

PROSTATENEWS

REDUCING THE IMPACT OF PROSTATE CANCER

ISSUE 72 / MARCH 2019



A MEANINGFUL PARTNERSHIP

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Welcome from the Chairman



Welcome to the March edition of *Prostate News*.

At the Board's November 2018 meeting, Prostate Cancer Foundation of

Australia reviewed its Strategic Objectives and is committed to continue the expansion of our impact as the voice and the authority on prostate cancer in Australia, the continuation of innovative research and the advancement of our awareness, support and care programs to meet the needs of men impacted by prostate cancer.

Our generous supporters play a crucial role in achieving our mission. This year our community fundraising team is encouraging individuals and organisations to "Have a Go for Prostate Cancer." Together we can achieve a great deal for men living with prostate cancer and improve health outcomes for future generations.

This initiative creates an opportunity for you to participate and engage with your workplace, local businesses, cultural organisations, clubs, and other community-based groups, to ensure we increase funding to support our programs and research priorities. I encourage you to access our website at www.pcfa.org.au/haveagoforprostatecancer and get involved.

The most powerful way to spread awareness of this disease is to share your own

experiences with prostate cancer. You are the driving force behind shifting perceptions on men's health issues and increasing knowledge across the nation. Every conversation counts. The awareness and funds our community members raise are vital and I want to thank you for the difference you are making.

We continue working collaboratively with our stakeholders and are motivated by the commitment of our support groups – a network of peer to peer support that makes a powerful difference in the lives of men affected by prostate cancer. Our National Support and Community Outreach Committee, the growing number of Prostate Cancer Specialist Nurses – providers of expert care to men and their families at a vulnerable time in their lives, and the passion of our ambassadors for raising men's health awareness.

I know you will enjoy reading this edition of *Prostate News* and invite you to check our calendar of activities and become involved with the upcoming fundraising and awareness events.

Best wishes

Steve Callister
National Chairman

Message from the COO



It is a privilege to write a message for our *Prostate News* readers and to have the opportunity to personally thank our support groups,

ambassadors, volunteers, partners & supporters, nurses, scientific community, staff and the Australian Government for your support of Prostate Cancer Foundation of Australia.

In this issue I invite you to read about the new funding strategy for PCFA's Research program and the upcoming events that this year will contribute to our goal of creating better outcomes for men with prostate cancer and for those at risk.

Another exciting announcement is the imminent placement of three Prostate Cancer Specialist Nurses – something possible thanks to Dry July Foundation who have selected Prostate

Cancer Foundation of Australia as one of the beneficiaries of their Dry July campaign. We are also increasing our nursing support in Darwin thanks to the NT Government and the It's a Bloke Thing Foundation.

Our ability to support Australian men and their families, is very positively influenced by the incredible contributions of our donors. We receive donations large and small, from our corporate and individual supporters, people like you who want to make a real difference to the future of men's health, and for your generosity, I say thank you.

We look forward to keeping you updated on the progress of our 2019 projects.

Kind regards

Malcolm Freame
Chief Operating Officer and
Interim Chief Executive Officer

A month alcohol-free provides extra support for men with prostate cancer

More men dealing with prostate cancer in Western Sydney and Tasmania will have access to expert nursing support thanks to thousands of fundraisers who went Dry during July 2018.

Funds raised by Dry July participants and a grant from the Dry July Foundation will provide for the establishment of a new role in Western Sydney along with increased capacity in Tasmania.

This extra support will benefit thousands of men across the three sites by providing access to Prostate Cancer Specialist Nurses who can assist at all stages of their disease, including diagnosis, treatment, side effect management and after care.

Last year, an innovative new partnership with Dry July Foundation saw Prostate Cancer Foundation of Australia (PCFA) named as one of five Major Beneficiary Charities for the campaign.

Thanks to a record fundraising result from Dry July 2018, Brett Macdonald Co-Founder and CEO was able to announce this new funding for the PCFA's nursing program.

"Funds raised through Dry July go towards cancer support organisations across Australia, to help improve patient comfort, care and wellbeing."

"It is incredible that the 2018 Dry July campaign has been able to fund the equivalent of two full time Prostate Cancer Specialist Nurses in three locations. We understand the need for more specialist nurses across Australia and Dry July will continue to do everything that we can to support PCFA to grow and facilitate this program because it is so important," Macdonald said.

Sally Sara, Director, Nursing Programs at PCFA said that the funding was vital to help reach every man in need.

"Prostate cancer is too frightening to face alone. PCFA has a long-term goal to provide every Australian man diagnosed with prostate cancer with specialist nursing support. However, with approximately 20,000 men diagnosed each year we estimate we need at least 110 nurses – currently the service only operates from 45 locations across Australia."

"Our partnership with Dry July Foundation has enabled us to add to our nursing program bringing men and their families much needed support at one of the most challenging time in their lives. I would like to express my gratitude on behalf of these men to the Dry July Foundation and all those who went alcohol free during July 2018" Sara said.



Malcolm Freame, PCFA COO; Brett Macdonald, Dry July Foundation Co-Founder and CEO and Sally Sara, PCFA Director Nursing Programs

Having a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers! So, you are not only helping others through participating in Dry July, you are also helping yourself. It's a win-win!

If you would like to go alcohol free this July and help us to provide expert nursing care and support to our men, a dedicated PCFA team page will be established. Details are available at www.pcfa.org.au/dryjuly

Dry July Stats

- > Since 2008, Dry July has inspired:
 - more than 160,000 Aussies to go dry
 - raised \$37 million for people affected by cancer
 - funded projects at more than 75 cancer organisations across Australia



- > PCFA was one of five Major Beneficiaries of the 2018 Dry July campaign which raised over \$7.7million for cancer support organisations



- > The funds raised for PCFA plus a grant from Dry July Foundation have enabled us to establish a new Prostate Cancer Specialist Nurse role in Western Sydney and to increase the number of days per week prostate cancer specialist nurses are available in Tasmania



Asking the Experts

The 'Ask the Experts' webcast series seeks to support all Australians affected by prostate cancer through evidence-based and expert led information from a multi-disciplinary perspective. The programme delivers a videoed expert panel discussion on a specific prostate cancer theme via live web streaming.

The webcasts create alternative opportunities for accessing information for those isolated by geographic barriers in regional or rural Australia, those unable to travel due to ill health or those with a preference for accessing information online.

The very first 'Ask the Experts' webcast on **Prostate Cancer: Diet, Supplements & Lifestyle**, was produced in collaboration with representatives from the Network and hosted by Julie McCrossin in 2016. Since then, the series has expanded with an additional 3 webcasts hosted by Ricardo Goncalves and sponsored by Astellas.

What did viewers think?

"Excellent for those of us who live remotely."

"Thought I knew a bit about my disease, but this opened my mind..."













"...Really appreciate the webcast and the frank and open information provided."

"Very informative and very well explained by everyone. Really glad we were able to have the opportunity to have my cancer detailed in such a way."

Proudly supported by



Snapshot of the latest webcasts

Prostate Cancer: What You Need To Know <i>September 2017</i>	Prostate Cancer: Sex, Intimacy & Relationships <i>June 2018</i>	Prostate Cancer: Advanced Stages <i>November 2018</i>
<p>The Panel:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Radiation Oncologist </div> <div style="text-align: center;">  Urologist </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Prostate Cancer Specialist Nurse </div> <div style="text-align: center;">  General Practitioner </div> </div>	<p>The Panel:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  General Practitioner </div> <div style="text-align: center;">  Urologist </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Prostate Cancer Specialist Nurse </div> <div style="text-align: center;">  Psychologist </div> </div>	<p>The Panel:</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;">  Endocrinologist </div> <div style="text-align: center;">  Psychiatrist </div> </div> <div style="display: flex; justify-content: space-around; margin-top: 10px;"> <div style="text-align: center;">  Prostate Cancer Specialist Nurse </div> <div style="text-align: center;">  Medical Oncologist </div> </div>
<p>Discussion themes:</p> <ul style="list-style-type: none"> Risk factors and diagnosis Navigating different options after diagnosis Treatment and management of side effects Support available to men and their families 	<p>Discussion themes:</p> <ul style="list-style-type: none"> Treatment and management of erectile dysfunction Navigating through intimacy and relationship challenges Masculinity and sexual identity Support available to men and their partners 	<p>Discussion themes:</p> <ul style="list-style-type: none"> What happens when prostate cancer gets out of the prostate What is metastatic prostate cancer Treatment options and management of side effects Staying well while on treatment Support available for men and their partners
<p>Participation:</p> <p>473 Registrations</p> <p>217 Live viewings</p> <p>~33% of live views were with others</p>	<p>Participation:</p> <p>530 Registrations</p> <p>230 Live viewings</p> <p>~30% of live views were with others</p>	<p>Participation:</p> <p>572 Registrations</p> <p>274 Live viewings</p> <p>~35% of live views were with others</p>

View all webcasts and more videos available via PCFA's Online Community: www.onlinecommunity.pcfa.org.au

Dates for your diary



Volunteers Week

Monday May 20th –
Sunday May 26th

Look out for the announcement of the 2018 Max Gardner Award winners, recognising the amazing work done by volunteers in the roles of Ambassador or Support Group Leader with PCFA.

Learn more here:

www.pcfa.org.au/about-us/awards/max-gardner-award/ and
www.volunteeringaustralia.org/nvw



Continenence
Foundation
of Australia

Continenence Week

Monday June 17th –
Sunday June 23rd

Follow PCFA collaborative partner, Continenence Foundation Australia, during this important awareness week.

Learn more here:

www.continenence.org.au and
www.laughwithoutleaking.com.au



NAIDOC Week

Sunday July 7th –
Sunday July 14th

This year's theme of 'Voice, Treaty, Truth' seeks to highlight Aboriginal and Torres Strait Islander peoples and their aim to be more involved in decision-making in Australia's democracy.

Learn more:

www.naidoc.org.au

International Men's Health Week 2019



Help raise the profile of men's health by hosting a free talk on prostate cancer this June!

International Men's Health Week, from Monday the 10th – Sunday the 16th June 2019, is a fantastic time to host an awareness talk for your workplace, organisation, or club.

Speakers are trained community volunteers who present on prostate cancer awareness and talk about their personal cancer experience. Talks are an informative, engaging, and powerful way to help your community learn more about prostate cancer.

Awareness talks are free for the community. To learn more about arranging a speaker, please contact 1800 220 099 or email ambassadors@pcfa.org.au

For more information on Men's Health Week, please visit www.menshealthweek.org.au

Ideas to get involved with Men's Health Week

- ✓ Start a conversation about Prostate Cancer and Men's Health
- ✓ Book an appointment with your GP #GetChecked
- ✓ Host a free awareness talk

Network Member Recognised In 2019 Australia Day Honours: Max Shub OAM

PCFA congratulates long standing network member Max Shub OAM for being awarded an Order of Australia Medal for services to community health, during this year's Australia Day Honours.

We caught up with Max after receiving the award, see what he had to say below:

On receiving the award:

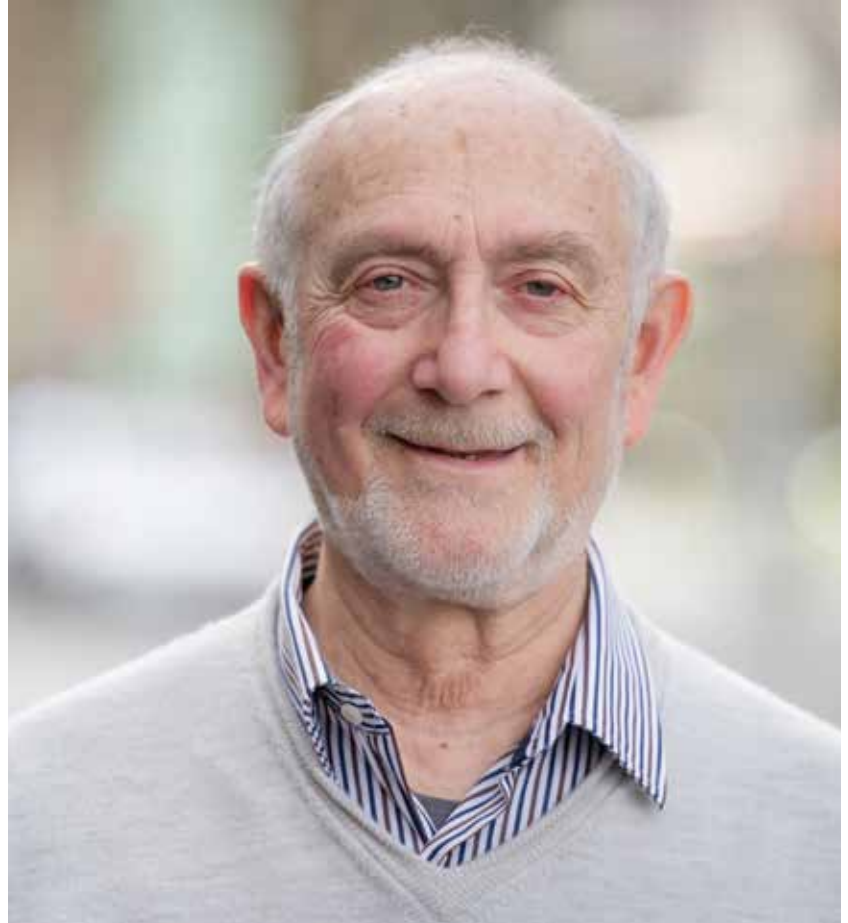
"The Award represents all people in the support group network, all deserve to be acknowledged for their great work."

On Prostate Heidelberg Cancer Support Group:

"We always look at ways we can better support people with prostate cancer. The others in the group help to make it a success, without them the group wouldn't have a voice."

Max's services with PCFA include:

- > Ambassador (since 2005)
- > Group Leader, Prostate Heidelberg CSG (since 2005)
- > Chair, VIC/TAS Chapter (2006-2012)
- > Member, National Support & Advocacy Committee (2005-2012)
- > Max Gardner Award recipient (2012)



Max Shub OAM, PCFA Network Member

We also would like to congratulate Jade-Marie Spencer (pictured) for being recognised as the 2019 Gloucester's Citizen of the Year, at the Australia Day ceremony.

Jade-Marie is a member of the Gloucester Prostate Cancer Support Group and an active volunteer at different organisations within the Gloucester community.

Likewise, we would like to acknowledge the achievements of the following 2019 Australia Day Awards winners:

- > Professor Sanchia Aranda AO
- > Mrs Pauline Gandel AC
- > Professor Afaf Girgis AM
- > Ms Julie McCrossin AM

Prostate Cancer Foundation of Australia is privileged to have their support and contribution towards our mission.



Jade-Marie Spencer, 2019 Gloucester's Citizen of the Year

VALE ROBERT HENRY (BOB) COLLARD M.B.E.

It is with great sadness we received the news of Bob Collard passing in December 2018. Bob was previously a Max Gardner Award winner, co-founder and president of the Central Coast Prostate Cancer Support Group. The group honours his work and continues to this day. Bob will be greatly missed.

A truly remarkable contribution

Every Friday Connie Cameron arrives at Prostate Cancer Foundation of Australia (PCFA) National Office to dedicate her time as one of our valued long serving volunteers.

Some of our *Prostate News* readers may recall Connie, as the friendly first point of contact for many of our supporters. Connie has had a long-time connection with PCFA, 20 years to be precise.

During the early years of the Foundation, Connie decided to volunteer at PCFA and help with administrative tasks. Not long after, she was offered part time employment.

"I was proud to be one of PCFA employees. That was a time when many processes were done manually as there was not much automation, which meant most tasks were time consuming," Connie remembered.

Connie retired in 2013, but remained connected with PCFA as a volunteer. Her passion for helping others, and her desire to improve the lives of men affected by prostate cancer has allowed Connie to see first-hand our transformation, growth and impact on the community.

At 85, Connie is not afraid of technology. Quite the opposite, with the attitude and open mind of any millennial, she is eager to learn the new CRM (Customer Relationship Management) recently implemented at Prostate Cancer Foundation of Australia.

"I am really excited to be taught how to use the new database. I have worked with different systems and I am sure this one will make our administration processes more efficient," Connie said.

Connie's late husband Jim was very supportive and involved with her job – he attended PCFA events and many times helped with mail outs folding and stuffing envelopes, when required. Sadly, he passed away from lung cancer in 2015.

We would like to acknowledge and thank Connie and all our past and current volunteers for their dedication and significant contributions.



Connie Cameron, PCFA volunteer

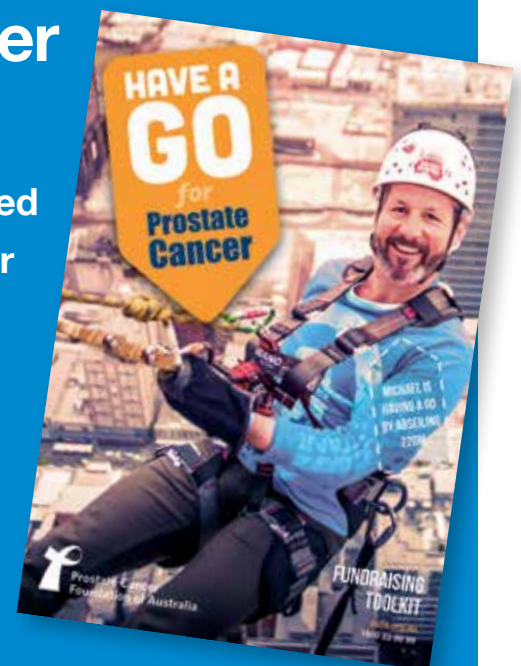
Have a Go for Prostate Cancer

Announcing PCFA's new community fundraising campaign *Have a Go for Prostate Cancer*, designed to encourage people around Australia to create or join a fundraising activity by having a go.

Check out our fresh new-look set of resources including

- > a fundraising toolkit full of tips
- > fun suggested activities
- > downloadable posters and thank you certificates
- > key messages about prostate cancer and more...

To register your fundraising event visit www.pcfa.org.au/haveagoforprostatecancer



Proudly Supporting



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Foundation of Australia

1800 22 00 99

www.pcfa.org.au/haveagoforprostatecancer

Top 5 prostate cancer research stories from 2018

A lot has happened in prostate cancer research over the past twelve months. This progress has been reported to our community weekly, via channels such as the Research Blog at PCFA's Online Community, and social media. Our Scientific Writer, Dr Wendy Winnall has selected the top five research stories of 2018.



Tremendous progress has been made in research onto prostate cancer in 2018

Darolutamide for men with non-metastatic castration resistant prostate cancer

The ARAMIS trial is testing the success and safety of Darolutamide. 1,500 patients with non-metastatic castration resistant prostate cancer, who are currently being treated with hormone therapy have joined the trial. In October 2018, it was announced that the trial had met its primary endpoint. Darolutamide significantly extended the length of time before evidence arose of cancer spreading.

A US patent for Abiraterone (Zytiga) has been ruled invalid

Once a drug comes off patent, it can be made and sold as an identical chemical, called a generic. This invalid ruling of the US Abiraterone patent could therefore lead to cheaper drugs becoming available in the US. An appeal has been filed by Johnson & Johnson, with the verdict expected soon.

Abiraterone is covered by an Australian patent and subsidised for use by Australian men with metastatic prostate cancer. Therefore, its cost to patients is reasonably low. However, the cost to the Australian government for subsidising the drug is much higher, at \$3,604.58 per pack. If the Australian patent is also overturned, this would mean a considerable saving for the PBS budget, allowing other drugs to be subsidised.

Olaparib and Abiraterone work well together

Olaparib (Lynparza) is a breast and ovarian cancer drug that is being trialled for prostate cancer patients. This international trial compared outcomes for men with metastatic castration resistant prostate cancer who took Olaparib with Abiraterone, to Abiraterone alone. Men taking Olaparib went an average of 13.8 months before their cancer progressed, significantly longer than 8.2 months for the men who only took Abiraterone. Nausea, constipation and back pain were common side effects.

Radiotherapy for men diagnosed with metastatic prostate cancer

Men who are diagnosed with prostate cancer that has already spread are usually treated with hormone therapy and chemotherapy. A new study has demonstrated that treating the prostate tumour with radiotherapy can improve survival times, but only for men whose tumours have not spread too far.

The results showed that men with low disease spread had significantly better survival rates if they had radiotherapy added to their usual treatment. 81% of men with low disease spread survived at least 3 years if they had radiotherapy, compared to 73% of men with low spread who didn't have radiotherapy. This benefit of radiotherapy was not seen for men who had greater disease spread.

Poor adherence to active surveillance guidelines in Australia

Active surveillance for men with low-risk, localised prostate cancer aims to avoid or delay treatment until it becomes necessary. A new Australian study has asked how well active surveillance guidelines are being followed.

The Australian researchers asked whether a minimum of 3 PSA tests and 1 biopsy were done over the first 2 years. Only 26.5% of Victorian men had the minimum required tests. 53.6% of the men had a repeat biopsy but only 36.8% had 3 PSA tests within the first 2 years.

This could leave many men vulnerable; they could miss out on vital early treatment if their cancer progresses. It's not yet clear why these men are missing tests. It might be due to their own choice, or their clinicians, or their health system failing to organise tests.

A new funding strategy for PCFA's Research program



PCFA's Research Advisory Committee at work

Prostate Cancer Foundation of Australia (PCFA) provides funding for prostate cancer research in Australia. We have a responsibility to the generous public who fund prostate cancer research; we must invest our research funds wisely. By consulting widely with Australian men with prostate cancer and those who care for them, we direct funds to research projects that best address their needs.

During the development of this strategy, we have identified the top priorities of the Australian prostate cancer community, and gaps in the current research that align with these priorities. Understanding what is needed by men with prostate cancer has allowed us to develop goals within our specific research niche.

This strategy provides a clear guide as to how our research funding is disbursed for the information for researchers, clinicians and the whole prostate cancer community.

*Our overarching goal is to **create and promote the uptake** of knowledge that will improve the lives of Australian men with prostate cancer, their partners and their families.*

In 2019 we will fund research in the following areas:

- A. **Clinical research projects** that deliver near-term outcomes (i.e. clinical trials) with inbuilt high research value (e.g. studies using biological samples collected during clinical trials)
- B. **Prostate cancer survivorship research**
- C. **Research in priority directions** which are identified through consultation with PCFA's stakeholders. A targeted number of research priorities were further determined in consultation with our stakeholders.

The new funding round based on priorities and mechanisms of funding arising from this strategy is expected to open in March 2019.

For more information about these research stories or the funding strategy for PCFA's Research program, please email us on research@pcfa.org.au

Prostate Cancer Foundation of Australia Legacy Circle – A gift for the future

PCFA is delighted to announce the launch of Prostate Cancer Foundation of Australia Legacy Circle.



The aim of our PCFA Legacy Circle is to bring together and recognise supporters who have made the profound commitment of leaving a gift to Prostate Cancer Foundation of Australia in their Will.

“It’s wonderful to know that my legacy will help create a better future for Prostate Cancer patients. I am not a wealthy man, but I know every penny helps.” These are the words of one of Prostate Cancer Foundation of Australia’s supporters. No matter how large or small, a gift in your Will has a positive impact.

Whether you think you will be alive for another ten years, twenty years or sixty years, Prostate Cancer Foundation of Australia will continue to be Australia’s peak national body for prostate cancer, dedicated to reducing the impact of prostate cancer on Australian men, their partners and families, so you know that your gift will be providing for the future of our men.

Prostate Cancer Foundation of Australia Legacy Circle members represent the foresight, generosity and commitment of individuals that are an integral part of PCFA’s future.

How do I join?

Simply let us know that you’ve included a gift to Prostate Cancer Foundation of Australia in your Will. You’ll then become a member of the Prostate Cancer Foundation of Australia’s Legacy Circle. Membership is also open to family members of bequest supporters who have passed away.

What are the benefits of joining PCFA Legacy Circle?

As a Prostate Cancer Foundation of Australia Legacy Circle member you’ll get exclusive invitations to special PCFA Legacy Circle events and briefing evenings on the latest scientific breakthroughs in the realm of prostate cancer from Australia’s top researchers. You’ll also receive A Legacy Circle lapel pin in recognition for your commitment and a frameable certificate.

Why is my Will important?

A Will is a statement of your wishes that are to be executed when you pass away. You can either include a bequest when you write your Will, or simply add one as a codicil to your existing Will.

There are different ways to include PCFA in your Will. You can leave us a specific dollar amount; assets such as property or shares; or you can leave a residuary bequest. In either case, you should seek professional advice from a legal advisor, to ensure your wishes are recorded in a legally binding way.

It’s also important to review your Will every few years to make sure it still reflects your wishes, especially after a change in your circumstances, such as marriage, divorce, the birth of a child or the sale of property.

For further information, to find out how to leave a gift in your Will, the wording for your solicitor, or to let us know that you have already left a bequest in your will to PCFA, please contact our Philanthropy and Bequest Manager Alexandra Power Hanny on 1800 220 099 or email Alexandra.power@pcfa.org.au

Alexandra has recently joined PCFA bringing a wealth of philanthropic knowledge and looks forward to discussing how your gift can make a better future for those affected by prostate cancer. Thank you for considering leaving a gift in your Will for Prostate Cancer Foundation of Australia.

My gift for a better future

While prostate cancer has not immediately affected Agatha and her family, she knows of many families who have experienced the devastating impact of the disease.

For that reason, Agatha sat down with our Philanthropy and Bequest Manager Alexandra Power Hanny to talk about how she could leave a bequest in her Will.

Agatha knows her decision to leave a bequest to Prostate Cancer Foundation of Australia will have a major impact. The funds will be treasured and carefully directed towards programs that make a lasting difference in the lives of men affected by prostate cancer.



Alexandra and Agatha talking about PCFA’s bequest program

Big Aussie Barbie

Thank you to all the amazing people who have run barbies throughout the summer and to those who have registered to host events later in the year with their winter sporting clubs.

If you haven't registered, it's not too late to host a BBQ with your mates and support prostate cancer.

Cricket legend and Big Aussie Barbie ambassador, Matthew Hayden AM, says "Hosting a BBQ is an easy way to raise funds to help men like my father, to survive prostate cancer." Sign up today and we will send you a free welcome pack with all the things you need to kick start your event!

To sign up visit
www.bigaussiebarbie.com.au

Companies like DHL Supply Chain, Newcrest Mining and Scentre Group Constructions have been cooking up a storm and raising funds for prostate cancer.



DHL Supply Chain



Newcrest Mining



Scentre Group



Biggest Ever Blokes' Lunch

Prostate Cancer Foundation of Australia (PCFA) celebrated a very special birthday last August.

Ten years ago, the Shepparton community came together to hold the first Biggest Ever Blokes' Lunch. The initiative was created by former PCFA Board Member, the late Chris McPherson AM, and with the strong support of a wonderful committee, a long-lasting vision was created.

Over 40,000 people have now attended these events, which combine a wonderful afternoon of entertainment, coupled with important prostate cancer awareness messages. Over the past 10 years these events have raised more than \$5.5M, which have enabled PCFA to support five regional Prostate Cancer Specialist Nurses, fund important research and contribute significantly to PCFA's awareness programs.

The concept continues to grow with 19 Biggest Ever Blokes' Lunches held throughout Australia last year. Apex Australia now promote the event nationally and the events are a firm part of the PCFA calendar in many regional and metro locations.



The ability of Prostate Cancer Foundation of Australia to provide the current level of services has grown tremendously thanks to

these events and we are so grateful for the ongoing support of all committee members, sponsors, patrons and supporters for all their efforts over the last decade.

HAPPY BIRTHDAY! We look forward to celebrating many more.

If you think your local area could benefit from a Biggest Ever Blokes' Lunch please contact us on 1800 22 00 99 or fundraising@pcfa.org.au



Shepparton Biggest Ever Blokes' Lunch Chairman Shane O'Sullivan with guest speaker and Australian cricket legend Kerry O'Keeffe

Thank you to our corporate partners for helping to create better outcomes for men diagnosed with prostate cancer

Commbank staff and other Can4Cancer riders learned of the impact that their raised funds had through the TheraP trial in late 2018. Dr Louise Emmett, Director of Theranostics and Nuclear Medicine, St Vincent's Sydney and Clinical Associate Professor, University of New South Wales gave an update on the trial.

TheraP is a partnership between ANZUP Cancer Trials Group and PCFA with support from the Australian Nuclear Science and Technology Organisation (ANSTO), Endocyte, It's a Bloke Thing, Movember and CAN4CANCER.

Best wishes and thanks also go to retiring **Tyrepower** CEO David Wilson. David has been a great advocate of prostate cancer awareness and the partnership with PCFA over his tenure. We are pleased that we will still be in touch as he takes up his new position as Chairman of Tyrepower Ltd.

PCFA also welcomes new CEO Simon Bateman who joined Tyrepower in late 2018. We look forward to opportunities to work together over the year with fundraising and awareness activities planned for the 42nd Tyrepower International Conference in April 2019 in Port Douglas.

The unstoppable **Youfoodz** campaign "It Takes Ballz" to raise \$1 million dollars for cancer research has reached \$800,000 so far. Funds will be shared equally between Prostate Cancer Foundation of Australia (PCFA) and National Breast Cancer Foundation (NBCF) funding around 13,000 hours of groundbreaking research.

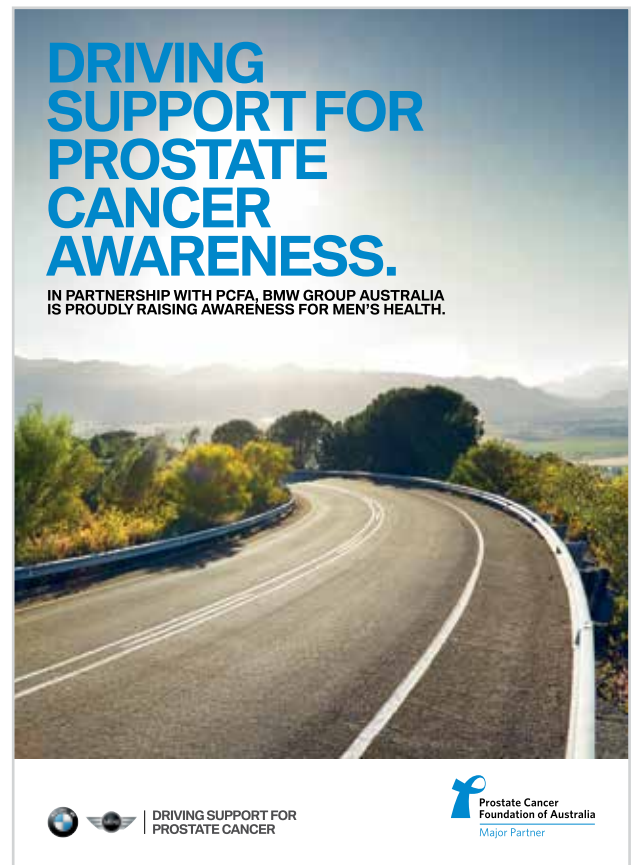
The product is one of Youfoodz iconic Coconut Protein Ballz, jam-packed with dark chocolate, delish apricots, dates, sultanas & natural protein powder, rolled in shredded coconut. With \$1 donated to cancer research from each sale, it's a great campaign to get behind. There is still time to buy your charity ballz – jump online and get some today at: <http://ittakesballz.com>

With the recent merger of UBET with **Tabcorp** we look forward to several new initiatives and greater reach through the various Tabcorp racing markets as we continue to grow our close partnership. More news to come in coming months.

This March marks three years of partnership between **BMW Group Australia** and Prostate Cancer Foundation of Australia (PCFA). Together both organisations have worked to help drive awareness of prostate cancer issues.

We would like to thank BMW, Mini and BMW Motorrad along with their dealership networks, and affiliated BMW Motorcycle Clubs, all of

whom have worked tirelessly to support the partnership. It has been so validating that, as BMW and PCFA talked together about the need for greater prostate cancer awareness, stories emerged from customers of their own prostate cancer experiences; highlighting the commonality in our audiences.



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



Vale Garry Austin, founder of Gazman (1949 – 2019)



Will and Garry Austin

It is with great sadness that the Prostate Cancer Foundation of Australia (PCFA) acknowledges the passing of Garry Austin, the founder of GAZMAN, a leading Australian men's apparel company that has been a long-time supporter of prostate cancer.

Garry was diagnosed with prostate cancer 18 months ago and although he underwent treatment, a secondary form of cancer developed and sadly he passed away in January of this year.

Truly a larger than life figure, Garry impacted so many members of our community – spanning all age and generational groups. He had a deep and profound love of his family, his incredible business GAZMAN, and the many sporting groups that he supported and participated in.

In 1974 Garry founded GAZMAN and grew the business, which is still proudly Australian and family owned, into one of the leading Australian menswear apparel brands with a footprint of 75+ stores nationwide.

Garry, his son Will and the business have supported PCFA for over 5 years now. An in-store campaign called Get Into Our Pants which sees \$5 from every pair of GAZMAN pants sold donated to PCFA has been well received by GAZMAN customers, many of whom are also members of our support group network.

Our thoughts are with Garry's family: his beloved partner, Barb, his son, Will and step sons, Will & Ed, together with beautiful daughters in law, Georgie, Monique and Katy and grandchildren Harry, Heidi, Sophie, Sam, Isabelle, Charlotte, Zoe, Mackenzie and Marnie.

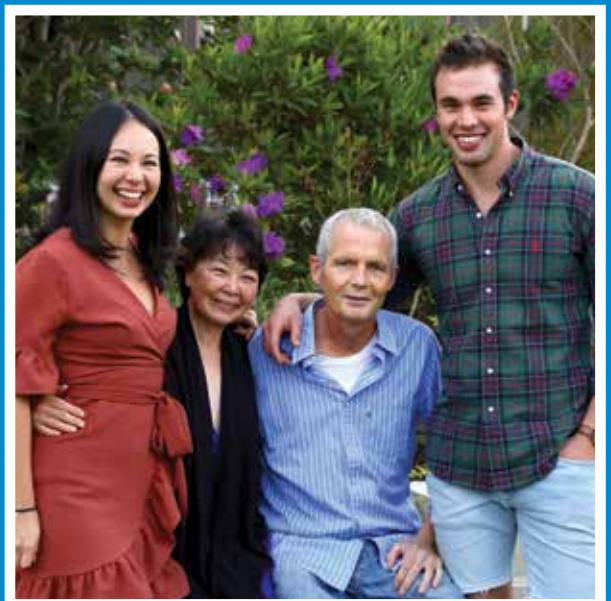
Thank you! You make more research possible

We would like to thank all the incredibly generous people who supported our 2018 Christmas Appeal. Your kind gifts in honour of Josef will help fund vital research into treatments like Lutetium.

You may remember Lutetium is an exciting new treatment that targets specific cancer cells. A radioactive molecule is administered, which can then identify cancer cells within the body and only target those cells.

With further research we hope one day it will be a genuine alternative to chemotherapy.

Thank you for funding this life-changing research and for supporting Josef's family during the holiday period. We received so many heart-warming messages for his wife Linda, and children Emily and Daniel. They were truly touched by your kind words and generosity.



Emily, Linda, Josef and Daniel

FUNDRAISING AROUND THE COUNTRY

NSW/ACT

Our NSW and ACT fundraisers continue to build outstanding community events that inspire all of us.

The Long Ride

Since 2007 Gail and Chris Dunne OAM have been supporting the work of Prostate Cancer Foundation of Australia through their signature event, The Long Ride. In May this year around 300 riders will ride to Darwin from across Australia and all doing their bit to raise awareness and funds for prostate cancer along the way. To join The Long Ride visit www.longrideaustralia.com

David Ault from Canberra

In January last year David Ault had a radical prostatectomy. His successful recovery has spurred him on to raise awareness and funds for cancer by running in twelve events throughout 2019, including two gruelling ultra-marathons: Canberra and Kilted to Kick Cancer! We wish David the very best of luck in all his events.



Chris and Gail Dunne and the Sydney based Long Riders will leave Sydney from 11 May bound for Darwin



David Ault running his first 2019 marathon in Hobart

SA/NT

The catch cry for SA in the new year was 'splish, splash, make a dash'.

Pink & Blue Swim and Walk

The Pink & Blue Swim and Walk held by the West Beach Surf Lifesaving Club and proudly supported by the West End Community Fund saw approximately 1000 people (and their dogs) take to the foreshore and raise valuable funds for Prostate Cancer Foundation of Australia for the second year running.

Paddle 4 Prostate

Just 2 weeks later hundreds of people (and their dogs) took to the water with Paddle 4 Prostate on West Lakes. Sponsors including The Rowdy Group, Channel 7, Rowing SA, Adelaide Canoe Club, Smartposts, Red Paddle Co, City of Charles Sturt and more, saw a flotilla of canoes, kayaks, stand-up paddle boards, surf life-saving boats and dragon boats cruise around Delfin Island, while walkers strode the length of the rowing regatta course.



Capel Bowls Events Coordinator Steve O'Brien presenting a cheque to Allison Stephens, PCFA State Manager – WA

WA

Capel Bowls Club

Congratulations to Steve O'Brien, Peter Hodgson and all the supporters at Capel Bowls Club for their first fundraising event, raising \$4,623 for Prostate Cancer Foundation of Australia. A great effort by all.

The Club held a charity bowls day, as well as an auction to raise additional funds receiving tremendous support from surrounding businesses in both the Bunbury and Busselton areas.

Classic Cars & Coffee

Classic Cars & Coffee is held monthly in the tranquil leafy parking area at UWA in Perth. This is a gathering of what is one of the most exquisite classic car collections in Australia and is on show for everyone to enjoy and admire.

Classic Cars & Coffee kindly donates the proceeds from this event to Prostate Cancer Foundation of Australia and just over \$20,000 has been raised since its inception. We would like to thank all the volunteers as well as the organisers Paul Blank and Deryck Graham who contribute to such a successful event.



Classic Cars & Coffee



Supporters at the Pink & Blue Swim and Walk



Paddle 4 Prostate

VIC/TAS

2018 certainly ended with a bang with some wonderful events not only raising vital funds for Prostate Cancer Foundation of Australia but creating community awareness of prostate cancer.

Sam's 60th birthday, Shane's Couch2Ultra, Melton Super Rules reunion and the Massive Murray Paddling Marathon all had a very personal connection to prostate cancer and we thank them all for their efforts to promote the cause.

Our longstanding supporters Mooroolbark Lawn Bowls Club and Traralgon Bowls Club continued to hold their annual bowls events and were joined by St Kilda Bowling Club, who unfortunately suffered from the Melbourne Cup deluge, but still produced a fantastic donation.

The Blue Stumps initiative continues to grow with 3 Victorian cricket associations (Eastern, Bayside and Dandenong & Districts) along with Wynyard Cricket Club in Tasmania each holding dedicated "Blue" rounds to support prostate cancer awareness and raise funds for Prostate Cancer Foundation of Australia. This exciting event has received great support from Cricket Victoria, with some other inspiring events planned for early 2019, stay tuned!



Where it all started. Eastern Cricket Associations annual "David Parkin Dinner" again launched the "Blue stumps" campaign for season 2018/19



The exciting "Blue stumps" initiative, which is gaining momentum

QLD

2018 finished with a flurry of community fundraising activities including many annual events organised by our loyal supporters such as Seachange Gala Dinner, numerous golf days at Carbrook (Pink Bags Club), Woodford, Cooroy Veterans, Vero, Sandy Gallop, Gayndah plus other regular events like Muscle on the Mountain, Bris Hogs Ride, Pine Rivers Bowls Day, Nimble Superheroes to name a few.

A big thanks to all the community fundraisers for supporting our cause through these and many more new fundraising activities.

Goodwill Bridge Swing

The ultimate, money can't buy thrill. Join us May 10th and take the 13-metre leap off Brisbane's iconic Goodwill Bridge! To join or support our courageous thrill seekers about to leap out of their comfort zone. Visit <https://pcfa.org.au/get-involved/events/find-an-event/goodwill-bridge-swing/>



The annual Muscle on Mountain event held at Maleny Showgrounds



Join us on the Goodwill Bridge Swing in May

Calendar of Events

<p>13-14 April</p> <p>Australian Running Festival</p> <p>📍 Canberra</p>	<p>3-8 May</p> <p>Trek for Prostate Cancer</p> <p>📍 Alice Springs</p>	<p>10 May</p> <p>Goodwill Bridge Swing</p> <p>📍 Brisbane</p>	<p>11-18 May</p> <p>The Long Ride</p> <p>📍 Darwin</p>
<p>17 May</p> <p>Biggest Ever Blokes' Lunch LaTrobe</p> <p>📍 Morwell, Victoria</p>	<p>18 May</p> <p>Dine & Dance for a Cure</p> <p>📍 Five Dock, Sydney</p>	<p>19 May</p> <p>HBF Run for a Reason</p> <p>📍 Perth</p>	<p>19 May</p> <p>SMH Half Marathon</p> <p>📍 Sydney</p>
<p>20-26 May</p> <p>Volunteers Week</p> <p>📍 Across Australia</p>	<p>25 May</p> <p>Puddleduck Dunk Charity Duck Race</p> <p>📍 Richmond, Tasmania</p>	<p>31 May</p> <p>Biggest Ever Blokes' Lunch Newcastle</p> <p>📍 Newcastle</p>	<p>10-16 June</p> <p>International Men's Health Week</p> <p>📍 Across Australia</p>
<p>12 July</p> <p>Friday Long Lunch</p> <p>📍 Adelaide</p>	<p>11 August</p> <p>City2Surf</p> <p>📍 Sydney</p>	<p>18 August</p> <p>Shannons Sydney Classic Motor Show</p> <p>Sydney 📍 Motorsport Park</p>	<p>7-14 Sept</p> <p>Outback 4WD Adventure</p> <p>📍 Lightning Ridge</p>

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

**“PUTTING SOME
POWER INTO THE
FIGHT AGAINST
PROSTATE CANCER.”**

