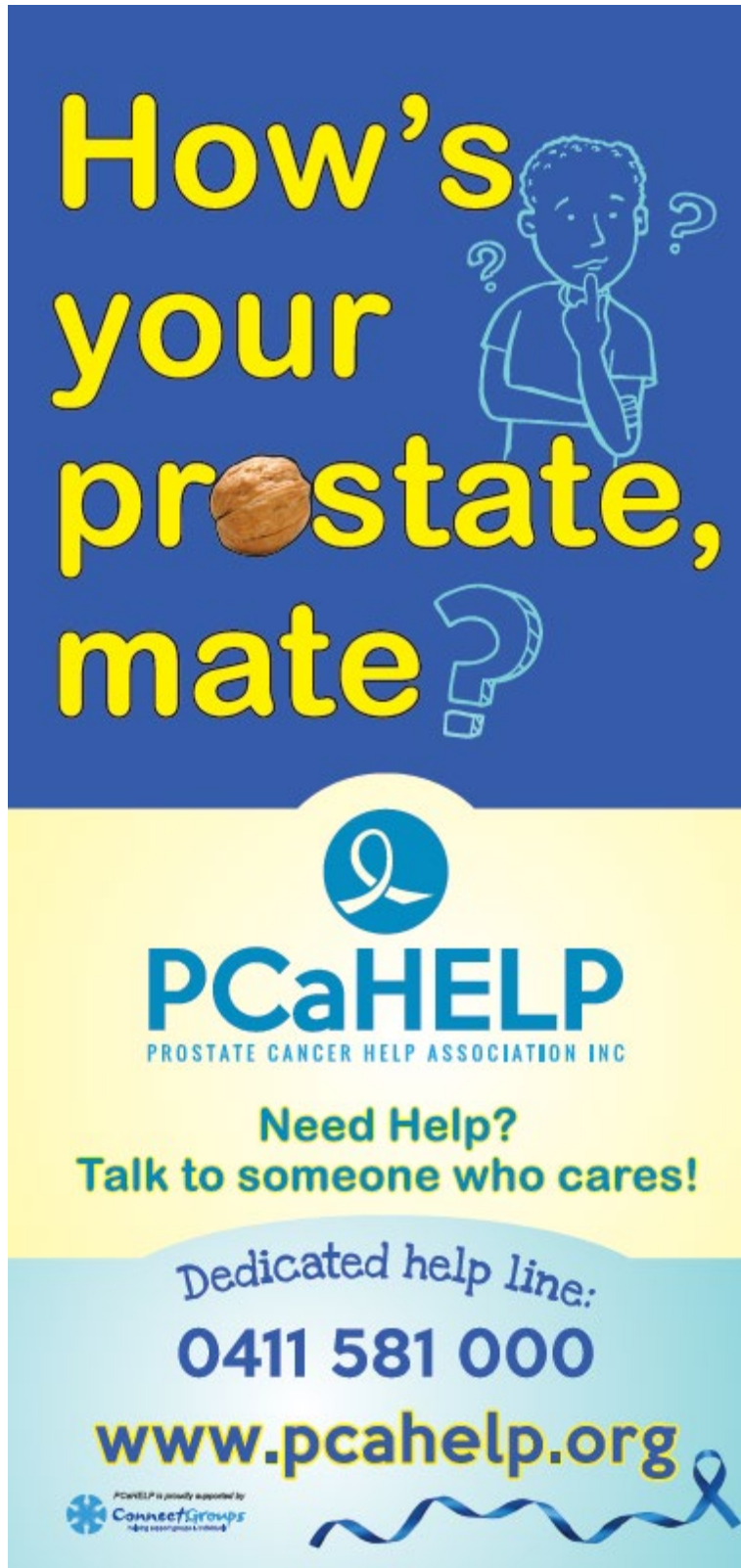


The Helpful Messenger

PCaHELP July 2026 Newsletter



The graphic is a vertical banner with a blue top half and a yellow bottom half. The top half contains the text 'How's your prostate, mate?' in large yellow font, with a cartoon man thinking and a walnut. The bottom half contains the PCaHELP logo, the text 'Need Help? Talk to someone who cares!', the phone number '0411 581 000', the website 'www.pcahelp.org', and a ribbon logo.

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 organisations & individuals

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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 with the word "Unsubscribe" in the subject line

Published by:
Prostate Cancer Help Association Inc.
PO Box 692 Hillarys WA 6923
Phone: 0411 581 000
Email: admin@pcahelp.org
Web: www.pcahelp.org

PCaHELP ANNUAL CONFERENCE

You are invited to attend our Annual Conference to be held on Saturday 5th September 2026.

This will be an incredible opportunity to hear from some of WA's leading health experts and to listen to stories from men who have a lived experience of prostate cancer. It will also allow you the opportunity to meet other men, their wives, partners and family members who have been affected by prostate cancer and to discuss your journeys. It will be a powerful opportunity to learn more about prostate cancer and how to live better with this disease.



PCaHELP Annual Conference

Saturday, 5th September 2026 | 12.00 pm - 5.00 pm
Function Centre, Metro Hotel | 61 Canning Highway, South Perth WA 6151



Registrations: 11.30 am; FREE buffet lunch from 12.00 pm



Free parking is available on site and in Hovea Terrace and Banksia Terrace (height restrictions apply to undercover parking)

Event hosted by



PCaHELP

PROSTATE CANCER HELP ASSOCIATION INC

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



September is Prostate Cancer Awareness Month

We will include another great line-up of health experts, together with prostate cancer survivors who will be telling their very personal and inspiring stories.

The program is being finalised and will be sent to all registered participants. There will be opportunity for networking and for visiting our information tables during the lunch break.

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

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

Limited spots. Registrations are essentials.

Book your spot early: www.pcahelp.org
or call 0411 581 000



Registrations close on Friday 28th August 2026.



Where: Function Centre
Metro Hotel
61 Canning Highway
South Perth WA 6151

When: Saturday 5th September 2026
Registrations commence at 11.30 am
Buffet lunch served at 12.00 pm
Conference sessions commence at 1.00 pm
Conference concludes at 5.00 pm

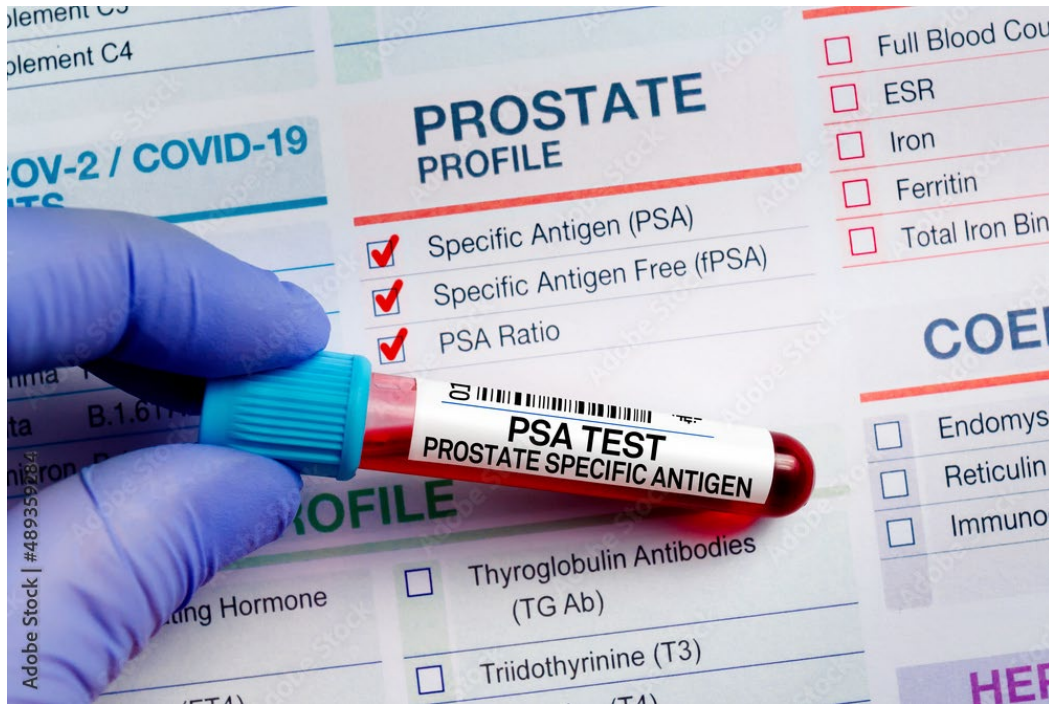
THIS IS A FREE EVENT

REGISTRATIONS ARE ESSENTIAL AND CLOSE ON FRIDAY 28th AUGUST 2026
(UNLESS SOLD OUT PRIOR AS PLACES ARE LIMITED)

For more information and to register go to: <https://www.pcahelp.org/pcahelp-annual-conference>

PSA LEVELS ALONE MAY NOT REFLECT PROSTATE CANCER GROWTH

Patients with advanced prostate cancer may need periodic imaging scans to catch tumour growth even with stable levels of prostate-specific antigen (PSA), a protein in the blood that doctors routinely monitor for cancer progression, according to an analysis led by researchers at Weill Cornell Medicine and Duke University. In some cases, cancer progression was detected on scans even when PSA levels were undetectable.



The recent study, published in the *Journal of Clinical Oncology*, analysed data from more than 2,500 men enrolled in two multinational phase 3 clinical trials testing enzalutamide to slow or stop tumour growth in patients with advanced prostate cancer. This drug targets the androgen receptor, a protein that prostate cancer cells use to receive growth signals from male hormones such as testosterone. The trials (ARCHES and PROSPER) assessed cancer spread or growth on imaging scans, alongside changes in PSA levels during treatment. The researchers examined cases of radiographic progression – when cancer growth or spread is detected by imaging such as X-rays, CT scans or bone scans.

“We found that up to roughly 25% of patients had radiographic prostate cancer progression without any rise in PSA levels, and they had worse outcomes,” said senior author Dr. Cora N. Sternberg, professor of medicine in haematology and medical oncology at Weill Cornell, and a medical oncologist at New York-Presbyterian/Weill Cornell Medical Centre. “PSA has long been one of the most important tools for tracking prostate cancer, but these results show that waiting for PSA levels to rise may miss cancer growth or spread in some patients receiving modern targeted therapies.

Dr. Andrew Armstrong, professor of medicine at Duke Cancer Institute Centre for Prostate and Urologic Cancer, Duke University, is the paper’s first author.

Clinical trial data suggests silent growth

The ARCHES trial included patients whose prostate cancer had metastasized but still responded to hormone therapy, which lowers testosterone levels or blocks the cancer’s ability to use testosterone signals to grow. Of these patients receiving enzalutamide, a subset experienced cancer progression on imaging despite stable, low or minimally changing PSA levels.

The researchers found similar results in the PROSPER trial, which enrolled patients with non-metastatic castration-resistant prostate cancer, meaning their prostate cancer no longer responded to hormone therapy, but their cancer had not spread to other organs based on conventional imaging.

Patients taking enzalutamide whose cancer progressed on imaging had worse overall survival than those whose cancer had not, regardless of PSA changes. The study also found that patients often felt well without new symptoms, despite the cancer advancing. Since the findings in both groups were similar, this may be a broad issue across advanced prostate cancer.

To understand this phenomenon, the researchers looked for clues about why PSA and cancer progression may become disconnected. They suspect some tumours evolve resistance mechanisms that allow them to grow independently of androgen receptor signalling. These cancer cells may produce little or no PSA while continuing to spread. This process, sometimes called lineage plasticity or neuroendocrine transformation, requires continued investigation.

More accurate patient monitoring

Based on the results, the investigators suggest that patients receiving potent androgen receptor inhibitors such as enzalutamide may benefit from periodic imaging in addition to routine PSA monitoring, particularly during the first two years of treatment. They propose that future clinical guidelines should reconsider how PSA increase defines cancer advancement and provide clearer recommendations for imaging frequency.

“We did not expect to see these rates of radiographic progression with low PSA and sometimes even zero PSA,” said Dr. Sternberg, who is also a member of the Sandra and Edward Meyer Cancer Centre. “This is a practice-changing paper suggesting that waiting for PSA to increase could delay detection of clinically meaningful disease growth and worse outcomes for patients.”

Many Weill Cornell Medicine physicians and scientists maintain relationships and collaborate with external organizations to foster scientific innovation and provide expert guidance. The institution makes these disclosures public to ensure transparency. For this information, please see the profile for Dr. Cora N. Sternberg.

Source: <https://www.nationaltribune.com.au/psa-levels-alone-may-not-reflect-prostate-cancer-growth/>

Australian Reference Ranges (Age-Adjusted)

Unlike most blood tests, PSA does not have a single normal range — it rises naturally with age as the prostate enlarges. The thresholds below are used by RACGP, Cancer Council Australia, and the Prostate Cancer Foundation of Australia:

Age	PSA upper limit (ng/mL)	What "borderline" looks like
40–49	2.0	2.0–3.0 → repeat + free PSA
50–59	2.5	2.5–4.0 → repeat + free PSA
60–69	3.5	3.5–5.5 → repeat + free PSA + consider MRI
70–79	4.5	4.5–6.5 → repeat + free PSA + MRI
80+	6.5	Individualised — life expectancy and patient preference matter most

TOUR OF COWARAMUP

Each year since its inception PCaHELP have participated in social road bike rides through our magnificent Margaret River wine country to raise funds to allow us to continue to provide services to men and their families affected by prostate cancer. It also allows us to waive the banner for prostate cancer to make more men aware of their risks and encourage them to get tested regularly. It also allows us to bring together people from all walks of life in a wonderfully friendly atmosphere, all sharing the same desire to help reduce the terrible death rate from this chronic disease.

This year we have again been chosen by Perth Integrated Events Team (PIET) as their sole beneficiary, for which we are extremely grateful. We have built a lasting relationship with PIET as they know they can rely on us to host the event village at the beautiful Juniper Estate. We provide a huge number of volunteers to help the event run smoothly whose duties include setting up the event village and taking registrations on the Saturday. Then on Sunday, the event day, they again take registrations, manage traffic and parking, prepare and cook food for sale, host water and food stops for the riders on course, and clean up and pack up on completion. The logistics also include sourcing food, transporting equipment, photography, and most enjoyably, hosting a volunteer's thank you lunch on the Saturday. Plus we always enter a team of riders to be visible on course and to be able to talk to people about their experiences with prostate cancer.

We need your help in a number of ways, including riding or encouraging riders to participate, volunteering for the weekend, helping to promote the event, and of course donating or raising much needed funds to keep us financially viable. We hope you will consider one of these options and join us for a great time away with friends. It's an experience you will never forget.



In Support Of



PROSTATE CANCER HELP ASSOCIATION INC

PCaHELP is a not-for-profit association run entirely by volunteers to provide information to men and their families affected by prostate cancer and to help promote, educate, mentor and inform prostate cancer support groups.

Ph: 0411 581 000
www.pcahelp.org



EVENT SPONSORS







TOUR OF COWARAMUP

Sunday, 18th October 2026
8 am start.

Event Village:
Juniper Estate

WE NEED YOU – RIDERS, VOLUNTEERS & FANS!

HELP US CHANGE THE LIFE OF SOMEONE AFFECTED BY PROSTATE CANCER.

RIDERS

Three distances to choose from:

- Gran: 125 km
- Medio: 91 km
- Piccolo: 63 km

A fully managed, traffic-controlled event on cycling routes through the stunning Margaret River region, starting and finishing at the beautiful Juniper Estate.

REGISTER TO RIDE

START YOUR OWN FUNDRAISER & GET PEOPLE BEHIND YOUR CAUSE:

FUNDRAISE HERE

KNOW SOMEONE WHO LOVES CYCLING? SHARE THIS FLYER WITH FAMILY & FRIENDS!

VOLUNTEERS

Be part of the crew that makes it happen. We need helping hands on the day: from rider support to event village duties.

BE A VOLUNTEER



COME AND CHEER!

Make a Sunday of it in Margaret River wine country, bring friends and family. Welcome the riders home at Juniper Estate and enjoy:

- **Wine tasting at Juniper Estate:** featuring wines from one of Margaret River's most celebrated producers.
- **Lunch, food & drink sales** on the day.
- **Raffle with great prizes** — you don't need to ride to win!

tour-of-cowaramup-2026.raiselysite.com

CAN'T PARTICIPATE? MAKE A DONATION INSTEAD:

DONATE HERE

THANK YOU!

If you are interested in riding, donating, fundraising, or volunteering please go to:

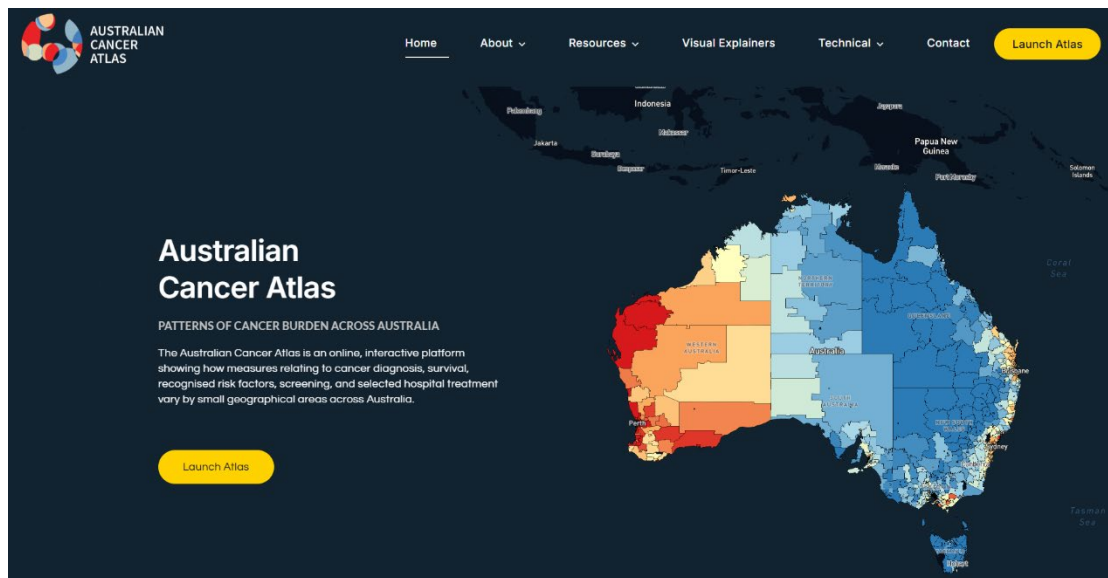
<https://www.pcahelp.org/tour-of-cowaramup-2026-ride-donate-or-fundraise-for-pcahelp>

Or Phone Ken Bezant on 0411 581 000 or email admin@pdcahelp.org

REVIEW SHOWS GEOGRAPHIC PROSTATE CANCER SURVIVAL INEQUALITIES

A new international review led by Cancer Council Queensland has found survival outcomes for men diagnosed with prostate cancer are strongly associated with where they live.

The research, funded by the Prostate Cancer Foundation of Australia, involved a review of Australian and international studies and found consistent disparities in the outcomes of men diagnosed with prostate cancer in urban or affluent areas compared to those diagnosed in rural or disadvantaged areas.



Cancer Council Queensland spokesperson Katie Clift said substantial and increasing gaps in prostate cancer survival were a cause for local, national and global action.

“Our review found consistent evidence internationally that men living in urban areas had higher rates of PSA testing, higher prostate cancer incidence, a lower risk of advanced prostate cancer and better survival,” Ms Clift said.

“Those living in affluent areas generally also had greater access to or use of medical services and lower mortality than men living in rural or disadvantaged areas across a range of countries.

“These gaps in prostate cancer survival, access to treatment and quality of life are occurring internationally, as well as in Australia, and are a cause for concern.

“We urgently need to design targeted interventions to address the gaps and reduce the disparities, to ensure better outcomes for all men diagnosed with prostate cancer – regardless of where they live.

“Before we do this, however, we need to better understand the reasons why these inequalities exist and ensure that the interventions designed to reduce these disparities are based on best evidence.”

Cancer Council Queensland spokesperson Katie Clift urged men to see their GP about their individual risk so they can make an informed choice about prostate cancer testing.

Source: <https://www.nationaltribune.com.au/review-shows-geographic-prostate-cancer-survival-inequalities/>

You can view the Australian Cancer Atlas at: <https://atlas.cancer.org.au/>

PROSTATE CANCER AWARENESS COMMUNITY HEALTH TALK

We hope you may be able to assist us promote this free public presentation to help us raise awareness of prostate cancer and promote the fantastic services offered by our support groups in WA. It will be held on Thursday 10th September 2026, during Prostate Cancer Awareness Month at the City of Perth Library from 12.30 pm to 1.30 pm (hopefully also attracting the business lunch crowd).

Prostate Cancer Awareness Community Health Talk

[BOOK NOW](#)

ABOUT

Join us in Prostate Cancer Awareness Month and hear from Ken Bezant, the Chairperson of the Prostate Cancer Help Association Inc. (PCaHELP), to learn about prostate cancer.

Discover the risks, available treatment options, and support offered for men, their partners, and families to help them live better with prostate cancer.

Prostate cancer is the most diagnosed cancer in Australia, affecting 1 in 5 men during their lifetime. If detected and treated early, there is a very high survival rate, but many men are reluctant to prioritise their own health and know little about their risks of prostate cancer.

Ken has a lived experience of prostate cancer; first diagnosed and treated in 2013. He believes that if men are better informed and are proactive with their health, we could significantly reduce the current prostate cancer death rate and live happier, healthier lives. This talk will provide you with the opportunity to ask questions and access resources that we hope will help you better understand this chronic disease and reduce your risk (or that of your loved ones).

Date: Thursday 10 September 2026

Time: 12.30pm to 1.30pm

Venue: City of Perth Library

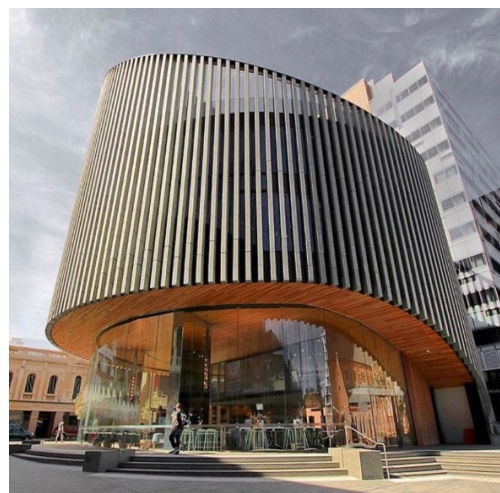
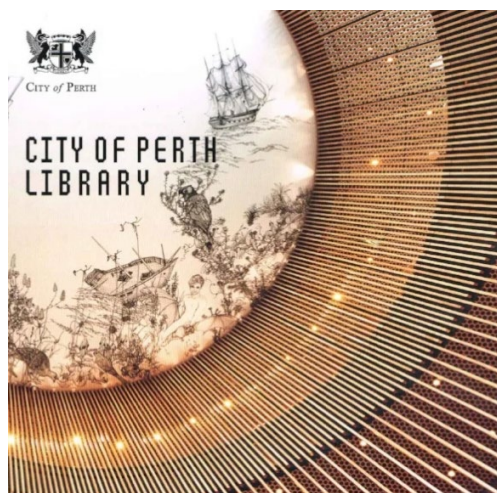
Cost: Free, bookings required.

LOCATION

[Get directions](#)

City of Perth Library
573 Hay Street, Perth WA 6000

To book a place please go to: <https://www.trybooking.com/DHCBM>



AUSTRALIAN ICON TAKES UP MEMBERSHIP ON TASKFORCE TO ELIMINATE PROSTATE CANCER DEATHS



Australian television presenter and musician David Reyne has joined Prostate Cancer Foundation of Australia's Committee for the Elimination of Prostate Cancer, bringing a deeply personal understanding of the disease to the national push for zero deaths.

Earlier this year, the Getaway presenter and original Australian Crawl drummer underwent major five-hour robotic surgery for prostate cancer — an experience he has since described with characteristic candour and optimism.

Speaking about the experience in a recent interview with Nine, David described the gravity of confronting cancer.

"You're staring down mortality," he said.

David prepared carefully for surgery, including undertaking pelvic floor exercises, and fortunately recovered well.

"I came through with flying colours, fortunately," he said.

But David also spoke candidly about the emotional burden of living with cancer, describing "that grey gloom looming in the background" even when treatment is progressing well.

Emerging from the experience has given him an outlook that is "all sunny and joyous" — a perspective he will now bring to the Committee's national mission.

Committee Chair and former Deputy Prime Minister, the Hon. Wayne Swan, congratulated David on taking up the position, saying his honesty and ability to connect with Australians would make him a powerful advocate.

"David has spent decades connecting with Australians, and his willingness to speak personally and plainly about prostate cancer will help us reach men who might otherwise look away," Mr Swan said.

"He understands how suddenly a diagnosis can bring your own mortality into view. He also represents the hope and renewed appreciation for life that can come from making it through treatment.

"David's voice will strengthen our work to ensure more men understand their risk, get tested at the right time and have access to the best possible treatment and care."

Prostate cancer is Australia's most commonly diagnosed cancer. Nearly 29,000 men are diagnosed each year and almost 4,000 die from the disease.

Chaired by Mr Swan, the Committee for the Elimination of Prostate Cancer brings together influential Australians from public life, health, media, business and the community.

The Committee is developing a coordinated national roadmap to end avoidable deaths from prostate cancer, with a focus on earlier detection, greater investment in research, equitable access to treatment and stronger support for men and families.

"David's decision to stand with us is both generous and powerful," Mr Swan said.

"Zero deaths from prostate cancer is possible. Our task is to turn that ambition into national action — and voices like David's will help us do it."

Known to millions of Australians as a presenter on *Getaway*, David was also the original drummer for Australian Crawl and has built a distinguished career across television, music, radio and acting.

Following his full recovery from surgery, David is preparing to reunite with his brother James and other original members of Australian Crawl for the Red Hot Summer Tour.

For Australians living with and beyond prostate cancer, his return to the stage carries a hopeful message: a diagnosis may change the shape of your life, but it does not define who you are.

For information and support, visit prostate.org.au or call 1800 22 00 99 to speak with a Prostate Cancer Specialist Nurse.



SUPPORTER PROFILE



proud supporters of PCaHELP

AI-ASSISTED MENTAL HEALTH SUPPORT FOR EARLY
ENGAGEMENT

Website:

<https://www.reebootai.com/>

Reebot AI is a clinically designed mental health assistant that provides text and voice support, available 24/7. It is built by Australian Psychologists and backed by WA Government AU Assurance. Unlike general wellness chatbots, Reebot AI integrates clinical safety protocols, multilingual capabilities, and on demand GP booking in Australia through trusted partners. It is designed to support people experiencing mild to moderate mental health concerns. It is a digital support tool that can help users access appropriate resources faster.

CALENDAR OF EVENTS

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	5 th	September	2026	PCaHELP Annual Conference
Sunday	18 th	October	2026	Tour of Cowaramup
Wednesday	11 th	November	2026	Have a Go Day
Saturday	14 th	November	2026	PCaHELP Seminar
Saturday	14 th	November	2026	PCaHELP Christmas Dinner
Saturday	5 th	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 SPONSORS AND SUPPORTERS WHO MAKE ALL OUR WORK POSSIBLE



PCaHELP is a not-for-profit association run entirely by volunteers to provide information to men and their families affected by prostate cancer and to help promote, educate, mentor and inform prostate cancer support groups.