



The Helpful Messenger

PCaHELP May 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
Connect4Groups
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

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CHRISTMAS IN JULY

BUSINESS NETWORKING GROUP

Perth Integrated Events Team

Christmas in July

★ **THE PINNACLE EVENT** ★
— FOR THE BUSINESS NETWORKING GROUP —

SUPPORTING PCaHELP

TUESDAY 28TH JULY 2026

BROUGHT TO YOU BY

Café LUCIA | **JUNIPER ESTATE**

PCaHELP
PROSTATE CANCER HELP ASSOCIATION INC

The Business Networking Group are hosting this pinnacle 2026 event on Tuesday 28th July 2026 in support of PCaHELP. It will be an ideal opportunity to celebrate together with our friends from the business world, many of whom champion our cause.

It will be held at Café Lucia 1204 Hay Street, West Perth (corner of Colin Street) where we will enjoy an incredible set menu complimented by amazing Juniper Wines.

Christmas in July has always been an Aussie tradition with our inverse winter weather to the Northern Hemisphere and when we can take pause mid-way through the year and give thanks for what we have and what we do.

Registration numbers are strictly limited. Please ensure you register early to guarantee your place.

For more information and to register, go to <https://tickeasy.com.au/events/christmas-in-july-the-pinnacle-event-of-the-bng-28-cmqwuzro000004174z34b76q>



Santa has a senior moment



SYMPOSIUM WRAP UP

Our Symposium held at the City West Lotteries House on Saturday 9th May 2026 was enjoyed by the many attendees who supported this event. We give thanks to our amazing guest speakers, our many volunteers who helped make this happen, and to our sponsors and supporters, and to our attendees on the day.

Our presenters:



Darren Peterson
CEO, Take Charge Wellbeing



Leslie Schneider
Australian Dental Supplies



Dr Nat Lenzo
Nuclear Medicine Physician, Icon Cancer Centre





Bernard Chia
CMO, Wise Friends



Naomi Mutinda
PCFA, Telenursing Program

Our audience:



Conference Room
City West Lotteries House

Our raffle prize winners:



If you would like the contact details of any of our presenters just email admin@pcahelp.org and we will put you in touch.

If you missed this symposium please keep Saturday 5th September 2026 free to attend our annual Conference.

FEDERAL GOVERNMENT EXPANDS MEDICARE ACCESS TO PSMA PET SCANS FOR PROSTATE CANCER



Thousands of Australian men with recurrent prostate cancer are set to benefit from a major expansion of Medicare-funded access to PSMA PET/CT imaging, following a Federal Government decision to ease long-standing restrictions on the life-saving scans.

From 1 November 2026, the current Medicare Benefits Schedule (MBS) restriction limiting [MBS item 61564](#) to two scans per lifetime for the restaging of recurrent prostate cancer will be amended to give eligible men access to yearly scans.

The decision follows advocacy by Prostate Cancer Foundation of Australia to have the restrictive lifetime cap removed, and has been backed by clinicians, consumers, and health professionals.

PCFA Chief Executive Officer Anne Savage said the reform represented a significant step forward for men facing advanced and recurrent prostate cancer.

“This decision will save lives and significantly reduce out-of-pocket costs for treating deadly prostate cancer.

“PSMA PET imaging gives doctors and patients a vital weapon in the fight against prostate cancer, providing a more accurate picture of cancer cell growth and spread, enabling more rapid and targeted treatment of the disease,” Ms Savage said.

“For men with prostate cancer, PSMA scans are not just ‘nice to have’, they are vitally necessary in monitoring for deadly disease.

“The previous lifetime cap failed to reflect the reality of prostate cancer management, where men may require repeat imaging over time as their disease changes or progresses.

“This decision means Australian men will have better access to world-class imaging that can help deliver more personalised treatment, avoid unnecessary procedures, and improve outcomes.”

Ms Savage said PCFA had consistently argued that the restriction risked compromising equitable access to best-practice care.

“PCFA strongly advocated for this change because we knew the existing restriction was creating barriers for men who genuinely needed repeat imaging,” she said.

“We applaud the Government for listening to the voices of men and their families, backed by PCFA.”

Prostate cancer survivor and PCFA ambassador Will McDonald said access to advanced imaging could make an enormous difference for men navigating the uncertainty of recurrence.

“When you’re living with prostate cancer, timely access to PSMA scans can make the difference between life and death,” Mr McDonald said.

“If you can see it, you can treat it, and that’s what PSMA PET/CT scans do.

“Too many Australian men have lost time and money trying to access scans that should be a core part of universal health care in Australia.

“We welcome the news that from now on we’ll be able to get equitable access to this lifesaving technology.”

PCFA said the decision aligned with broader national efforts to improve prostate cancer outcomes and ensure Australian men have equitable access to modern, evidence-based care.

Nearly 29,000 Australian men are newly diagnosed with prostate cancer each year, and more than 4,000 die annually from the disease. There are around 300,000 Australian men alive today after a diagnosis.

For more information and to find a Support Group go to www.prostate.org.au or call **1800 22 00 99** to speak with a Prostate Cancer Specialist Nurse.



RESTORATIVE HEALTH CLINIC AND A TOUCHY SUBJECT WEBINAR

Join sexologist Melissa Hadley Barrett for a special conversation with Victoria Cullen, founder of A Touchy Subject, an online education and support platform helping men navigate life after prostate cancer treatment. A Touchy Subject provides evidence-based resources focused on sexual recovery, intimacy, erectile rehabilitation, and emotional wellbeing following treatment.

In this interview-style webinar, Melissa and Victoria will explore Victoria's personal and professional journey, the inspiration behind A Touchy Subject, and the growing impact of her online membership and support community, The Hub. The Hub offers men a private, judgement-free space featuring expert webinars, peer support, recovery education, and open conversations about intimacy and sexual health after prostate cancer treatment.

Together, Melissa and Victoria will discuss the importance of connection, community, and accessible support for men navigating the physical and emotional impacts of prostate cancer treatment. They will also share practical resources, education pathways, and support options available for men and their partners throughout recovery.

Register to attend this free webinar on Wednesday 3rd June at 5.00 pm (Perth time) at https://us02web.zoom.us/webinar/register/WN_ZcHaHoM-SIOsERiW3Kgg-w#/registration

NEW NATIONAL SURVEY ON PROSTATE CANCER

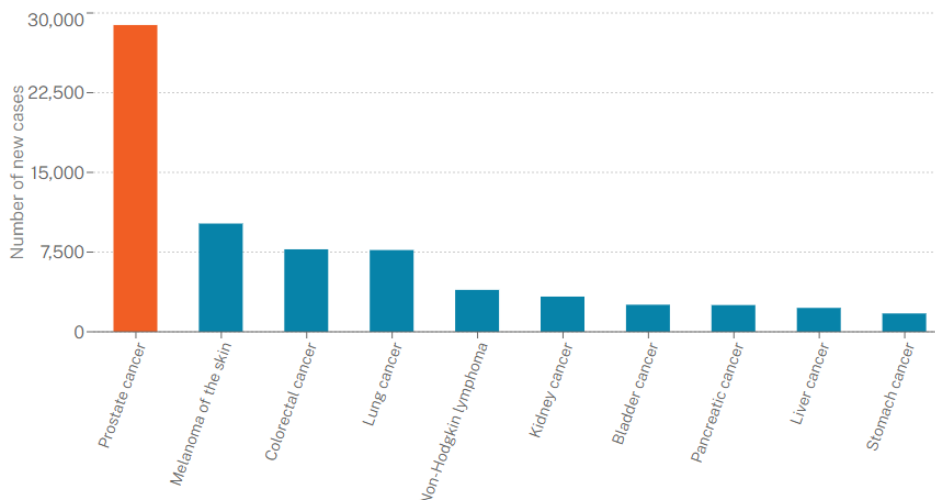


PCFA has launched a nationwide survey on early detection of the country's most commonly diagnosed cancer, amid concerns around one million Australian men may have significantly increased risk of the disease due to their family history.

The five-question survey takes less than two minutes to complete and is open to all Australians.

Please share it.

Take the survey at <https://pcfa.tfaforms.net/f/mens-health>



TOUR OF COWARAMUP

Perth Integrated Events Team
In Support Of
PCaHELP
PROSTATE CANCER HELP ASSOCIATION INC.

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

PROSTATE CANCER KILLS TOO MANY MEN.
Reduce Your Risk
Ask Us how.

EVENT SPONSORS
IRAE | REEBOOT | BUSINESS NETWORKING GROUP | MASERATI | SMS GROUP SERVICES

TOUR OF COWARAMUP
Sunday, 18th October 2026
8 am start.
Event Village: Juniper Estate

WE NEED YOU – RIDERS, VOLUNTEERS & FANS!

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

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

THANK YOU!

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 18th October 2026, with registrations hosted the preceding day on Saturday 17th 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.

Find out more and register at <https://www.pcahelp.org/tour-of-cowaramup-2026-ride-donate-or-fundraise-for-pcahelp>

MOSES OPTIMISING PROSTATE CANCER SURVIVORSHIP

We're pleased to share an opportunity for men living with prostate cancer to take part in a national research study designed to enhance the care received from GPs.

The MOSES Survivorship Program is a free, nurse-led telehealth intervention that supports participants to better understand and manage symptoms, navigate survivorship challenges and needs, and receive personalised recommendations for their GP to help support their care.

Participants will be randomly allocated to either receive the MOSES Survivorship Program or continue with their usual care.

For more information, please contact the research team using the details provided below.



Are you or a loved one living with **prostate cancer**?

We invite you to participate in a national study to enhance the cancer care you receive from your GP

This free MOSES-Survivorship program involves:



A telehealth session with a specialist nurse who will listen to your concerns and co-develop a management plan



Supporting you to manage your symptoms



Giving recommendations to your GP to enhance care tailored to your needs

If you choose to participate, you will be randomly allocated to receive the **MOSES-Survivorship program** OR your **Usual Care**

Participation could potentially benefit you or other people.

INTERESTED? PLEASE CONTACT THE RESEARCH TEAM:

Dr Reegan Knowles: reegan.knowles@flinders.edu.au

Dr Andi Agbejule: andi.agbejule@flinders.edu.au



0483841628



Flinders University

TASKFORCE FOR ZERO DEATHS: COMMITTEE FOR THE ELIMINATION OF PROSTATE CANCER LAUNCHED AT PARLIAMENT HOUSE

A major new national effort to eliminate deaths from prostate cancer was launched at Parliament House in Canberra, bringing together leaders from government, health, and the community.

Prostate Cancer Foundation of Australia (PCFA) formally announced the establishment of a Committee for the Elimination of Prostate Cancer, to be chaired by former Deputy Prime Minister, The Hon. Wayne Swan, at an event on Federation Mall at 12:30 pm on Thursday, 14 May.

The Committee will develop the nation's first coordinated roadmap to end avoidable deaths from Australia's most commonly diagnosed cancer.



The launch featured a striking awareness truck, positioned in front of Parliament House, carrying the message: "One small test for man, one giant leap for mankind."

Experts hope the launch will spark national conversation about early detection of prostate cancer.

Dan Repacholi MP, Special Envoy for Men's Health, said the initiative represents an important step forward in improving health outcomes for Australian men.

"Too many Australian men are still dying from prostate cancer when early detection can save lives. This Committee is about bringing focus, coordination, and urgency to that challenge. It's a critical step toward ensuring men across the country have access to the information, testing, and care they need."

Committee Chair, The Hon. Wayne Swan, said the initiative reflects both a national priority and a deeply personal mission.

“I’ve seen firsthand the devastating impact of prostate cancer, both in losing my father and facing my own diagnosis. We know that early detection saves lives - but we are not doing enough to reach men at risk. This Committee is about changing that, once and for all.

“Australia has the capacity to lead the world in eliminating avoidable deaths from this disease. But it will take national leadership, coordination, and sustained commitment to get there.”

Adjunct Associate Professor Steve Callister AM, Chairman of PCFA, said the Committee marks a pivotal moment in the national response to prostate cancer.

“This is about fairness, equity, and saving lives. Too many men are still being diagnosed too late. By bringing together expertise across research, policy, and clinical care, this Committee will help chart a clear path toward zero deaths.

“We know what works. Now we need to deliver it - consistently, nationally, and without delay.”

The Committee for the Elimination of Prostate Cancer will work to align national efforts across early detection, research, and treatment - ensuring all Australian men have a fair chance of survival, regardless of where they live.

SPORTS SCIENTIST URGES END OF HEALTH TAX

Article by Bonnie Christian, The Post



A Subiaco man who is the chair of WA’s peak sports science body wants the federal government to scrap the 10% tax on exercise physiology.

David Beard, pictured above, and Exercise and Sports Science Australia have been campaigning for a decade to exempt the service from the goods and service tax.

They want to get at least 50,000 signatures on a petition to Health Minister Mark Butler to table an amendment that would add it to the list of GST-free health services, ultimately making it cheaper for their patients.

Mr Beard said they want to present the petition by the end of the year.

Exercise physiologists help people manage conditions like diabetes, cardiovascular disease, obesity and mental illness, reducing long-term pressure on the healthcare system, Mr Beard said.

It is recognised across Australia’s health system, including Medicare and Department of Veterans’ Affairs, the NDIS and private health insurers.

Mr Beard said that should have been sufficient to remove it from GST.

“We expected it to be done automatically when we became part of the Medicare system in 2005, but it didn’t because of the way the legislation is written.” He said.

Removing the 10% GST would make it more affordable and remove the administrative burden for practitioners.

The GST was introduced in 2000 when exercise physiology was not a mainstream healthcare service.

But it has since grown to become an essential service Mr Beard said.

There are around 11,000 exercise physiologists Australia wide and it has been one of the fastest growing professions in the nation in recent years.

It is the only allied health service not exempted from GST.

Since GST legislation was passed in 1999, there have been no changes to the list of 21 “other health services” that were exempt under the New Tax System Act.

The last time it was amended was in 2018 when menstrual products were removed.

Sign the petition here: <https://gst.good.do/axethetax/axe-the-tax-on-essential-healthcare/>



SUPPORTER PROFILE



Offer AI-Assisted Mental Health Support For Early Engagement.

Website:

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

proud supporters of PCaHELP

Reeboot AI is the layer between distress and care, clinically governed mental health support delivered through voice and text, available the moment someone needs it.

Built on evidence-informed psychological and behavioural science, Reeboot engages people before crisis, holds continuity between clinical contacts, and routes into care when it matters.

Non-diagnostic by design. Safety and escalation protocols active across every interaction.

Available on iOS and Android. Integrated with real-time GP access through Medmate. Reeboot AI does not replace clinicians. It reaches the people who never make it to one.

Ask us about a FREE trial by emailing admin@pcahelp.org



Clinically Governed Platform

Mental Health Support, Anytime.

- ⚡ 24/7 Adaptive Response Engine
- ⚡ Multilingual, Multimodal Input Layer
- ⚡ Evidence-Aligned Protocol Architecture
- ⚡ Emotion-Aware Interaction Model
- ⚡ Embedded Clinical Governance Layer
- ⚡ API-Ready For Seamless Integration

CALENDAR OF EVENTS 2026

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>

Tuesday	28 th	July	2026	Christmas in July – Gala Dinner
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 SUPPORTERS WHO MAKE ALL OUR WORK POSSIBLE

