



Prostate Cancer
Foundation of Australia

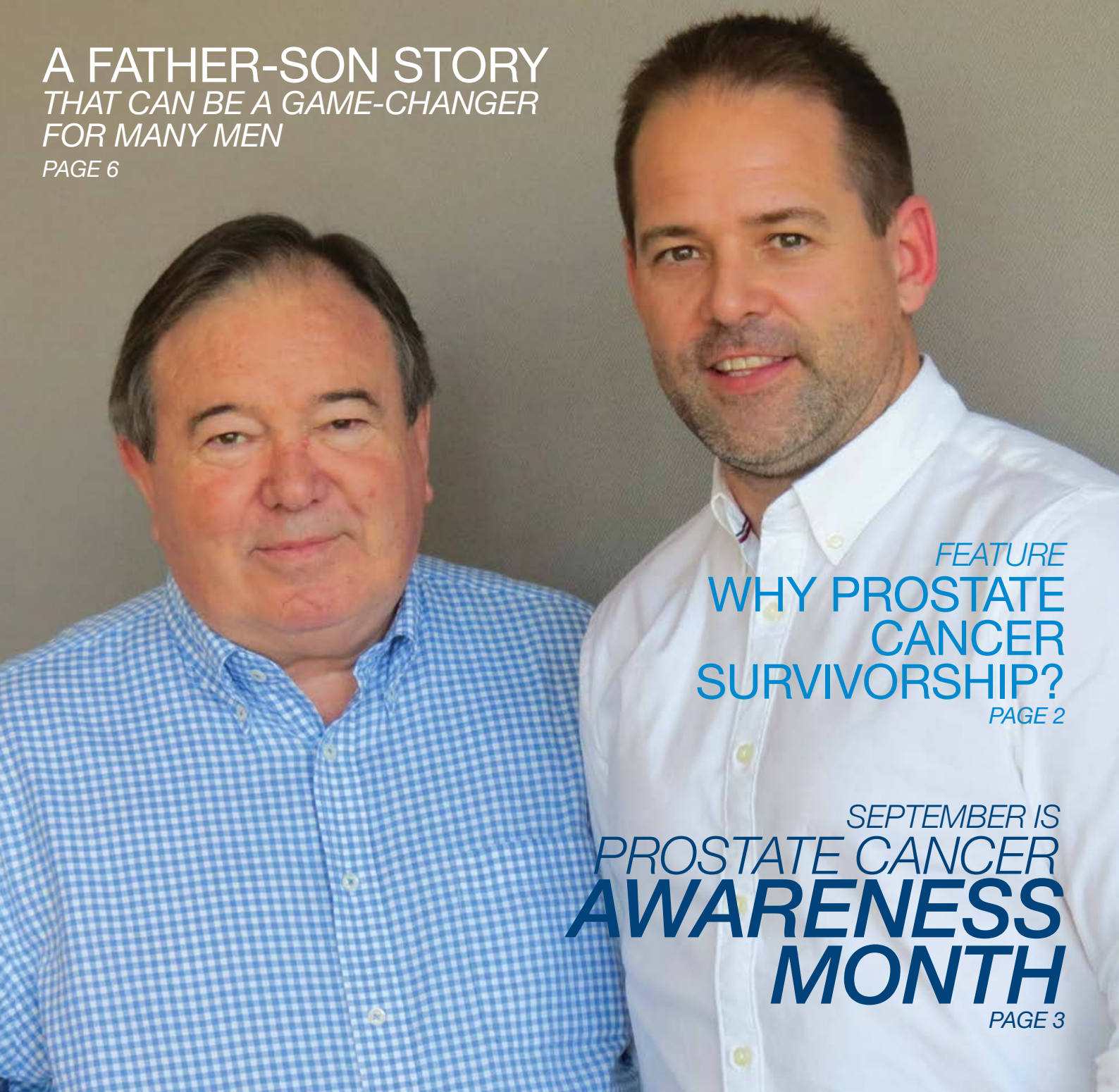
PROSTATENEWS

REDUCING THE IMPACT OF PROSTATE CANCER

ISSUE 73 / AUGUST 2019

A FATHER-SON STORY
THAT CAN BE A GAME-CHANGER
FOR MANY MEN

PAGE 6



FEATURE
WHY PROSTATE
CANCER
SURVIVORSHIP?

PAGE 2

SEPTEMBER IS
PROSTATE CANCER
**AWARENESS
MONTH**

PAGE 3

Here for you. Contact us pcfa.org.au | 1800 220 099



Contents

Feature 02

Support & Community Outreach 03

Our People 05

Research 07

Nursing 09

Fundraising 10

Corporate Support 11

Fundraising around the Country 13

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Welcome from the Chairman



I am pleased to share with you the August edition of *Prostate News*.

You might be aware that back in April we welcomed the announcement from the Federal Government of \$17.4m being invested over 3 years commencing 2020-21 for the continuation and expansion of our Prostate Cancer Specialist Nursing Program.

We are very grateful for the commendable bipartisan commitment towards one of PCFA's goals which is to provide every diagnosed man with life-changing support from a Prostate Cancer Specialist Nurse. We also thank all the Support Network Members and all those who shared their experiences with their local Members and Parliamentarians and contributed towards our advocacy efforts.

During May and June, we were particularly busy celebrating National Volunteers Week in recognition of the remarkable contributions of our diverse range of volunteers and raising awareness about the importance for men to #GetChecked during Men's Health Week.

Our community support continues to grow through individuals and companies who are responding to our appeals, joining Dry July, 'Having a Go' for prostate cancer and hosting Big Aussie Barbies. Two Biggest Ever Blokes' Lunch events were also held for the first time in Newcastle and Western Sydney.

While you enjoy this issue of *Prostate News* I invite you to check our activities planned for the upcoming **Prostate Cancer Awareness Month** this September at pcfa.org.au and become involved with the exciting fundraising and awareness events being held across the country.

Best wishes

Mr Steve Callister
National Chairman

National Board

National Chairman

Steve Callister

National Deputy Chairman

Chris Hall
(Chair Finance & Operations)

Emeritus Professor
Bruce Armstrong AM
(Chair Research Advisory)

Emeritus Professor
Judith Clements AC (QLD)

Helen Dundon (SA/NT)

Professor Mark Frydenberg AM
(Chair Awareness & Education)

Peter Haylen (NSW/ACT)

Jim Hughes AM

Associate Professor
Andrew Kneebone

Bill Munro (WA)

John Palmer (Rotary)

Geoff Underwood (VIC/TAS)

Associate Professor
Tony Walker ASM (Chair National Support & Community Outreach)

Message from the CEO



I feel privileged to write my first official message for our *Prostate News* readers.

In just five months, so much has happened at PCFA and what a pleasure to be part of a team that is fully committed to support men who have been affected by prostate cancer and their families.

With the establishment of additional Prostate Cancer Specialist Nursing roles, the launch of a revised Research Strategy, the opening of three new Support Groups in Illawarra, St Kilda and Esperance, our research, awareness and support programs continue their expansion.

Our preparations for the **Prostate Cancer Awareness Month** this September are in full swing and this year the theme is "Survivorship" – an important area particularly with increasing numbers of men in our community who have been diagnosed and treated with this disease. Our priority is to ensure men live well as well as longer!

I am passionate about creating positive change around all aspects of cancer control, spanning the continuum of research, prevention, early detection, supportive care and quality of life.

Together we can explore all possibilities to improve outcomes for all those affected by prostate cancer and continue the delivery of our mission. Thank you all for your support.

I hope you enjoy reading the newsletter.

Kind regards

Professor Jeff Dunn AO
Chief Executive Officer

Why Prostate Cancer Survivorship?



Australia currently reports mixed news on prostate cancer with the highest incidence in the world, yet ten-year survival is at an all-time high of 90% thanks to advances in treatment.

Last year, around 19,000 men were newly diagnosed, and over 200,000 men were living with prostate cancer. With incidence of prostate cancer increasing and survival at an all-time high, our focus is to do all we can to ensure men with prostate cancer are living well. However, improving quality of life for prostate cancer survivors is a complex and challenging goal.

A recent published review of current evidence funded by Prostate Cancer Foundation of Australia (PCFA) at University of Southern Queensland showed there are interventions effective for treating physical and psychological symptoms and improving health promotion. However, there are gaps in knowing how to comprehensively address prostate cancer survivorship. Currently, there is an alarming lack of evidence on interventions effective for improving care coordination or surveillance of recurrence.

Additionally, a further published review of 169 studies on geographical variations in prostate cancer outcomes, commissioned by PCFA found that men from disadvantaged areas consistently have lower prostate-specific antigen (PSA) testing and disease incidence, poorer survival, more advanced disease and higher mortality. For men in rural areas, similar patterns of outcomes were found including lower PSA testing, prostate cancer incidence and survival, but higher disease stage and mortality.

With geographic and socioeconomic status associated with poorer outcomes and few interventions available for prostate cancer survivors, novel interventions for men and their partners are urgently needed. Additionally, finding ways for these interventions to be delivered to all prostate cancer survivors

across Australia is a priority. Thankfully, PCFA is leading work to develop and deliver accessible survivorship interventions in Australia which are specifically designed to support the needs of men and improve their health-related quality of life. Early evaluation of one particular nurse-led intervention found it was feasible and suitable for roll out with plans currently afoot to commence piloting.

This work shows that the Prostate Cancer Foundation of Australia, along with their strategic collaborators, are deeply committed to resolving the challenges men with the disease face, along with their partners. Over 2019, we are keen to progress this important work and updated everyone on the efforts underway in developing prostate cancer survivorship interventions for men in Australia, and their partners.

Thank you to Associate Professor Nick Ralph for contributing to Prostate News with this article.

Nick is the current Research Program Director for the Cancer Control and Survivorship at the Centre for Health Research and an Associate Professor in the School of Nursing & Midwifery at the University of Southern Queensland. He is also the Senior Manager for Health Systems and Psycho-Oncology at Cancer Council Queensland.

Dates for your diary



SEPTEMBER: International Prostate Cancer Awareness Month 2019

September is International Prostate Cancer Awareness Month. Prostate Cancer Foundation of Australia calls on all Australians to help us: fund vital research, raise awareness for those at risk and support those living with prostate cancer.

Keep an eye on our events calendar at pcfa.org.au to learn about PCFA's activities throughout September.

These are ways you can have an impact:



Share our September messages & follow us on social media.

See: facebook.com/pcfa1 & twitter.com/pcfa



Display FREE resources at your workplace, club, organisation or event.

Call: 1800 22 00 99



Book a FREE awareness talk for your workplace, club, organisation or event.

Call: 1800 22 00 99



Donate to PCFA

Call: 1800 22 00 99 or visit pcfa.org.au



Join PCFA Online Community or an Affiliated Support Group if you have been impacted by prostate cancer to access and contribute to peer-based support.

Our network of volunteers across the country have been busy and we are thankful for their support. Check out some examples of their fantastic involvement at pcfa.org.au/news-media/news/



World Mental Health Day, Thursday October 10th, 2019

A prostate cancer diagnosis can cause considerable psychological distress. It is therefore important for people impacted by prostate cancer to take care of their mental health. World Mental Health Day is a day for global mental health awareness, with an aim to reduce the stigma associated with mental illness.

Learn more here: 1010.org.au



National Carers Week Sunday October 13th – Saturday October 19th, 2019

For people living with a prostate cancer diagnosis, carers often are an essential part of the journey and face their own challenges along the way. Inclusive of partners, relatives, friends or neighbours; a carer can really be anyone. National Carers Week is about recognising and celebrating the outstanding contribution unpaid carers make to Australia.

Learn more here: carersaustralia.com.au

A forum for Community Conversations

Community Conversations is the name given to an annual forum established by PCFA in 2016, which brings together a diverse prostate cancer community at world class Australian research centres, to exchange knowledge and share personal experiences around prostate cancer.

Expert speakers deliver the latest findings from PCFA funded research into diagnosis, treatment and survivorship for those impacted by prostate cancer. All presentations are recorded and uploaded to PCFA's Online Community Video Gallery for future viewing. As we prepare for *Community Conversations* in Sydney during September Prostate Cancer Awareness Month, we look back at some of the highlights of this program below.

Melbourne

Venue: Peter MacCallum Cancer Centre

Registrations: 229

Highlight: Associate Professor Sue Evans is the Head of Clinical Registries Unit at Monash University, and Custodian of the Prostate Cancer Outcomes Registry Australia and New Zealand. Professor Evans described how registries work and gave examples that showed the patterns of prostate cancer diagnosis, treatment and outcomes in Australia.

Feedback: 97.5% rated as Excellent or Very Good.

"I really appreciated the quality of the presenters. The information they provided was up to date and relevant."

Sydney Save the date!

Friday September 20th
Express your interest via enquiries@pcfa.org.au or call 1800 22 00 99




Community Conversations 2018 – Attendees gather outside the theatre at the stunning Peter MacCallum Cancer Centre

2019

2018

2017

2016



Community Conversations 2017 – MC Julie McCrossin addresses the audience

Brisbane

Venue: Translational Research Institute (TRI)

Registrations: 191

Highlight: Professor Suzanne Chambers AO was previously Director of the Menzies Health Institute Queensland and is now Dean of the Faculty of Health at the University of Technology Sydney. Professor Chambers outlined research aimed at establishing effective delivery of psychosocial and sexual care, integrating tailored exercise medicine programs into supportive care and improving mental health outcomes across geographic and socio-demographic boundaries.

Feedback: 94% rated as Excellent or Very Good.

"Some of the information provided was new to me and showed the progress with prostate cancer diagnosis and treatment."

Adelaide

Venue: South Australian Health and Medical Research Institute (SAHMRI)

Registrations: 199

Highlight: Professor Michael Hofman from the Peter MacCallum Cancer Centre described a clinical trial on PSMA PET scans investigating how this technology can be used to guide the treatment pathways of newly diagnosed patients.

Feedback: 95% rated Excellent or Very Good.

"Good opportunity to speak to other attendees sitting nearby and hear about their experiences, as well as hearing all the information from the various presenters/speakers at the forum."



Community Conversations 2016 – Professor Michael Hofman presenting on PSMA PET

All Community Conversations presentations are available for viewing at onlinecommunity.pcfa.org.au



Introducing Gaye McPherson

The National Support and Community Outreach Committee (NSCOC) is an advisory committee to the National Board and works with the Support & Community Outreach team to facilitate PCFA's strategic support and community outreach activities. Recently, NSCOC membership was expanded and committee members welcomed Gaye McPherson.

Gaye is a co-owner of a family owned media group, encompassing a number of regional and national publications. Previous to this, Gaye's career has centred on human services policy and operational leadership in the public and not for profit sectors.

Gaye's husband Chris was diagnosed with prostate cancer at age 53. Following his diagnosis, Chris launched Biggest Ever Blokes' Lunch, now one of our largest community fundraising activities that support our work. We thank Gaye, who has been a great support to this initiative from its inception and continuing after Chris passed away in 2015.

VALE Graeme Bradley

It is with deep sadness the Adelaide-Mitcham Prostate Cancer Support Group acknowledges the passing of their esteemed Secretary / Treasurer Graeme Bradley who lost his battle with metastatic prostate cancer on 3 June 2019.

An original member, Graeme was highly respected by all and contributed to the group in many ways over the past 14 years. A thorough gentleman, he will be greatly missed.



VALE Peter Daley

Peter Daley was a previous leader and an active member of the ACT/ Canberra Prostate Cancer Support Group. Peter gave much of his time in service to the group and broader community and will be remembered for his devotion to people's welfare.

The Group expresses heartfelt condolences to Peter's wife Patricia, who was a great support to Peter in his generous work for the community.



VALE Max Kay AM

We are heartbroken to advise that Western Australian PCFA board member Max Kay AM passed away last June.

Max was a well-known Perth identity and one of Western Australia's outstanding performers and community leaders. He devoted much of his time to charities he was passionate about and Prostate Cancer Foundation of Australia was close to his heart having been diagnosed with the disease 12 years ago.

Max was actively involved in raising awareness of the disease, often talking about his prostate cancer journey and the importance of getting checked. We send our sincere condolences to Norma, his extended family and friends.

The Department of Premier and Cabinet

#GetChecked was the message for over 70 staff at a morning tea to promote Men's Health Week.

PCFA QLD Board Chair, Emeritus Professor, Judith Clements AC, lead a highly engaging group of speakers that included leading Brisbane Urologist Dr Troy Gianduzzo, Prostate Cancer Specialist Nurse, Chris McNamara, and Iain McKenzie, Inspector-General Emergency Management Services who is also a prostate cancer survivor.

At the end of the presentation the room was abuzz with questions from the audience, a sure sign that our objective of raising awareness and encouraging participant action was hitting the mark.



Guest speakers at the Department of Premier and Cabinet information seminar: Ross Buchanan, Iain MacKenzie, Emeritus Professor Judith Clements AC, Dr Troy Gianduzzo, Peter Duffy & PCSN Chris McNamara

Doc Henning

Recently PCFA 2016 Volunteer of the Year Doc Henning was presented with a commemorative trophy to honour his commitment to fundraising for PCFA.

Doc with the wonderful support of his family, has worked tirelessly within his local community of Rockingham, WA on various initiatives such as coin donations, raffles and even selling his own home brew resulting in a fundraising total of \$66,931.10.

We sincerely thank Doc for such an incredible effort to support men and their families impacted by prostate cancer.



Pictured left to right: PCFA CEO Professor Jeff Dunn AO, State Manager - WA Allison Stephens, WA Chairman Bill Munro, Doc and Kaye Henning, Debbie and Joe Gillard

Two couples, two generations a new perspective to life

One of the factors strongly linked to an increased chance of developing prostate cancer is Genetics.

David Sandoe OAM, former National Chairman and PCFA Honorary Life Member knows first-hand that the hereditary factor can increase the risk of prostate cancer being passed from parent to child.

Back in 1996, David was encouraged by his work colleague to see a doctor and have a full medical and to his surprise, as there was no known previous history of prostate cancer in his family, he was diagnosed with the cancer at the age of 51.

David had a radical prostatectomy and after surgery, he experienced the common side effects of temporary incontinence and erectile dysfunction issues. Then, he and his wife Pam (also an OAM and PCFA Honorary Life Member) commenced counselling newly diagnosed men, their wives / partners and families before being asked to lead the Prostate Cancer Support Group at the Sydney Adventist Hospital in 2000. Then followed numerous volunteer leadership roles with PCFA.

Their own experience led them to a profound desire to share their knowledge, provide others with practical tips about living after a diagnosis with prostate cancer, volunteer their time and educate other men and their loved ones about what they have learnt – not through formal medical education but trained by their own prostate cancer journey and their professional medical colleagues.

“We have been fortunate to be able to provide support to men and their partners affected by prostate cancer not only across Australia, but also overseas. We have joined conferences to speak to thousands of men and their families over the years about ways to improve their quality of life with this couples issue,” David said.

Both Pam & David were awarded Order of Australia Medals (OAM's) in the 2006 Queen's Birthday Honours for service to community health through support for men diagnosed with prostate cancer and their families through PCFA. David's included service to the Insurance Industry.

Aware of the hereditary factor and the importance for men to get checked, David and Pam encouraged their two sons Scott and Mark to have annual full medical checks including the PSA blood test once they turned 40.

It was last November, when their youngest son, Mark, was diagnosed with prostate cancer at only 41. His first PSA test showed a normal reading. However, an escalated PSA level in a second test and a biopsy confirmed the diagnosis.

Like his father, he had a radical prostatectomy – perhaps the main difference was that Mark's was a robotic assisted procedure. Within 6 weeks Mark went through the process of diagnosis, biopsy and surgery.

“Time was of the essence and that early diagnosis was crucial as the tests indicated that the cancer was contained within the prostate,” Mark said.



Pam, David, Mark and Lucie

Pam and David became prostate cancer counsellors for their own son and daughter in law, Lucie, preparing them for the challenges they were about to face.

“It was a very different experience discussing possible side effects, like incontinence and erectile dysfunction/sexual issues with your own children, but at the same time it was crucial,” David said.

Mark was treated at the Chris O'Brien Lifehouse and cared, among others, by Liz McKervey, a PCFA's Prostate Cancer Specialist Nurse. David was a key player in the establishment of the PCFA Prostate Cancer Specialist Nursing Program.

“We were fortunate to have Mark in very good hands. He received the best care through his medical team lead by his urologist. So, together with Pam and David, we got vital advice through the entire process,” Lucie said.

“Prostate cancer is something we don't want any man to experience. However, in our case, it brought us closer together as couples and better as a family,” David said.

David feels that Mark has started to follow in his steps as he is now helping to increase prostate cancer awareness within the community.

“After my diagnosis and treatment, I started to speak about the importance of regular medical checks among my colleagues in the insurance industry. Now, Mark is talking to his mates and colleagues about the same issue, how important it is to have annual check-ups and to keep as fit as possible,” David said.

David and Pam, now retired, are enjoying much more family time (with Scott, Tanya and Mark and their spouses they now have eight grandchildren). Trips in their “truck” (as the children call it) and caravan, exploring the back roads and catching up with friends is their other passion.

“Lucie and I know how incredibly fortunate we were throughout this whole process, which was made easier with the love and support from family and friends, plus the great medical care we experienced. Thankfully we are now back to full quality of life with our young family”, Mark said.

We thank David, Pam, Mark and Lucie for their remarkable contribution by sharing their story with us and supporting our awareness goals about the importance of getting checked.

Meet the researcher



Associate Professor Natałka Suchowerska

Smart radiotherapy:
killing more prostate
cancer by stimulating
immune responses

“What this discovery will enable us to do is give the same dose of radiation and have a higher killing effect of cancer cells while minimising the destruction of healthy cells, therefore have a much better treatment for the patient.”

The problem

Doctors currently deliver the maximum acceptable dose of radiation to the area that needs treatment within the prostate. Unfortunately, this treatment has undesirable side effects such as fatigue and bowel incontinence.

What we know

The researchers and doctors know that giving the radiation dose in a tight lattice pattern, with quickly changing high and low doses, leaves just enough cells struggling to stay alive that they signal each other and all die.

This new technique is referred to as smart radiotherapy. It is very encouraging to see this technique work well in laboratory conditions. However, it remains to be determined whether the results can be replicated in patients with prostate cancer.

The proposed solution

To design a smart radiotherapy treatment that is more efficient and has far less side effects, then test it in a world-first clinical trial in Australian patients.

Dr Suchowerska and her team used several different types of prostate cancer cells and normal prostate cells to compare the new method with the standard radiotherapy.

They found that the greatest benefit was better preservation of normal tissue while retaining the killing of the cancer cells.

Dr Suchowerska's team also found the delivery of smart radiotherapy was feasible and practical by demonstrating it on a patient prototype. They were able to use existing radiotherapy equipment, as opposed to new machinery. The new treatment may be even more effective when used during proton beam therapy.

This ground-breaking work would not have been possible without the generous donation of Mather Foundation. We thank Nick & Judy Mather for their contribution and wish Dr Suchowerska all the best in her research towards better treatments for men with prostate cancer.

Promising results from the ENZAMET clinical trial

Enzalutamide (Xtandi®) is a drug that improves survival rates for men with late-stage disease, called metastatic castration resistant prostate cancer. The potential for Enzalutamide to benefit men at an earlier stage is being tested in the ENZAMET clinical trial, run by the Australia and New Zealand Urogenital Prostate cancer trials group (ANZUP).

The aim of ENZAMET is to ask whether Enzalutamide added to 'hormone therapy (ADT)' improves survival times for men with metastatic hormone-sensitive prostate cancer. These men have prostate cancer that has already spread before receiving ADT. Their usual treatment would start with ADT plus an anti-androgen drug. When this combination no longer controls tumour growth, other treatments (e.g. Enzalutamide, chemotherapy) are given.

1,125 men volunteered for this trial and were randomly assigned to receive either Enzalutamide (563 men), or standard treatment (562 men) with ADT. Results from the ENZAMET trial were released this year at the ASCO conference in Chicago.

Benefits from adding Enzalutamide to ADT

- Increased survival time. After an average 34 months of follow-up, fewer men in the Enzalutamide group (102 men) died than in the standard care group (143 men).
- Reduced likelihood of PSA levels rising.
- Reduced likelihood of new tumours being seen on scans.

Side effects from adding Enzalutamide to ADT

Men who took Enzalutamide with ADT had a higher chance of side effects including:

- fatigue (25% of men taking Enzalutamide versus 14% with standard therapy)
- seizures (6 men who took Enzalutamide versus 1 man who took standard therapy)
- febrile neutropenia (fever/infection with low blood counts)
- neuropathy (pain in hands and feet).



Dr Shahneen Sandhu

Enzalutamide with ADT and chemotherapy

Many of the men in this trial also needed to take the chemotherapy drug called docetaxel. Currently, Enzalutamide is not taken at the same time as chemotherapy. In this study, the results show that combining chemotherapy with the Enzalutamide and ADT treatment reduced the beneficial effects of Enzalutamide and increased the likelihood of side effects such as pain in the hands and feet.

Conclusions

Enzalutamide combined with ADT increases survival time and the time until cancer progression occurs in men with metastatic hormone-sensitive prostate cancer, but these men experience more side effects compared to men having ADT alone.

When Enzalutamide and ADT is combined with chemotherapy, the benefits of Enzalutamide on survival were reduced and there were more side effects experienced by the men. More research is necessary to determine whether Enzalutamide is worthwhile for these men.

What does this mean for Australians with prostate cancer?

Before Enzalutamide can be prescribed for men with metastatic hormone-sensitive prostate cancer, this new treatment regime must be approved by the TGA. PBS listing will also be needed for this drug to make it affordable for these men. It will take some time for these approvals to be obtained before Australian men can be prescribed affordable Enzalutamide with ADT for this stage of prostate cancer.

For more information about these research stories, please email us on research@pcf.org.au

We are pleased to share with you some of the recent achievements of PCFA's Prostate Cancer Specialist Nurses (PCSN)

Our nurses are committed to providing expert care and support to men and their families through diagnosis, treatment and beyond. They are passionate and highly skilled leaders and we believe they make a real difference to the lives of people affected by prostate cancer.

International collaboration continues

Prostate Cancer Foundation of Australia (PCFA) was pleased to host a visit from Helen Johnson, an advanced prostate cancer nurse from the Christie Hospital in Manchester UK – the largest single site cancer centre in Europe.

Helen specialises in prostate cancer with particular interest in survivorship and has been the lead on redesigning after care pathways, including nurse led services. She lectures at master's level in Uro-oncology and is involved in survivorship research.

She conducted a presentation by teleconference for all our Prostate Cancer Specialist Nurses across Australia which was very well received. This was a valuable opportunity to learn from colleagues in the UK.

Helen was very interested in gaining an understanding of our PCSN program and visited several PCSNs in their hospitals to see their roles in action. She also spent time in the Melbourne office learning about PCFA's Research Program and our Support and Community Outreach Programs including peer led support groups, the ambassador program and our online community.

PCFA was also privileged to have Professor Mark Lazenby, from Yale University, deliver a journal club presentation via teleconference to our Prostate Cancer Specialist Nurses across Australia. Prof Lazenby is an advanced practice cancer nurse with a special interest in psycho-oncology. He gave an excellent presentation on the importance of screening for distress when caring for men with prostate cancer.

Awards and Achievements

Congratulations to Sonia Strachan, our Prostate Cancer Specialist Nurse in Shepparton for winning best paper award at the Australia & New Zealand Urological Nurses Society annual conference in April.

Sonia's paper highlights the role of a working group that was established in 2018 at Goulburn Valley Health to develop a care plan for men on Androgen Deprivation Therapy (ADT), commonly known as 'hormone therapy'. The ADT Action Plan can be used by all members of the health care team to help men manage both the course of treatment and the side effects.

According to Sonia, Androgen Deprivation Therapy is known for its clinical benefits, but there are considerable side effects for patients under ADT. Having a team approach to manage these, leads to better quality of life for men on this type of treatment.

"This award is not only a recognition for our group, but also for the generous community who have supported the funding of my position through the Biggest Ever Blokes Lunch in Shepparton," Sonia said.

Congratulations also to Deirdre Kiernan, Prostate Cancer Specialist Nurse in Mater Hospital – Brisbane who has been awarded the prestigious Australia & New Zealand Urological Nurses Society Diamond Professional Development Award for 2019. Deirdre plans to use this award to undertake a study tour exploring models of nurse led prostate cancer care in the UK.

PCFA is very proud of Prostate Cancer Specialist Nurse Gay Corbett in Ballarat who was a finalist in this year's Victorian Men's Health Awards. Gay has developed a program that helps men and couples deal with the effect prostate cancer treatments can have on sexual function and on relationships. Gay has also been awarded the 2019 Rosemary Kelley Fellowship from the Nurses Board of Victoria for her work developing this program.

Welcome to Ashley Leach, the new PCSN in Bairnsdale from May 2019



We extend a warm welcome to our newest Prostate Cancer Specialist Nurse, Ashley Leach who has been successful in gaining the Bairnsdale Regional Health Services PCSN position. Ashley will be based in the Oncology Unit at Bairnsdale Hospital working two days per week.

Big Aussie Barbie is turning 10



We invite you to celebrate Big Aussie Barbie's 10th birthday with your mates by hosting a BBQ during September, International Prostate Cancer Awareness Month.

Thousands of BBQs have been held over the last 10 years creating important conversations and raising vital funds for prostate cancer. Thank you to cricket legend and Big Aussie Barbie ambassador Matthew Hayden AM and to the many companies, families and community groups who have held BBQs already this year. Congratulations to Bush Flyers Down Under who held BBQs throughout regional Australia raising almost \$10,000, Hitachi Construction Machinery who supported with a \$10,000 donation and Joshua Butler in Darwin who used his birthday to raise funds, to name a few.

Visit www.bigaussiebarbie.com.au to sign up

It's a Bloke Thing Foundation going from strength to strength

The It's a Bloke Thing Foundation continue to grow and expand their luncheons raising funds to grow the number of Prostate Cancer Specialist Nurses across the country.

The second It's a Bloke Thing Darwin was once again a tremendous success. Wagners, QANTAS, Paspaley, Dhipiri, Darwin International Airport and Dreamedia along with the committee continue to contribute to the funding of a full-time Prostate Cancer Specialist Nurse in Darwin, serving the Northern Territory.

The first-ever It's A Bloke Thing Gold Coast luncheon brought a strong crowd of more than 300 supporters who were entertained by a variety of surprise guests, including Australian singing legend Daryl Braithwaite, athletic royalty Joel Parkinson and Guy Andrews and iconic television personality Ray Martin. The day was a huge success and funds raised will go towards funding a new Prostate Cancer Specialist Nurse on the Gold Coast.



It's a Bloke Thing MC Amanda Pernechele from Moo Media revving everyone up



It's a Bloke Thing Gold Coast

Biggest Ever Blokes' Lunch – even Bigger!

Our largest community fundraising event, Biggest Ever Blokes' Lunch, is getting even bigger with a new look and even more locations.

Since its beginnings in Shepparton in 2009, over 33,000 people have attended lunches and raised more than \$5.5 million to support the Prostate Cancer Specialist Nursing Program, fund important research and raise awareness within the community. These lunches, now with new branding are highly anticipated by hundreds of regular lunch-ers. Although the lunches are light-hearted and enjoyable, participants don't lose sight of the serious reason they're coming together.

Biggest Ever Blokes' Lunches take off in NSW!

PCFA NSW Deputy Chair Lyn Thurnham organised Newcastle's first Biggest Ever Blokes' Lunch on Friday 31st May. The event was a huge success, wildly surpassing expectations, and saw a fantastic assembly of local businesses taking part. It was great to see these organisations working to raise awareness for prostate cancer in the Hunter region.

The brand new Bankwest Stadium in Parramatta played host to the inaugural Biggest Ever Blokes' Lunch in Western Sydney on Friday June 14th. Over 250 movers and shakers enjoyed the fabulous backdrop of Bankwest Stadium as they listened to a wonderful ensemble of speakers opening up the conversation about prostate cancer during Men's Health Week.



Biggest Ever Blokes' Lunch Western Sydney at the Bankwest Stadium

Trek for Prostate Cancer



Our intrepid trekkers on the Larapinta Trail

In early May we partnered with adventure specialist, Aurora Adventures to create a wilderness trekking challenge on the Larapinta trail in Central Australia.

The group was made up of adventurous souls which included a prostate cancer survivor, family members and PCFA supporters. During their outback adventure our hardy fundraisers walked up to 20km a day over medium to hard grade tracks and raised over \$72,000. We are already taking expressions of interest for our 2020 Treks. Watch this space for more information.

We are delighted to announce new corporate partners committed to further improving outcomes for men and their families affected by prostate cancer

This quarter, we are pleased to welcome two new partners to our prostate cancer community. Together with PCFA these businesses are determined to improve prostate cancer outcomes for future generations of Australian men and ensure that they all receive the support they need.

The ATOM Community Engagement (ACE) Fund was recently established by industrial and safety supplier, ATOM. The fund collects a percentage of ATOM proceeds generated by the sale of products from Nogard Australia brands. A selection of PCFA customised products have been developed and will be sold across some of Nogard's flagship brands which include King Tony Australia, PPE Select, Duwell, Endurite, New Balance and Diadora. As a Major Partner of PCFA, ATOM Community Engagement (ACE) seeks to bring maximum exposure to prostate cancer issues in their industry.

Nogard Australia have a range of PCFA customised blue product coming soon, so you can show your support and join "The Blue Crew".

PCFA is also one of three charities, alongside Starlight Foundation and Ovarian Cancer Foundation, that customers purchasing **Maxigesic**® pain-relief products from participating pharmacies can donate to, this spring. During the campaign, customers will receive a token representing a \$1 donation to nominate their favourite charity by placing into collection boxes displayed at point-of-sale.

In other news, at the 42nd **Tyrepower** International Conference held in Port Douglas during April, Tyrepower members were moved by a colleague's personal story of his experience with an aggressive prostate cancer. He was only 54 years of age at diagnosis and spoke of the life-changing support that he had received from Chris McNamara, his Prostate Cancer Specialist Nurse at Greenslopes Private Hospital in Brisbane, as he underwent a harrowing treatment regime. Chris also spoke alongside his patient and local Prostate Cancer Specialist Nurse Margie Shearer, from the Cairns and Hinterland Hospital



Participants at the 42nd Tyrepower International Conference

and Health Service, about the support that Prostate Cancer Specialist Nurses provide. Tyrepower members also held a Big Aussie Barbie and other fundraiser activities for PCFA as part of the conference.

Over 8,200 anglers from across the country took part in the **Pirtek** Fishing Challenge on Sunday, 17 March, 2019 in support of PCFA and Peter Duncan Neurosciences Research Unit. In June, at the inaugural Biggest Ever Blokes Lunch Western Sydney, one lucky bidder won a day's fishing on the glorious Sydney Harbour with Pirtek Fishing Challenge event organiser and host of television show, Reel Action, Michael Guest. Pirtek were a driving force behind the lunch with CEO Stephen Dutton a valued member in the organising committee.

PCFA would like to thank all our business partners for their continued support, especially our dedicated major partners:



The Hon. Michael Kirby AC CMG shared a powerful story with us

This cannot get more personal, as it is the story of his father. We are very grateful for this act of generosity that helps us to spread the message about the importance for men to get checked.

Donald Kirby was only 23 when Michael was born. This loving father of four, was a healthy man deeply engaged with his fatherhood role. Michael's siblings include two brothers – also lawyers and a sister who is an accomplished nurse.

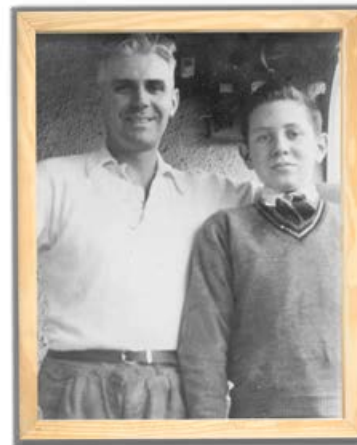
At the age of 95 Donald had just renewed his driver's licence – a token that confirmed the complete independence he enjoyed in his life. Then, he was suddenly diagnosed with prostate cancer.

"My mother had died 10 years earlier, but my father was fit as a fiddle until the prostate cancer diagnosis," Michael said.

Through the years Donald experienced various pains which were not properly tracked down. He would go to his local doctor, who was more in the nature of a friend. They would talk about Noel Coward's musicals instead of getting down to the basic business of getting his prostate checked.

By the time of his diagnosis it was too late to do anything except wait for the end. The journey was short but intensely painful. "Several times my father told me 'I have overcome many scrapes in my life and I will beat this one', but he did not," Michael said.

His disease left Donald depressed and angry with his fate. His family will never know whether anything could have been done to give him a longer life with quality.



Michael Kirby with his dad Donald Kirby

Like others of his generation, Donald was waiting for the letter from the Queen on his hundredth birthday.

Donald's story teaches us the importance for men to check their prostate health.

"Certainly after 60, regular PSA tests and rectal examination and other tests as required. This is the male equivalent of breast cancer. Men must talk about it as women talk about breast cancer," Michael said.

Despite the progresses in diagnosis and treatment of prostate cancer and what now can be done by the doctors, the beginning of wisdom is community awareness and knowledge.

"Families need to be included in this campaign. And sons need to be alerted early to the risks," Michael said.

"Don't believe the common reassurance that all old men die with prostate cancer, not of it. My father died with it and of it...and he still had a lot of living to do."

"He lived until he was nearly 96 and many people said he had enjoyed 'a good innings'. However, when he died, this phrase irritated me because he had not wanted to die, was still generally healthy and above all had all his marbles," Michael concluded.

To support the work of Prostate Cancer Foundation of Australia call 1800 220 099 or visit pca.org.au

In this edition of Prostate News we would like to thank all the donors who supported our 2019 Tax Appeal.

Robert & Jenny have written a thank you message that we are pleased to share with our readers:

Having prostate cancer is a tough journey and we are very thankful to everyone who supports us. We wish to thank especially those who have read about the PCFA appeal and related to what is happening to us. Thank you to all who have been moved to donate to the vital research for prostate cancer.

Time together is important for everyone and we are thankful that our family was

able to celebrate our son's wedding in May. Something we were very unsure that we would be together as a family to do.

The medical support that we have received has given us the time to continue to create these wonderful memories. Thank you again for your generosity for this very important appeal.

Regards, Robert & Jenny Stubbs



FUNDRAISING AROUND THE COUNTRY

NSW/ACT

We are so lucky to have an amazing group of NSW/ACT fundraisers who work incredibly hard raising awareness and funds for prostate cancer. To name a few:

Gail and Chris Dunne OAM, founders of The Long Ride and wonderful supporters of PCFA, set off from NSW Government House for their 9th Long Ride on May 11th. They were joined by PCFA's CEO, Professor Jeff Dunn AO, who felt inspired by the hard work and generosity of these motorcycle enthusiasts. Along their way to Darwin they were joined by 300 riders who have raised over \$250,000 for PCFA over the course of the 2019 event.

Don Bastone hosted the 4th Dine & Dance for a Cure at the Canada Bay Club on May 18th raising a record \$51,000. This event is so popular that tickets sold out in one day! Don created Dine & Dance in honour of his Dad, Mario Bastone, who passed away 7 years ago from prostate cancer.

Our friends at Balmain Sports Medicine hosted another well attended golfing event with special guest, His Excellency General The Honourable David Hurley AC DSC (Ret'd), then Governor of New South Wales (now Governor General) raising another \$12,000 in their annual event.

The Lions Club of Gerringong held their annual Motorfest in February on a beautiful summer day, again supporting PCFA and raising over \$9,000. Thank you to all our fantastic supporters.



Gail and Chris Dunne OAM were joined by PCFA CEO Prof Jeff Dunn AO at Government House for the launch of the 9th Long Ride



Don Bastone presents a cheque for the \$51,000 raised so far by Dine and Dance for a Cure



James and Ross Sutherland with Craig Gregory of Balmain Sports Medicine and David Hurley, former Governor of NSW

WA

HBF Run for a Reason

The 2019 HBF Run for a Reason took place in Perth on May 19th and we had a very special participant Bill take part in support of PCFA. Bill conquered the 12km track and despite the early start and chilly morning, he finished the run with a big smile on his face. A big thank you to Bill for choosing PCFA in memory of his father-in law who had suffered from prostate cancer.



Bill having completed the 2019 HBF Run for a Reason

Carlisle Football Club

Carlisle Football Club had a great win during a mid-season footy game whilst also raising much needed funds and awareness at their annual PCFA Fundraising Day. In the days leading into the event, PCFA ambassador Chris Downey hosted an education session for the team with invites extended to family and friends. The boys then took to the field over the weekend proudly wearing custom designed PCFA football guernseys and absolutely looked the part.

Everything from raffles to bouncy castles, the entire family was catered for. Club Coach and West Coast Eagles premiership player, Adam Hunter also played over the weekend sporting his special PCFA jumper. Congratulations to the whole team on contributing and hosting such a fantastic event and a special thank you to Alan Tyler for all the background work you undertook to make it happen.



Carlisle Football Club supporting prostate cancer (photo courtesy of Jake Garland photography)

SA/NT

The SA and NT office is celebrating the amazing contribution of our partners.

The inaugural **Cruise for the Cause** event galvanised the classic motorcycle and hot rod community to raise funds with a ride and drive through Darwin. Attracting over 200 classic bikes and cars and over 600 visitors, the event has raised over \$25,000 to support men's health.

Adelaide's business and community leaders attended the **Friday Long Lunch** on 12 July. Corporates meet business compatriots and raise awareness, support and much needed funds. St Andrews Hospital, GenesisCare, Dr Jones & Partners, Clinpath Pathology, Device Technologies, Coopers Brewery, Dandelion Wines, S Smith and Sons, the Cathedral Hotel and L'Oreal Australia all cheered Dame Edna AVERAGE on stage from her American tour!



Cruise for the Cause event organiser Dan Leather suited and booted for prostate cancer



Dame Edna Average entertained the Friday Long Lunchers

QLD

Staying on purpose and building collaborative partnerships continues to drive impactful fundraising and awareness initiatives in Queensland. Whether it be an individual community fundraiser, corporate partner, trust or foundations, the public sector or small to medium enterprises, our fundraisers have one goal – to spread the #GetChecked message and raise funds for awareness, research and support. Here's how they've been Having a Go!

KPMG & Morgans Cocktail Party

We don't often associate cocktails and canapes with prostate cancer but that's what brought together fifty of Brisbane's most influential executives and philanthropists during Men's Health Week.

The exclusive event organised by KPMG Australia and Morgans Financial Limited was hosted by Greg "Marto" Martin from Brisbane Big Breakfast radio show on Triple M Brisbane and was dedicated to raising funds to support ground-breaking nuclear medicine treatment trials for men with advanced prostate cancer.

Guest speakers included John Wagner, Chairman of Wagner Corporation and Co-founder of one of Australia premier fundraising events It's a Bloke Thing, prostate cancer survivor and Morgan's Chief Operating Officer, Peter Chisholm, Associate Professor David Pattison and PCFA QLD Board Chair, Emeritus Professor, Judith Clements AC.

Wild Dogs Postie Ride

Over Easter a group of intrepid riders took to the road on 110cc postie bikes for an epic ride from the Gold Coast to Uluru. Travelling on mostly dirt roads and battling flooded roads and flies, the riders raised almost \$20,000 with donations still coming in.



The Storey Bridge lit blue for Men's Health Week



The Wild Dogs Postie Ride

VIC/TAS

Tremendous effort and support from all our community fundraisers from VIC and TAS. Their generosity and eagerness to support is so greatly appreciated.

'My Horizon' Flight

After his own diagnosis with prostate cancer, Craig Robinson set out on a mission in May to fly around Australia to raise awareness and funds to help reduce the impact of prostate cancer on Australian men and their families.

He travelled thousands of kilometres, visiting incredible locations, chatting to locals and spreading the #GetChecked message across the country, not to mention his fabulous fundraising efforts of over \$5,000. Thanks Craig for your support and 'Having a Go' for prostate cancer.



Puddleduck Dunk 2019 Duck Race Finish Line

Puddleduck Vineyard Duck Race

Long-time supporters, Puddleduck Vineyard have once again held their plastic duck race to help find a cure for cancer. Over 1600 plastic ducks were purchased in support of 3 charities and although a "blue duck" did not cross the finish line first, PCFA was still a big winner receiving over \$5,000. Thanks to everyone who contributed to this fun and successful event.

Special shout out and thanks goes to runners Nikita and Kate who signed up for the Great Ocean Road Half Marathon in May and raised just over \$2,300 in support and to acknowledge people's strength and courage through adversity.

Thanks also to Sarah and Troy who celebrated their birthdays in May with a themed party and requested guests donate to PCFA in lieu of gifts.

Calendar of Events

August

11 August

City2Surf, Sydney

13 August

Biggest Ever Blokes' Lunch
Noosa, QLD

18 August

Shannons Sydney Classic
Motor Show, Sydney
Motorsport Park

22-25 August

Shag Islet Cruising Yacht
Club "Rio Carnival"
Rendezvous, Whitsundays

25 August

Bridge to Brisbane,
Brisbane; Classic Cars and
Coffee, Perth

30 August

Biggest Ever Blokes' Lunch
Shepparton, Victoria;
Biggest Ever Blokes' Lunch
Wagga Wagga, NSW

September

1 September

Run for Dad, Bendigo;
Run with Dad, Darwin; Just 8's
Show & Shine, Currimundi, QLD

6 September

It's a Bloke Thing luncheon,
Toowoomba QLD; Biggest Ever
Blokes' Lunch Ballarat, VIC;
Biggest Ever Blokes' Lunch,
Melbourne, VIC

7-14 September

Outback 4WD Adventure,
Lightning Ridge, NSW

8 September

Sandy Point Half Marathon,
Brighton, VIC

15 September Blackmores
Running Festival, Sydney

22 September

Classic Cars and Coffee, Perth

October

4 October

Biggest Ever Blokes' Lunch
Echuca, VIC

11 October

Biggest Ever Blokes' Lunch
Mildura, VIC;
Biggest Ever Blokes' Lunch
Wellington, Sale, VIC

13 October

Melbourne Marathon Festival

18 October

Biggest Ever Blokes' Lunch
Baw Baw, Warragul, VIC

20 October

Classic Cars and Coffee, Perth

27 October

Classics in the Park, Berwick,
VIC

For more information about upcoming events visit pcfa.org.au



NEW HOLLAND

a proud major partner of

PROSTATE CANCER FOUNDATION OF AUSTRALIA

Together we are working to help reduce the impact of prostate cancer in regional and rural Australia. For more information visit pcfa.org.au



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