleeding which subsided after three weeks.

### Member Chat – Ian chatted with Ken

- School – Modewarre and Geelong Grammar – didn’t like school
- On a farm until age 57, and then met Sandra who he married
- Challenges on the farm were droughts, floods and flystrike, but it was still a satisfying life
- Developed special stock feed and bale sales
- Film buff

- Restores cars
- Has a toy shop in Waurin Ponds which includes toy cars, dolls, vintage cars – eg, Black 1936 Buick with a wooden frame, and 6 shipping containers.

### Photos from the ‘toy’ shop:



## In-the-News

### Erectile dysfunction: Overcoming the unwanted side effects of treatment

Incontinence and erectile dysfunction (ED) are among the unwanted side effects of surgery and radiation treatment for prostate cancer, impacting high numbers of men. The good news is that medical science has found new solutions that can change the trajectory of survivorship and help to restore sexual function in men, improving their quality of life.

To read more click on: [New treatments changing life after prostate cancer](#)

### GPSG Partners’ Group Coffee Morning

The Geelong Prostate Support Group’s Partners had our first coffee morning for the year on Friday February 21. We had a lovely morning with 11 partners present and several apologies and a very special visitor, Linley Watson who travelled from Melbourne to join us. Linley is the Community Engagement Manager for the Southern Region of the PCFA.

Linley’s role is to support Prostate Cancer Support Groups. The partners enjoyed listening to Linley chat about her role, why she applied for the job and the work that the Prostate Cancer Foundation of Australia is doing. Linley also reminded the partners that the Prostate Support Helpline is also available to partners who feel in need of advice or support. The number is 1800 220 099.

Linley was interested in learning about our partners’ group which has now been operating for 13 years. Thank you for visiting us Linley.

Our next Partners’ Coffee Morning will be held at 10am on Friday May 9 at No 42 Cafe, 42 Bell Parade, Drumcondra. Hope to see some new partners there!



## From PCFA

Prostate cancer is the most commonly diagnosed cancer among men, yet there remains to be many myths and misconceptions about it. PCFA’s Head of Telenursing and Supportive Care Programs, Bernie Riley, debunks some of the most common myths:

Myth 1: Only Older Men Get Prostate Cancer

Myth 2: Prostate cancer always has symptoms

Myth 3: All prostate cancers are the same

Myth 4: Vasectomies cause prostate cancer

Myth 5: Cycling causes prostate cancer

Myth 6: Prostate biopsy causes cancer to spread

Myth 7: Drugs used to treat animals who have low incidence of cancer can be used to treat prostate cancer effectively.

For more supportive information debunking the myths click on <https://www.pcfa.org.au/news-media/news/prostate-cancer-myths-debunked/>

## Message from Adjunct A/Prof Steve Callister AM - National PCFA Chairman

The PCFA has considerably more work to do as the toll of prostate cancer rises. More than 26,000 men are newly diagnosed each year; nearly 4,000 die; and men face a 70% increased risk of suicide, related to the disease and its treatment.

The burden is heavy, accounting for 16% of all cancers diagnosed; for more hospitalisations than any other form of cancer; and for 1 in 3 of all cancers diagnosed among Australian men.

Yet, if we apply the knowledge, we have right now to detect the disease early and to treat it in a timely and effective way, we know we can beat it.

That's why today we are releasing PCFA's **11 Point Plan for Zero Deaths from Prostate Cancer.**

[Download the Plan](#)

## Membership Renewal

### GPSG Membership Fees and 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:

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](mailto:info@geelongpsg.net)

### 2025 MEMBERSHIP RENEWAL

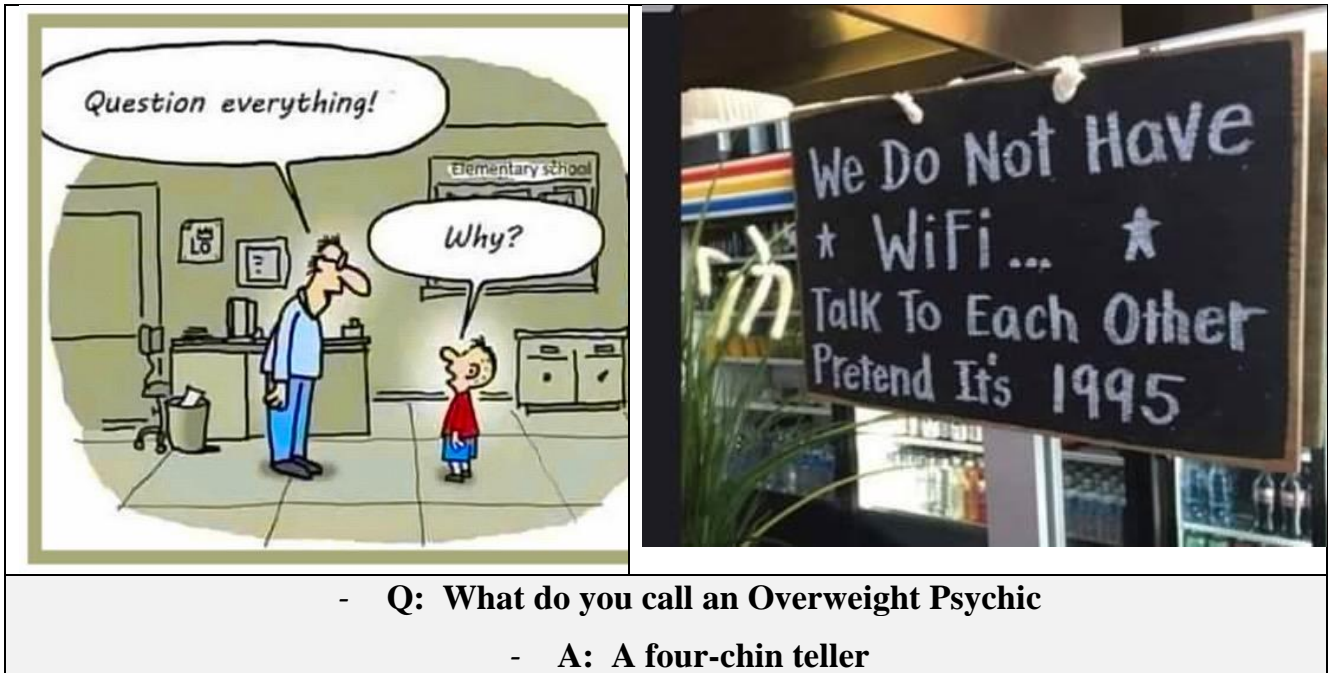
#### GEELONG PROSTATE SUPPORT GROUP

First Name: ..... Surname: .....

Email: .....

Phone No .....

## 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](http://www.pcfa.org.au)

Prostate Cancer Specialist Nurse: email [pcn@barwonhealth.org.au](mailto: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](http://www.prostmate.org.au)

Cancer Council Australia: [www.cancer.org.au](http://www.cancer.org.au)

Cancer Council Victoria: [www.cancervic.org.au](http://www.cancervic.org.au)

Continence Foundation Australia: [www.continence.org.au](http://www.continence.org.au)

National Cancer Institute: [www.cancer.gov](http://www.cancer.gov)

Healthy Male (Andrology Australia): [www.healthymale.org.au](http://www.healthymale.org.au)

USA Prostate Cancer Foundation: [www.pcf.org](http://www.pcf.org)

Us TOO International Prostate Cancer Education And Support Network:

[www.pcf.org/ustoo/](http://www.pcf.org/ustoo/)

Prostate Cancer Research Institute (PCRI): [www.pcri.org](http://www.pcri.org)

American Institute For Diseases Of The Prostate (Dr Charles "Snuffy" Myers):

[www.prostateteam.com](http://www.prostateteam.com)

Prostate Cancer UK <http://prostatecanceruk.org>

Prostate Cancer Foundation – USA [www.pcf.org](http://www.pcf.org)

Prostate Rehabilitation Exercise Program [www.prostaterehab.com](http://www.prostaterehab.com)

Malecare: [www.malecare.org](http://www.malecare.org)

Life Extension: [www.lef.org](http://www.lef.org)

Beyondblue: [www.beyondblue.org.au](http://www.beyondblue.org.au)

Lifeline: <https://www.geelonglifeline.org.au/>

Chronic Illness Alliance: [www.chronicillness.org.au](http://www.chronicillness.org.au)

The Prostate Zone: [www.theprostatezone.com](http://www.theprostatezone.com)

MatesCONNECT: [www.prostate.org.au/support/matesconnect](http://www.prostate.org.au/support/matesconnect)