

# PROSTATENEWS

REDUCING THE IMPACT OF PROSTATE CANCER

ISSUE 68 / JANUARY 2018



Progress thanks to Research

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*For more information on PCFA, please visit [www.pcfa.org.au](http://www.pcfa.org.au)*

## Welcome from the Chairman



May I commence by thanking all our supporters for your invaluable assistance throughout 2017. I continue to marvel at the commitment made by our many volunteers and financial supporters aimed towards improving the life and circumstances of men, their partners and families affected by prostate cancer. It is because of you that we can aim to make a real difference across Australia on behalf of our men.

In November our Patron in Chief, His Excellency General the Honourable Sir Peter

Cosgrove AK MC (Retd) Governor-General of Australia and her Excellency Lady Cosgrove hosted a thankyou event at Admiralty House in Sydney on behalf of PCFA.

Sir Peter thanked PCFA for the work it is undertaking for men affected by prostate cancer. It is very helpful to have Sir Peter's support as it continues to reinforce the importance of the work we undertake on your behalf.

With best wishes  
Jim Hughes AM, National Chairman.

## Message from the CEO



In this edition of Prostate News, we are pleased to announce the successful applicants for our 2017 research funding round. These exciting awards

include research to generate new knowledge in the fight against prostate cancer; research into improved application of existing drugs and treatments; and research focused on improving quality of life. Through research our goal is to improve outcomes for the 200,000 Australian men and their families currently living with prostate cancer, and ultimately, finding a cure for this insidious disease.

Overall, we will invest \$5 million in research in 2018. That would not be possible without strong partnerships with leading Australian universities; medical colleges; collaborative clinical trials groups; and our funding partners CAN4CANCER, Distinguished Gentleman's Ride, It's a Bloke Thing and Movember.

Working in partnership, the prostate cancer community has made tremendous progress over the last twenty years. The five-year relative survival from prostate cancer improved from 63% in 1989-93 to 95% in 2009-13. This has been achieved through new discoveries in detection, drugs and treatments, none of which would have been possible without research. At the same time, research has enabled us to improve quality as well as length of life. As PCFA Ambassador Gary Conyers explained at our recent Thank You function hosted by the Governor General, research discoveries have kept him alive since his diagnosis with advanced prostate cancer ten years ago. We are extremely grateful to our funding partners and for the strong community support for our research program.

Associate Professor Anthony Lowe,  
Chief Executive Officer.

## National Board

### National Chairman

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Distinguished Professor  
Judith Clements AC (QLD)

Michael Brock (SA/NT)

Associate Professor Andrew Kneebone



# Peyronie's disease in men with prostate cancer

By Dr Wendy Winnall, PCFA Scientific writer

Peyronie's disease is a condition where plaques of scar tissue form in the penis. It's particularly relevant for the prostate cancer community because it is more common in older men and can sometime arise after treatments for prostate cancer or erection problems.

Peyronie's disease plaques can be painful and cause bends in the penis. There may also be shortening or narrowing of the penis. A serious case of this disease can have devastating effects, making erections and sexual activity very difficult. It's estimated that between 4% and 9% of men in their 60s have some form of Peyronie's disease.

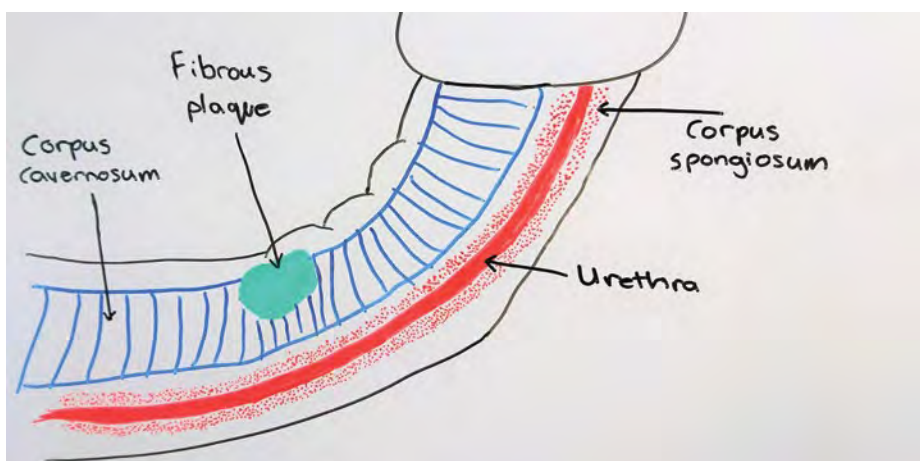
The causes of Peyronie's disease are not fully understood, but there is evidence for numerous different risk factors. These include a family history of the disease or the presence of a similar condition affecting the hands called Dupuytren's contracture. It is more common in older men, those with diabetes and men who have suffered damage to their penis. Men with prostate cancer may have an increased rate of Peyronie's disease, but there is a lack of high quality studies estimating this rate.

Peyronie's disease and erection problems can go hand-in-hand. It's thought that repeated damage (such as bumping or stretching) of an erect penis can lead to build up of scar tissue that doesn't heal properly. This may happen when a man who is not completely erect attempts to have intercourse.

Unfortunately, Peyronie's disease can sometimes be a side effect of a Alprostadil, drug that induces erections. This drug is sold in Australia as Caverject Impule and is a component of Trimix. The Australian product information sheet for Caverject Impulse states that "in four clinical studies, the frequency of penile

fibrosis (including Peyronie's disease, angulation, and fibrotic nodules) was 4.8%." Men taking this medication are encouraged to follow the directions carefully and consult with their doctor if issues arise.

There are treatments available for Peyronie's disease in Australia. These treatments are unlikely to restore the penis back to its original form, and do not work well for every patient. They include injections to try to dissolve away the plaques as well as surgery to correct penis deformities. Contact your doctor for more information.



# Queensland board members farewell

Our Queensland Board said farewell to three long serving board members at its board meeting on Wednesday 29 November 2017.

Warren Cameron, Ian Smith & Daryl Hyland have been an integral part of the Queensland Board for over nine years and have been actively involved in many aspects of the Board's activities during their tenure. All three men have left a lasting legacy and made a significant contribution to assist us and the many men, partners and families impacted by prostate cancer.

Warren has been an active member of the board for the past nine years. His dual role with Rotary has been a driving force in growing this relationship. Ian has also been on the board for the past nine years and

is a keen advocate for men with prostate cancer and one of the busiest ambassador speakers in South East Queensland, delivering hundreds of presentations.

Daryl has served continuously on the board for the past three years in his capacity as Queensland Chapter Council Chair, however, he has been involved with the Queensland board and with us for many more years as a leading Support Group member. He is a recipient of the prestigious Max Gardiner award.

We wish them all well in the future and thank them for volunteering their time, sharing their experiences and providing support and expertise to us and our supporters.



# Research program continues to fund mission related research

Our research program continues to fund mission related research. This year, we received 49 applications for funding in three distinct categories focusing on diagnosis, treatment, those that seek to improve outcomes of prostate cancer treatment and survivorship. Eight meritorious grants were approved by the National Board. Lay summaries of research starting in January 2018, funded through the generosity of our donors, are:

## Clinician Scientist Award

### Using DNA sequencing to improve outcomes in localised prostate cancer

*Dr Niall Corcoran, University of Melbourne, VIC*

An accurate estimate of the effect of treatments on a patient's wellbeing would help predict the best management strategy for men with localised or advanced prostate cancer. Using tumour samples from patients, we will investigate new ways to predict disease outcomes and drug resistance using information from DNA sequencing.

## New Concept Grants

### Can exercise improve bowel function of prostate cancer patients?

*Prof Robert Newton, Edith Cowan University, WA*

The side effects of prostate cancer treatments can change the type of bacteria living in the gut, causing problems such as diarrhoea. This study will explore whether exercise can improve the gut bacteria of prostate cancer patients receiving hormone therapy. The project will ask if a twelve week exercise medicine program can improve the gut health.

### Smart radiotherapy: killing more prostate cancer by stimulating immune responses

*A/Prof Nataalka Suchowerska, Chris O'Brien Lifehouse, NSW*

Men with prostate cancer benefit from radiotherapy because their tumour is specifically targeted, minimising damage to the rest of the body. Previous studies showed 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 immune response has worked so well in the laboratory, we are planning to test this in a world-first clinical trial in Australia patients.

### Harnessing the immune system to treat metastatic prostate cancer

*Dr Michele Teng, QIMR Berghofer Medical Research Institute, QLD*

Cancer immunotherapies use a patient's own immune system to fight the tumour. Dr Teng's laboratory showed that combining an immunotherapy with a drug that prevents bone destruction worked effectively to suppress prostate cancer growth in mice. This study will ask how this drug combination has superior anti-cancer activity, and whether it can benefit men with advanced prostate cancer.

### Discovery of new therapeutic targets for aggressive prostate cancer

*Dr Brett Hollier, Queensland University of Technology, QLD*

This project aims to discover new drug targets for neuroendocrine prostate cancer, a particularly aggressive form of this disease. Current clinical therapies are ineffective at inhibiting the growth and spread of this type of prostate cancer. This study aims to establish new strategies to specifically kill neuroendocrine prostate cancer.

## John Mills Young Investigator Awards

### Analyses of aggressive, early-stage prostate cancer

*Dr Roxanne Toivanen, Monash University, VIC*

Neuroendocrine prostate cancers are highly aggressive tumours that often arise when hormone therapies stop working. Some tumours have neuroendocrine cells present prior to hormone therapy. This study will investigate the properties of early-stage prostate cancers that have neuroendocrine cells, and compare them to the end-stage, lethal neuroendocrine tumours.

### A new approach to prostate cancer treatment by targeting fats

*Dr Zeyad Nassar, South Australian Health and Medical Research Institute, SA*

Cancer cells use more energy than normal cells to grow, move and resist treatment. Fats are the main energy source for prostate cancer cells. The conversion of fats into energy is performed by specific enzymes. When these enzymes' actions are enhanced, this can fuel tumour growth. This study aims to understand the role of an important enzyme in prostate cancer growth and therapy resistance.

### Improving the effectiveness of the PSA test

*Dr Srilakshmi Srinivasan, Queensland University of Technology, QLD*

The current PSA test needs to be more effective and reliable. A personalised approach to modify this test could improve its effectiveness. This study will comprehensively analyse how an inherited factor affects PSA's role in disease progression. The outcomes from this study may lead to a new type of PSA test that has the potential to save and improve the lives of men with prostate cancer.



# Men's Health Forum – Give it a go!

*Men's Health Forum – Give it a go!* was held in November last year at the Olivia Newton-John Cancer Wellness and Research Centre (ONJ Centre) at Austin Health in Victoria for the second year.

This information forum and lunch to promote awareness of men's health issues coincided with November's men's health month, to support men, their carers and families who are living with prostate cancer. The forum was open to anyone wishing to be better informed about prostate cancer.

The ONJ Centre has developed the Men's Health Forum, because the number of men living longer and surviving a cancer diagnosis is increasing. There are many specific health needs and challenges facing them and their families. The high comorbidity in prostate cancer patients is also associated with an increased mortality from other causes. A cancer diagnosis can raise many questions and uncertainties and they are always looking for opportunities to better inform, support and empower patients and their families to self-manage their health and wellbeing.

After an introduction from the ONJ Centre Wellness and Supportive Care Manager on the concept of wellness – *a holistic approach to health and wellbeing*, Prostate Cancer Specialist Nurse Carla

D'Amico from the ONJ Centre convened the day with the following guest speakers:

- Cyril Dixon from the Movember Foundation is part of a program team, setting up new models of care for men living with prostate cancer. He has an extensive nursing history, held various positions in health at a local and state-wide level and is a passionate advocate for men's health issues to stop men dying too young. He spoke about the history of Movember and how they supported men with prostate cancer through different projects.
- Dr Mark Ng is a consultant endocrinologist and diabetes physician from the Men's health clinic at Austin Health. He spoke about Clinical endocrinology being a branch of medicine dedicated to the diagnosis, treatment and research into diseases of the endocrine glands, which secrete hormones into the blood stream. He discussed the role of Testosterone and hormone therapy in men and the effects on weight, diabetes, cardiovascular disease, bone health and sexual health.
- Ashley Bigaran is an accredited Exercise Physiologist who is currently pursuing her PhD at the Centre of Exercise and Nutrition, Mary McKillop Institute for Health Research, at Australian Catholic University (ACU). She gave an energetic and passionate talk on the benefits of quality exercise for men with a diagnosis of prostate cancer.



Carla D'Amico, Nick Warren and Leigh Wallace at the Men's Health Forum

The final speaker was Leon Sinnott who has taken on a voluntary role in the hope that speaking about his experience with depression and the work of *beyondblue* will help raise awareness of mental health issues and hence reduce the stigma associated with mental illness. It was a courageous and humbling personal account to share his lived experience and challenges faced from a consumer perspective and the impact his mental illness has had on his life and family.

The day was well received by the participants who gave encouraging feedback.

2018 promises to be another busy year. In 2017 we secured Commonwealth Government funding for 28 nursing positions, bringing the total to 46. There will be new nurses at the following hospitals:

Chris O'Brien Lifehouse, Central Coast Cancer Centre, Illawarra Cancer Centre Wollongong, South West Sydney Local Health District Liverpool, Albury Wodonga Regional Cancer Centre, Calvary Mater Hospital Newcastle, The Alfred Hospital, Moorabbin Hospital, Box Hill Hospital, Casey Hospital, Sunshine Coast Hospital Public, Princess Alexandra Hospital, Royal Adelaide Hospital, St John of God Murdoch, Tamworth Hospital and Joondalup Genesis Care.

We will commence induction training in March 2018 in Melbourne for the new nurses in association with Australian Prostate Centre.

We look forward to developing successful programs to support men and their families who suffer from prostate cancer.

# Your regular gift can provide expert support when it's needed most

Each year, 20,000 Australian men are diagnosed with prostate cancer. That means that every day, 54 men are told "you have prostate cancer." Words no man wants to hear.

For many men their diagnosis is the first time they have given prostate cancer a thought. It can cause a lot of uncertainty and it is often too frightening to face alone.

Friends and family are absolutely vital, but our Prostate Cancer Specialist Nurses have the knowledge and skills to help men at all stages of their cancer journey – diagnosis, treatment and aftercare.

We believe that every man affected by prostate cancer should have access to this life-changing, expert nursing support, no matter where in Australia they live.

When police officer, Steve Lindsey, was diagnosed with prostate cancer he remembers it as one of the most frightening times of his life.

"I was lying awake at night, wondering what on earth is going to happen. There was this dreadful feeling that nobody knows what you're going through and that you're actually facing it alone." remembers Steve.

Steve found himself looking at a leaflet, paralysed with terror by those two words 'prostate' and 'cancer'. He saw that there was a contact number for Chris McNamara, one of our Prostate Cancer Specialist Nurses. Steve fought his fear and decided "I'm going to call this guy."

Steve remembers feeling so glad that he did, "It was the best phone call I ever made. He calmed me right down. Took me through every step. Chris had all the answers. I was so relieved. On the day of my surgery, Chris said he was going to meet me at the hospital. He said he'd be there when I woke up – and he was. At a time in my life when I needed someone to guide and support me, Chris was there. I can't thank him enough."

Chris is one of our 46 expertly trained Prostate Cancer Specialist Nurses making a difference to how men cope with their diagnosis and treatment. Sadly, two in three men are currently missing out on this life-changing expert nursing support.

We need at least 110 nurses across Australia if we are to ensure that all men have access to this specialist care and support when they need it most.

Please help us make this happen. By making the commitment of a regular monthly donation, you can ensure specialist nurses can support every man diagnosed with prostate cancer, during the most frightening time of their lives.

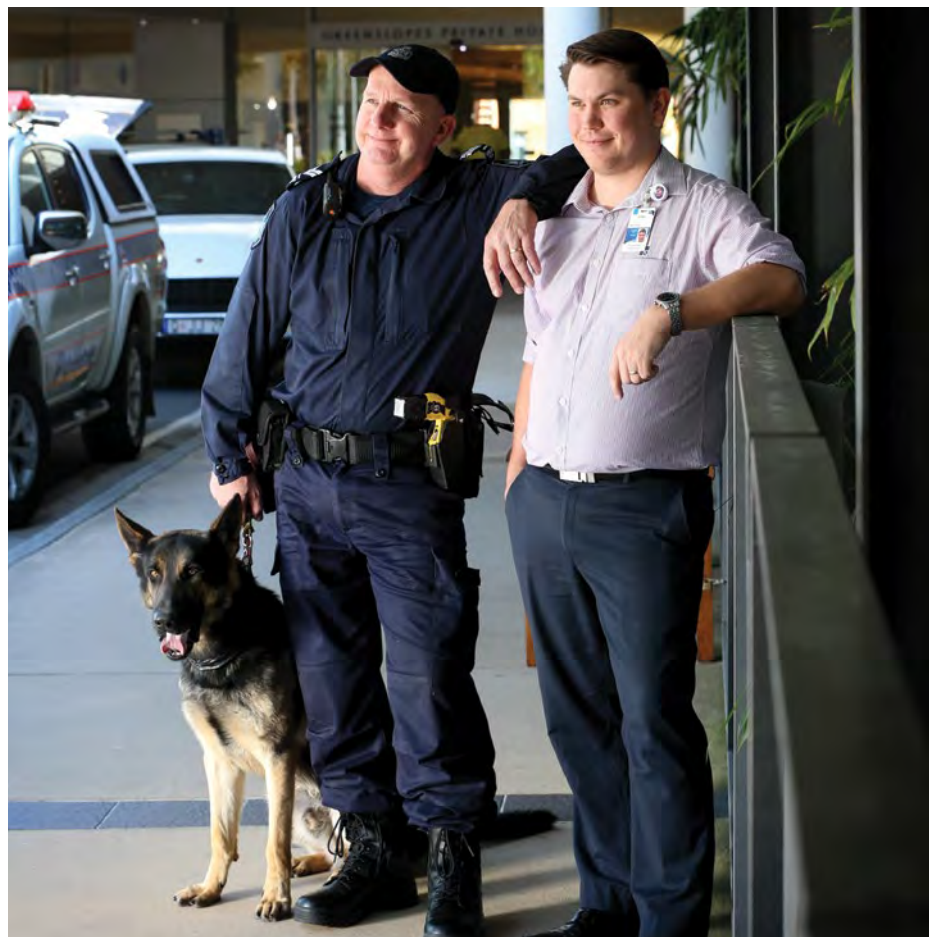
Your regular monthly support could help in so many ways:

- \$10 per month could allow two patients to receive an initial consultation with a specialist nurse

- \$20 per month could fund pre-and post-surgery support
- \$40 per month could fund expert nursing support for one day

A monthly donation doesn't have to be large to make a difference. It can be as little or as much as you can afford. Your monthly support will help us plan ahead and make long-term commitments to grow our nursing program. Most importantly, you will give hope to men with prostate cancer and their families.

To find out more about regular monthly giving, please contact our donations team on email [donations@pcfa.org.au](mailto:donations@pcfa.org.au) or phone 1800 220 099 or online [www.pcfa.org.au/donate](http://www.pcfa.org.au/donate)



Steve (left with his police dog Leo) received expert help and guidance from his Prostate Cancer Specialist Nurse, Chris.

# Support Group Partnerships Recognised in their Local Communities

Prostate Cancer Support Groups across Australia continue to form valuable partnerships within their local communities to raise awareness of prostate cancer and strengthen opportunities to support men and their families.

## Proudly Supported by PCFA

We were proud to support the Breast & Prostate Cancer Survivors Forum in Toowoomba in October 2017. Local Prostate Cancer Specialist Nurse Jo Hiscock and members of the **Toowoomba Prostate Cancer Support Group** were all in attendance.



Toowoomba PCSG members with local Prostate Cancer Specialist Nurse Jo Hiscock and Peter Duffy, our State Manager (QLD)

We were again proud to support Members of the **Nepean/ Blue Mountains Prostate Cancer Support Group** who formed a Dragon Boat Team to help raise awareness during a large annual Dragon Boat Festival.



Nepean / Blue Mountains PCSG Dragon Boat Team

## September Prostate Cancer Awareness Month

**Peninsula Prostate Cancer Support Group** hosted a live viewing of our 'Ask the Experts' Webcast with 32 people attending and participating in a follow up question and answer session with local Prostate Cancer Specialist Nurse.

Theming their September meeting around the importance of getting regular health check-ups, **Dural & District Prostate Cancer Support Group** encouraged members to wear a checked shirt in support of the awareness message #GetChecked. Professor Simon Wilcock was welcomed and presented on a variety of issues from the perspective of a GP.



Dural & District PCSG with Professor Simon Wilcock

**Griffith Prostate Cancer Support Group** was pleased to host special guest speaker Dr Visalini Nair-Shalliker at a free information evening open to the community. Dr Nair-Shalliker is a co-investigator working on a Movember Clinical Trial Award, awarded through our research program.

The **Westmead Prostate Cancer Support Group** celebrates their 20<sup>th</sup> anniversary in September 2017.



Westmead PCSG with our CEO Anthony Lowe

**Limestone Coast Prostate Cancer Support Group** assisted in an annual Big Aussie Barbie hosted by their Federal MP for Barker, Tony Pasin, on the 26 September 2017. The BBQ was joined by the great James Morrison with his Trumpet and students from the Music Academy. The group distributed information and had conversations on the importance of getting checked with workers from the main street of Mount Gambier.



Limestone Coast PCSG with Mr Tony Pasin MP and James Morrison



**Box Hill Prostate Cancer Support Group** had a busy September Awareness Month. It started with a local radio interview, followed by an information stall at Box Hill Bunnings and finished with an awareness evening with over 70 people in attendance.

The group also attended the City of Whitehorse spring Festival in October last year with an audience of over 18,000 peoples. They visited the Peter Callum Cancer Centre to hear from local experts and participated in numerous promotional events at Rotary, Probus and other Community Based Groups. The group feels the active approach has resulted in increased membership and enquiries and look forward to further activity in 2018.

## Field Days

This year **Inverell & Tamworth Prostate Cancer Support Groups** joined forces to promote their respective groups and prostate cancer awareness at one of the largest field days in Australia, Ag-Quip.



*Inverell & Tamworth PCSG*

**Orange Prostate Cancer Support Group** joined with our major partner New Holland and Orange Hospital Prostate Cancer Specialist Nurse at the Australian National Field Days over the 26 - 28 October 2017. The event attracted 16,000 people and over 100 show bags with our information resources were distributed.

## General Support Group Update

**Whyalla Prostate Cancer Support Group** hosted the local continence nurse who provided insight into managing incontinence.



*Whyalla PCSG and local continence nurse*

**Bathurst District Prostate Cancer Support Group** hosted an information stall at the Bathurst Farmer's Market. The group also attended a health information day at the local aboriginal community centre organised by Marathon Health & Daffodil Cottage.



*Bathurst District PCSG*

Members of the **Parkes Prostate Cancer Awareness and Support Group** spread the word on prostate cancer and services available to help at the local Agricultural Show.



*Parkes PCASG*

**Southsiders Prostate Cancer Support Group** continue their presence at major local shopping centres to raise awareness of prostate cancer and promote their group.



*Southsiders PCSG*

Visit our website [www.pcfa.org.au](http://www.pcfa.org.au) for further information on upcoming awareness and information events and details to connect with your nearest prostate cancer support group.

## Calendar Reminders

**Mental Health Week**  
**World Cancer Day**  
4 February

For further information please visit <http://www.worldcancerday.org/>

**Fair Day (NSW)**  
18 February

For further information please visit [www.pcfa.org.au/events](http://www.pcfa.org.au/events)

## Pride Festivals 2018

This year we have expanded outreach activities to connect with gay and bi-sexual men in the community with attendance at Midsumma Carnival in Melbourne and Fair Day in Sydney.

Both events provide an opportunity to increase awareness of prostate cancer and specific resources and supports tailored to meet the needs of gay and bi-sexual men. Community events such as these facilitate collaboration and networking with workers from other agencies and community organisations.

Importantly, involvement and awareness of the local gay and bi-sexual prostate cancer support groups is incorporated.

Melbourne's Midsumma Carnival was held in Alexandra Gardens on 14 January 2018, Sydney's Fair Day is held in Camperdown on 18 February 2018.

We hope to connect with attendees at these events and encourage them to visit our site, take part in the photo booth and enjoy the day.



## National Support & Community Outreach Committee

# Interview with Ian Wagner, outgoing Chairman of the National Support & Community Outreach Committee

**When were you first diagnosed with prostate cancer and what was your experience at the time?**

*After waiting for a urologist for two years I was diagnosed mid 2009 in Alice Springs. The recommendation was to have my prostate out as soon as possible and I did so in November 2009, after a small delay for my daughter's wedding.*

**How has the quality and access to information changed since you diagnosed?**

*The urologist I saw was based in Adelaide and didn't bring information along. He showed me information on his laptop and I had to look it up separately at home. There's been a remarkable increase in quality of information available at support groups and if I had access to the current resources back then, I don't think I'd have spent as much time online.*

**How did your involvement with PCFA begin?**

*After diagnosis, I joined the Alice Springs Prostate Cancer Support Group, shortly after taking up the position of group leader. From there I sat on the SA/NT Chapter Council before becoming Chair and joining the National Support Group Committee (NSGC). In 2013, I became NSGC Chair which gave me a position on PCFA's National Board. This involvement continued through to the newly established National Support and Community Outreach Committee in 2016.*

**What's been your proudest moment?**

*I can't pinpoint a specific moment, I've been involved with many initiatives and many people over my time volunteering with PCFA and it's been quite amazing.*

We sincerely thank Ian Wagner for this valued contribution and welcome Associate Professor Tony Walker to the role. Please refer to our About Us webpage to learn more about the National Support and Community Outreach Committee.



Ian Wagner and PCFA Chairman Jim Hughes

# Ambassador Update

2017 was an incredible year for our Ambassadors, with many exciting awareness and education events and presentations happening across Australia. We were proud to collaborate with Cancer Council South Australia (CCSA) on several talks, with the aim of providing awareness to culturally and linguistically diverse groups in the Adelaide area.

On International Men's Health Day, we, together with CCSA and the Overseas Chinese Association of South Australia, hosted an event for Chinese men, along with a Chinese interpreter. The aim was to provide information on prostate cancer awareness, as well as smoking cessation. The presentation was very well received, with many questions being asked by the audience. Our materials were distributed in both English and Chinese.

We also worked with CCSA and the Pentecost Men's Ministry in Athol Park, SA, on Cancer Awareness Day for African men, which was also very well attended. Many thanks to CCSA for their support in raising awareness throughout the state, and to all Ambassadors for their fantastic work throughout 2017.

**If you would like to host an Ambassador in your workplace, community group, or organisation, please contact [ambassadors@pcfaustralia.org.au](mailto:ambassadors@pcfaustralia.org.au) or 1800 22 00 99.**



*PCFA Ambassador David Merry (far right, second row) delivered a presentation to the Overseas Chinese Association, along with a Chinese-speaking interpreter.*

## Vale Robert Kraal

Robert Kraal, founder of Ringwood Prostate Cancer Support Group, sadly passed away 11 June 2017 and is survived by his wife Julie and family.

Robert was diagnosed with prostate cancer in 1991. After a long treatment journey, Robert eventually met with other men who had been impacted by prostate cancer to form a support group in 1994.

Over more than twenty years this group would support those impacted by prostate cancer from across the Melbourne region. Robert's successors continue this support for the community to this day.

## Vale Barry Murnane

Ringwood Prostate Cancer Support Group sadly said goodbye to group president Barry Murnane after his passing on 2 August 2017.

Barry was diagnosed with prostate cancer fourteen years ago, and was given a prognosis of two years. Keen to share his experience with others he joined the Ringwood PCSG in 2003 and became president in 2005. Barry is survived by his wife Claire who was a great support to him during his journey with prostate cancer and an asset to the group.

Barry will be missed by all members of the group for his positive attitude, encouragement and his sense of humour.

## Vale Paul Hobson

Prostate Heidelberg Cancer Support Group have sadly said goodbye to a long-term member of the group, Paul Hobson, who passed away on 3 September 2017.

Paul was a powerful influence for the better on all members of Prostate Heidelberg and served the group in many roles including as secretary, writer of the newsletter, meeting chair and new member contact. Paul's active approach to online communities and advocacy efforts also did an enormous amount in helping those impacted by prostate cancer outside of the group.

The group will remember Paul as a person who was generous with his time and knowledge, who faced his own situation whilst managing to help others too. Paul will be sorely missed.

## Queensland

### Shag Islet Cruising Yacht Club

The Shag Islet Cruising Yacht Club once again welcomed over 200 yachts and over 800 Vice Commodores to their 7th annual Rendezvous in the Whitsundays in August 2017. After four days of fun and frivolity, both on the water and the beach, the yacht club made a record breaking donation to us and raised vital awareness of prostate cancer.



Shag Islet

### It's a Bloke Thing

The 7th It's A Bloke Thing Toowoomba focused on raising awareness of prostate cancer and raising substantial funds for prostate cancer research, care and education. Ray Martin, yachtsman John Bertrand, singer Harrison Craig, world champion boxer Jeff Horn (all pictured below) and Qantaslink CEO John Gissing were among the 540 business and community leaders at the lunch held at Wellcamp Airport.



Ray Martin, yachtsman John Bertrand, singer Harrison Craig and world champion boxer Jeff Horn

## New South Wales

### MotoGP

We were honoured to be the Official Charity for the Michelin Australian Motorcycle Grand Prix at Phillip Island and the Barry Sheene Ride. Thank you to Australian Grand Prix Corporation, Queensland MotorGP rider and PCFA ambassador Jack Miller and the 70 Long Ride volunteers who helped raise awareness and funds for prostate cancer.



Long Ride volunteers supporting PCFA at the MotorGP expo

### Outback 4WD Adventure 2018

Are you a keen 4WD driver looking for adventure? Why not join us on an outback fundraising journey to the Simpson Desert. To be held 22 - 29 September 2018, this group of 4WD enthusiasts will be fully supported by Charity Car Events and 4WD author Vic Widman. To book visit [www.pcfarally.com.au](http://www.pcfarally.com.au)



## South Australia

### West Beach Pink and Blue Swim 2018

West Beach Surf Club are once again expecting over 1000 people swimming, walking and running in the Pink and Blue Swim / Walk on the West Beach foreshore on Saturday 10 February. Join us in this family friendly event celebrating fun in the sun and fundraise for prostate cancer.



### Paddle 4 Prostate 2018

Paddle 4 Prostate makes a splash with canoes, kayaks, stand-up paddleboards, rowers, surf lifesaving clubs and dragonboat teams paddling around Delfin Island in Adelaide and fundraising for prostate cancer on Sunday 11 February. Presented by us and City of Charles Sturt, the event is supported by Channel 7 and CMI Toyota. To register visit [www.paddle4prostate.com.au](http://www.paddle4prostate.com.au)



## Victoria / Tasmania

A big thank you to all our fantastic supporters in Victoria & Tasmania. We continue to have strong support through our community with events including Charity Boys Gala Dinner, Run for Dad-Bendigo, Lacrosse Referees Assoc. (Vic), Big Plums Tour and I will survive all raising vital funds for us as well as providing great platforms for prostate cancer awareness.



PCFA supporters at the ECA/David Parkin Dinner

## Western Australia

### Canningvale Men's Shed

Men's Sheds are a place of encouragement in an atmosphere of good old-fashioned mateship. our Ambassador, Ian Mawson, recently attended Canningvale Men's Shed to deliver a talk on prostate cancer and was presented a cheque to support research. Thanks to all who attended the Men's Shed Quarterly Tea and for supporting WA men and their families impacted by prostate cancer.



Canningvale Men's Shed

### Swim for Prostate Cancer in 2018

Why not challenge yourself in 2018 with either the Cotto Swim in February or Port to Pub in March and fundraise for prostate cancer. The inaugural Cotto Swim on Saturday 24 February will see swimmers take off from the Cottesloe Beach for a 3km round trip. For long distance swimmers, the annual Rottneest Hotel Port to Pub is happening again Saturday 17 March 2018. Sign up now for either event and receive a free PCFA branded singlet.

# Community Fundraising

## Big Aussie Barbie

Big Aussie Barbie got off to a great start last year with hundreds of fantastic barbies already being hosted across Australia by our amazing community.

Supported by our ambassador Australian cricket legend Matthew Hayden AM, we are pleased to report that we are over halfway towards our target of \$1million and with the campaign running throughout the summer we are confident we will achieve our goal.

### Why not fire up your BBQ this summer?

Both Australia Day and World Cancer Day (Sunday 4 February) are great opportunities to host a Big Aussie Barbie and raise awareness and funds for prostate cancer.

Get involved by signing-up at [www.bigaussiebarbie.com.au](http://www.bigaussiebarbie.com.au)

## Beaumaris Motor Yacht Squadron Big Aussie Barbie Breakfast-Brunch

Beaumaris Motor Yacht Squadron (BMYS) hosted its second annual Big Aussie Barbie Breakfast-Brunch in September last year. Attendees enjoyed a fun-filled morning with a tasty breakfast-brunch, family entertainment, music, games and prizes.

BMYS, which has around 600 predominantly male members, became involved when the Commodore, Ross Popplewell, recognised that many of the club's older members had experienced prostate cancer. Thank you to BMYS, Bayside-Kingston PCGS and all the wonderful sponsors and supporters.



BMYS Commodore Ross Popplewell, Hon Tim Wilson, Federal Member for Goldstein and John Strachan, our State Manager Vic/Tas

## Biggest Ever Blokes' Lunches

Over 5,000 people attended our Biggest Ever Blokes' Lunches in Victoria, Wagga Wagga and Brisbane throughout 2017.

The lunches started in Shepparton in 2009 after one bloke, the late Chris McPherson AM, found out he had incurable prostate cancer.

In 2018 we are expecting even more Biggest Ever Blokes' Lunches with Apex Australia announcing an exciting national initiative to drive lunches throughout their extensive network of community clubs.



## The Long Ride

The Long Ride was held in October 2017 with 425 riders participating from all over Australia revving up their engines for an epic adventure around Tasmania. Special thanks to Chris and Gail Dunne whose incredible dedication makes this unique event such a success. Thanks also to the riders and supporters who have made a tremendous impact by raising almost \$2M for prostate cancer since 2007.



# Our Corporate Partners

The valued support of our corporate partners has once again afforded us new ways to connect with the Australian public and offer greater support to those affected by prostate cancer.

CAN4CANCER, a **CommBank Group** community initiative with Tour de Cure raised more than \$1.5 million for prostate, breast and neuroblastoma cancer projects, promoting health and fitness to its staff, clients and communities in 2017. CBA staff voted to support the nuclear medicine clinical trial that we are involved in through collaboration with ANZUP Clinical Trials group.



Can4CANCER cyclists and walkers finishing at Darling Harbour

In the lead-up to Father's Day, our new corporate partner - **Makita Australia** - launched a campaign donating \$10 from the sale of specially marked 18V Mobile Stick Vacuum Kits. A must for every tradesperson or home handyman, it is hoped that these vacuum kits will also create awareness of this critical men's health issue and the toll that it can take on families.



**GAZMAN** once again donated \$5 from the sale of every \$69 pair of pants sold to support men living with prostate cancer, their partners and families in August. For the first time, GAZMAN also asked customers to double their impact by matching their donation at check-out – a request that was well taken-up.



**New Holland Agriculture** supported the production of a series of our videos highlighting the unique prostate cancer challenges faced by country men. The videos which we launched in October 2017 feature the individual stories of two survivors, Geoff a grazier from Queensland and Richard a retired detective now living in Ballarat. In addition to being viewed many thousands of times online, the stories have also received coverage in much local media.



**UBET** helped to drive awareness with customers in September 2017 by running awareness messages on instore screens in over 1,000 locations. In addition to also hosting Big Aussie Barbies at key locations, the UBET Breakfast show on RadioTAB also featured prostate cancer interviews with our CEO Associate Professor Anthony Lowe and Rugby League identity, Darryl Brohmann who is a prostate cancer survivor.



# DRIVING SUPPORT FOR PROSTATE CANCER AWARENESS.

IN PARTNERSHIP WITH PCFA, BMW GROUP AUSTRALIA  
IS PROUDLY RAISING AWARENESS FOR MEN'S HEALTH.



DRIVING SUPPORT FOR  
PROSTATE CANCER



Prostate Cancer  
Foundation of Australia

Major Partner