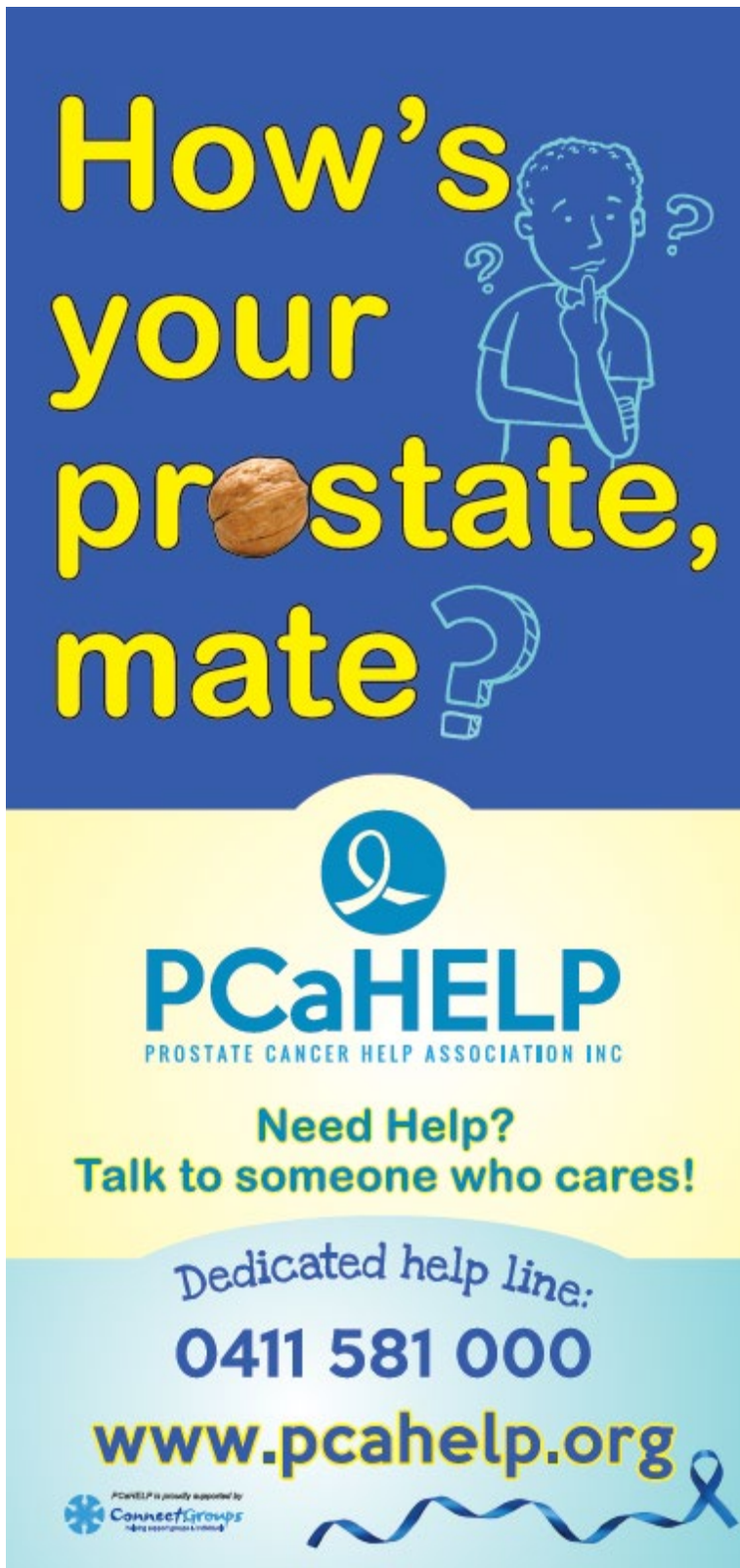




# The Helpful Messenger


PCaHELP April 2026 Newsletter




**How's  
your  
prostate,  
mate?**









  
**PCaHELP**  
PROSTATE CANCER HELP ASSOCIATION INC

**Need Help?  
Talk to someone who cares!**

Dedicated help line:  
**0411 581 000**

**www.pcahelp.org**

  
PCaHELP is proudly supported by  
ConnectGroups  
"Helping people help themselves"



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*This newsletter is jam packed with information that we hope you find useful*

*If you would prefer to be removed from our mailing list please don't hesitate to email [admin@pcahelp.org](mailto:admin@pcahelp.org) with the word "Unsubscribe" in the subject line*

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# REGISTER NOW FOR 9<sup>th</sup> MAY 2026 SYMPOSIUM

**FREE Event**

## PCaHELP Symposium

Saturday, 9 May 2026 | 9.00 am - 1.00 pm  
Conference Room, City West Lotteries House, 2 Delhi Street, West Perth WA 6005

*Learning to live well with prostate cancer*

Registrations from 8.30 am – FREE lunch from 1.00 pm



Event hosted by



PCaHELP is a not-for-profit association run entirely by volunteers to provide information to men and their families affected by prostate cancer.

Join our next free event focusing on supporting men on learning how to live well with prostate cancer. We'll explore practical ways to improve quality of life during and after treatment, focusing on mental, emotional, and physical wellbeing. Our guest speakers will provide valuable insights, educate and inspire.

We will include a great range of presenters from the research, medical and therapeutic fields. They will inform us of the latest treatment options and how to live better with prostate cancer.

The Symposium will be held in the morning and will include welcome tea and coffee, morning tea, and a light lunch after the presentations end. The program is being finalised and will be sent to all registered participants.

Visit our website for the latest updates. Don't forget to share this free event with your friends and family!



Free parking on site and on street, plus it is adjacent to the City West train station.

Partners, family and friends are very welcome to attend. Everyone is invited.

Limited spots. Registrations are essentials.

Book your spot early: [www.pcahelp.org](http://www.pcahelp.org)

or call 0411 581 000



PCaHELP provide a series of Symposiums, Conferences and Seminars throughout the year, all made free to attend by the generous support of our fundraisers, donors and sponsors.

Many volunteer hours are also contributed to ensure these events are informative and enjoyable, and most importantly help anyone affected by prostate cancer better understand their journey and learn to live with this chronic disease. Please support us by registering early.

Registrations are closing soon – ensure you secure your FREE place by registering NOW.

You can register online at <https://www.pcahelp.org/pcahelp-seminar-may-2026>  
or call 0411 581 000



"We missed the meeting, but there might be a couple of the little muffins left."



## SYMPOSIUM GUEST SPEAKER PROFILES

We have an incredible line up of guest speakers scheduled for our Symposium who have all given their time freely to inform and educate us on our prostate cancer journeys, including:

### **Dr Nat Lenzo**

Clinical Director (Asia Pacific): Molecular Imaging and Nuclear Oncology BMedSci(Hons), BSc, MBBS, MMed, MSc(Oncol), FRACP, FAANMS  
Nuclear Medicine Physician



Dr Nat Lenzo is a highly experienced and internationally recognised Nuclear Medicine Physician with more than 25 years' experience in specialised nuclear oncology.

Dr Lenzo completed his Bachelor of Medicine, Bachelor of Surgery (MBBS) at the University of Western Australia. He received advanced training in general and nuclear medicine at Fremantle, Sir Charles Gairdner and Royal Perth Hospitals, and subsequently completed a fellowship in nuclear medicine at the University of Michigan. He is a Fellow of the Royal Australian College of Physicians (FRACP) and Australasian Association of Nuclear Medicine Specialists (FAANMS).

In 2015, Dr Lenzo founded Theranostics Australia, the nation's first private theranostics practice, where he worked as a group clinical director and expanded the field of nuclear oncology globally. He has held notable positions including Head of Nuclear Medicine at Royal Perth Hospital, Head of the Western Australia PET Cyclotron Service at Sir Charles Gairdner Hospital, and Head of General Medicine at Fremantle Hospital. He is also the Founding Director of CycloWest, a start-up company with a strong focus on patient care and cutting-edge innovative molecular imaging research to help bring the latest diagnostic and therapeutic radiopharmaceuticals to Perth and the Asia-Pacific region.

Alongside his practice at Icon, Dr Lenzo is an adjunct Clinical Professor in Medicine at Curtin University and Notre Dame University Australia and consultant physician at St John of God Hospital

Murdoch. He is a Board Member at radiopharmaceutical company, Glytherix, and holds advisory Roles with Telix Pharmaceuticals, Novartis Australia, 3BP, ANSTO and the University of Queensland Centre for Advanced Imaging.

Dr Lenzo maintains a strong interest in clinical research and has co-authored over 60 peer-reviewed publications specialising in molecular imaging and targeted therapies.

He treats at Icon Cancer Centre North Lakes, with a view to begin treating more patients across the eastern seaboard and at Icon's Singapore locations and beyond.

Dr Lenzo will update us on the latest theranostic treatments for prostate cancer.

## **Mr Darren Peterson**

CEO, Take Charge Wellbeing



With over 20 years' experience in blue-collar and FIFO roles, Darren Peterson founded Take Charge Wellbeing after losing 14 colleagues to suicide on one site.

Life can knock us around sometimes - and that's perfectly ok. What matters is having the right tools in your corner when you need them most. Helping organisations and individuals take charge of their mental wellbeing through practical, no-nonsense strategies that actually work, fancy jargon free, and evidence-based tools from someone who's walked the walk.

Since 2017, Darren has been privileged to guide thousands through their wellbeing journey, from corporate boardrooms to community halls. Because everyone deserves access to mental health tools that make sense for their life.

We all know our journeys are often emotional and psychologically challenging and Darren's presentation will help us learn how to manage anxiety and depression.

**Mr Leslie Schneider**  
Australian Dental Supplies



Ozone has been used successfully for the treatment of various diseases for more than a decade. Its unique properties include immunostimulant, analgesic, antihypnotic, detoxicating, antimicrobial, bioenergetic and biosynthetic actions.

Its atraumatic, painless, non-invasive nature, and relative absence of discomfort and side effects increase the patient's acceptability and compliance thus making it an ideal treatment choice. Ozone therapy can be defined as a versatile bio-oxidative therapy in which oxygen/ozone is administered via gas or dissolved in water or oil base to obtain therapeutic benefits.

Ozone kills bacteria, viruses, mould, mildew, spores and cysts. It eliminates chemical contaminants such as aldehydes, which can be emitted from panelling, carpets, insulation, paints, stains and plastics. Ozone eliminates odours from cigarettes, cigars, pets, nappies, mildews, musty/stale smells, airborne mould, food, locker room, shoes, human scent and more!

Leslie will tell us more about the amazing potential for ozone therapy as a holistic treatment for cancer and its general health benefits during his informative presentation.



Leslie will also be holding demonstrations during the breaks so please take time to visit his table and learn more about ozone therapy.

**Important Medical Note**

Ozone therapy should only be used under qualified medical supervision and as a complimentary therapy alongside conventional cancer treatment.

## Mr Bernard Chia

CMO, Wise Friends



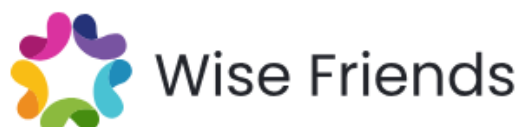
Bernard Chia is a digital marketing leader with over two decades of experience driving innovation and business success. As the founder of ALYKA, Perth's premier multi-award-winning web and digital marketing agency, Bernard has pioneered work in User Experience (UX), website development, automation, and CRM systems like HubSpot.

Under his leadership, ALYKA achieved remarkable growth and earned multiple accolades, including being a three-time AFR Fast 100 Starter and a Telstra Business of the Year finalist. Bernard's entrepreneurial spirit earned him a spot in Business News' 40under40.

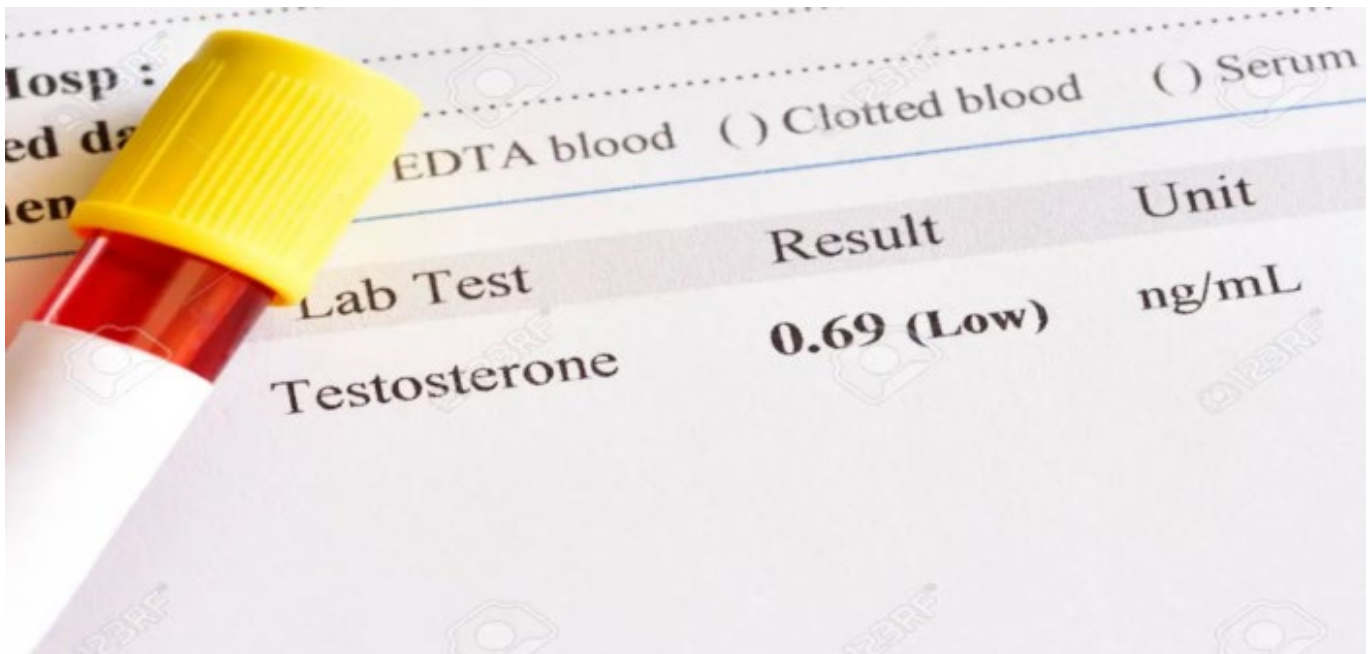
Now, as founder of Six Pack CEO, Bernard continues to empower businesses with strategic, tailored services. He also serves as President of the Australia Malaysia Business Chamber of WA, strengthening ties between Western Australia and Malaysia.

At Wise Friends, Bernard applies his digital marketing expertise to help the platform grow, ensuring it continues to deliver valuable services and connections to seniors worldwide.

Bernard will demonstrate how Wise Friends, which uses AI tools and a secure online community, supports social connection for older Australians.



## LOW TESTOSTERONE LEVELS MAY BE ASSOCIATED WITH INCREASED RISK OF PROSTATE CANCER PROGRESSION DURING SURVEILLANCE



A new study led by researchers at The University of Texas MD Anderson Cancer Centre found that prostate cancer patients with low testosterone levels may have a higher risk of cancer progressing to a more aggressive form while under active surveillance.

The findings, published in [The Journal of Urology](#), suggest that baseline testosterone may serve as a useful clinical marker to stratify risk better and tailor monitoring strategies for patients choosing active surveillance.

“Active surveillance is a safe and effective option for many men with early-stage prostate cancer. However, identifying which patients may be more likely to experience progression remains a key challenge,” said corresponding author Justin R. Gregg, M.D., associate professor of Urology and Health Disparities Research. “Understanding how hormonal factors influence prostate cancer biology may help us refine surveillance strategies.”

### **What did the study reveal about testosterone levels and cancer progression?**

Researchers found that prostate cancer patients with low baseline testosterone levels (300 ng/dl and lower) had a significantly higher likelihood of their cancer progressing to Grade group 3 or higher, which represents a more aggressive disease.

In the retrospective cohort study, researchers analysed clinical and pathological data from more than 900 men undergoing surveillance.

Low testosterone levels were associated with an increase in the likelihood of disease progression, even after accounting for other factors, including age, prostate-specific antigen (PSA), body mass index (BMI), and tumour density and size.

### **Should men with prostate cancer be concerned about low testosterone?**

Active surveillance is recommended for patients with low-risk prostate cancer, allowing physicians to closely monitor the disease and delay or avoid treatment unless the cancer shows signs of becoming more aggressive. Surveillance remains safe and effective.

The study does not suggest that low testosterone causes aggressive cancer, but rather that there is an association that could help guide monitoring and decision-making.

Future studies are needed to confirm these findings and to determine if testosterone level may be a useful marker of future progression risk in individual patients.

*Sources:*

*Article:* <https://oncologynews.com.au/latest-news/low-testosterone-levels-may-be-associated-with-increased-risk-of-prostate-cancer-progression-during-surveillance/>

*Study:* <https://www.auajournals.org/doi/10.1097/JU.0000000000004986>

## CHRISTMAS IN JULY

We have now confirmed Tuesday 21<sup>st</sup> July 2026 as the date for our Christmas in July Function in conjunction with the Perth Integrated Events Team.

It will be held at Café Lucia in West Perth and will be an evening not to be missed, with wines supplied by Juniper Estate. More details will follow soon, including early bird booking special deals.



## NEW AUSTRALIAN RESEARCH HIGHLIGHTS URGENT NEED FOR NATIONAL FRAMEWORK ON PROSTATE CANCER GENETIC TESTING



New Australian research has highlighted the urgent need for a national framework to guide genetic testing for prostate cancer, with experts warning that current policy settings are leaving many men and their families without access to potentially life-saving information.

The research — the first national consensus study on prostate cancer genetic testing in Australia — found strong consumer support for broader access to testing, but significant uncertainty among clinicians about testing pathways, eligibility and delivery models.

In response to the findings, Prostate Cancer Foundation of Australia (PCFA) is launching a nationwide survey of health professionals and consumers to better understand awareness and use of genetic testing across Australia's prostate cancer care system.

Prostate cancer is the most commonly diagnosed cancer in Australian men, with nearly 29,000 cases diagnosed each year. Around 5–15 per cent of cases are hereditary, caused by inherited mutations in genes such as BRCA1, BRCA2 and other DNA repair genes.

Lead investigator Professor Haitham Tuffaha, from the University of Queensland, said the research program shows Australia has a significant opportunity to modernise prostate cancer care.

“Genetic testing is becoming central to precision prostate cancer care. It can guide treatment decisions, identify aggressive disease earlier, and allow families to understand and manage inherited cancer risk,” Professor Tuffaha said.

“Our research shows that patients are ready for broader access to testing. However, clinicians need clearer national guidance, better systems and workforce support to deliver it effectively.”

### **Four key findings from the research program**

The Delphi consensus study — involving clinicians, researchers and consumers — forms part of a broader Australian research program examining the value for money of genetic testing and how it should be implemented in prostate cancer care.

Across the program, four key findings emerged:

1. Australia lacks comprehensive national guidelines for prostate cancer genetic testing. Clinical practice currently relies largely on international guidelines and eviQ recommendations.
2. Consumers strongly support broader access to testing, while clinicians report uncertainty around testing pathways, workforce capacity and implementation.
3. Earlier testing in metastatic or high-risk disease can improve clinical outcomes and enable cascade testing for families.
4. Cascade testing of family members drives the greatest health benefit, enabling early detection and prevention for relatives at risk.

“The findings come from a multi-study Australian research program examining how genetic testing should be implemented in prostate cancer care, including an international guideline review, a national Delphi consensus study, and two Australian economic evaluations,” Professor Tuffaha said.

Despite the benefits identified, publicly funded testing in Australia remains largely limited to men with metastatic castration-resistant prostate cancer eligible for targeted treatment.

### **PCFA calls for policy reform**

Anne Savage, CEO of Prostate Cancer Foundation of Australia, said the findings highlight the need for national policy reform to ensure Australians benefit from advances in precision medicine.

“Genetic testing has the potential to transform prostate cancer care — not only for men diagnosed with the disease, but also for their families,” Ms Savage said.

“Australia now has strong evidence showing the clinical and economic benefits of genetic testing.

The next step is ensuring that policy, funding and clinical systems keep pace with the science.”

Identifying gaps in knowledge and access to genetic testing, through a nationwide survey of health professionals and consumers, would be a crucial step in informing future policy and education initiatives.

### **Research highlights importance of patient-centred care**

PCFA Chief of Mission and Head of Research Professor Jeff Dunn AO said the study demonstrates how genetics is reshaping modern cancer care.

“Genetic testing allows clinicians to deliver more personalised, patient-centred care by matching treatments to the biology of a person’s cancer,” Professor Dunn said.

“It also creates an opportunity to protect families. When [inherited cancer risk](#) is identified, relatives can access earlier screening and prevention strategies that may ultimately save lives.” Professor Dunn said the survey launch would play an important role in shaping the next phase of prostate cancer care in Australia.

“Understanding what clinicians and consumers know about genetic testing — and where the gaps are — will help ensure that future policies and services truly meet the needs of patients and families.”

### **National survey now open**

PCFA’s national survey on prostate cancer genetic testing is now open to health professionals, people diagnosed with prostate cancer and members of the public:

<https://redcap.unisq.edu.au/surveys/?s=RC7ECXALWHP4DKN7>

The results will help inform policy recommendations aimed at improving access to genetic testing and integrating it into routine prostate cancer care across Australia.

Read the article as it appeared in The Sydney Morning Herald: [It's the deadliest cancer for Australian men. This test could be life-saving for many, and their daughters.](#)

Source: <https://www.pcfa.org.au/news-media/news/new-australian-research-highlights-urgent-need-for-national-framework-on-prostate-cancer-genetic-testing/>

## TOUR OF COWARAMUP



Each year PCaHELP participates in an amazing fundraising event, now called the Tour of Cowaramup. It is organised by the Perth Integrated Events Team and hosted at Juniper Estate winery in Cowaramup, located just north of Margaret River. This is a road cycling event and certainly not a race. It is designed, planned and managed to ensure the safety and enjoyment of all cycling participants and their guests at the event village.

This year it is being held on Sunday 18<sup>th</sup> October 2026, with registrations hosted the preceding day on Saturday 17<sup>th</sup> October 2026. It is a busy time for PCaHELP. We provide volunteers, as well as a team of riders, to help manage the event to ensure its success.

This is PCaHELP's major fundraising event. Without it we simply could not afford to continue to provide the services we do in WA to men and their families affected by prostate cancer.

We need your help to ensure this continues. If you can volunteer over the weekend or would like to participate as a rider in our team please let us know by emailing [admin@pcahelp.org](mailto:admin@pcahelp.org)

Our riders will also soon be seeking your financial support, so please try and help if you can.

## PCaHELP WELCOMES A NEW SUPPORT GROUP MEMBER

Prostate Support Group for Working Men WA has recently become a member of PCaHELP. We welcome them and wish them every success in delivering an alternative format for younger working age men.

They meet on the second Wednesday of each month from 6:30 pm to 8:30 pm. It runs through Canning Vale College gym accessible via the Boardman Road car park. The group focuses on younger men of working age negotiating prostate issues. Part of the session will be exercise based with options to learn yoga and play pickle ball or badminton. The group leader is Andrew Gray who can be contacted via email at [canningvalepcfa@gmail.com](mailto:canningvalepcfa@gmail.com) or mobile 0431 698 872.

### SUPPORTER PROFILE



Ablaze Marketing has been helping businesses start off the ground, grow or become sustainable with ideas on fire since 2009. They are proud supporters of PCaHELP.

For more information please contact:

Camelia Popescu

Email: [camelia@ablazemarketing.com.au](mailto:camelia@ablazemarketing.com.au)

Phone: 0416 114 840

Website: <https://www.ablazemarketing.com.au/>

### CALENDAR OF EVENTS 2026

Our calendar of events this year has been prepared and we hope you will put these dates in your diary as we would love to see you there.

More information about each event will become available progressively on our website at: <https://www.pcahelp.org/events>

Saturday	9 <sup>th</sup>	May	2026	PCaHELP Symposium
Tuesday	21 <sup>st</sup>	July	2026	Christmas in July – Gala Dinner
Saturday	5 <sup>th</sup>	September	2026	PCaHELP Annual Conference
Sunday	18 <sup>th</sup>	October	2026	Tour of Cowaramup
Wednesday	11 <sup>th</sup>	November	2026	Have a Go Day
Saturday	14 <sup>th</sup>	November	2026	PCaHELP Seminar
Saturday	14 <sup>th</sup>	November	2026	PCaHELP Christmas Dinner
Saturday	5 <sup>th</sup>	December	2026	PCaHELP Annual General Meeting

## LIKE US ON FACEBOOK



If you use Facebook please keep an eye on our Facebook page and like our posts. The more likes we get, the more people will know about us and what we do. We will always try and keep you up to date <https://www.facebook.com/pcahelp.org/>

## HOW CAN YOU HELP?

1. Spread the word – share this newsletter and tell people about PCaHELP and the events they host
2. Make a donation to PCaHELP at <https://donate4pcahelp.raiselysite.com/> – a few dollars makes a huge difference, especially if everyone gives
3. Volunteer to help at our events throughout the year, or even consider registering as a team member to assist our committee with special projects in 2026, and don't forget to support your local prostate cancer support group

## THANKS TO THE FOLLOWING SUPPORTERS WHO MAKE ALL OUR WORK POSSIBLE

