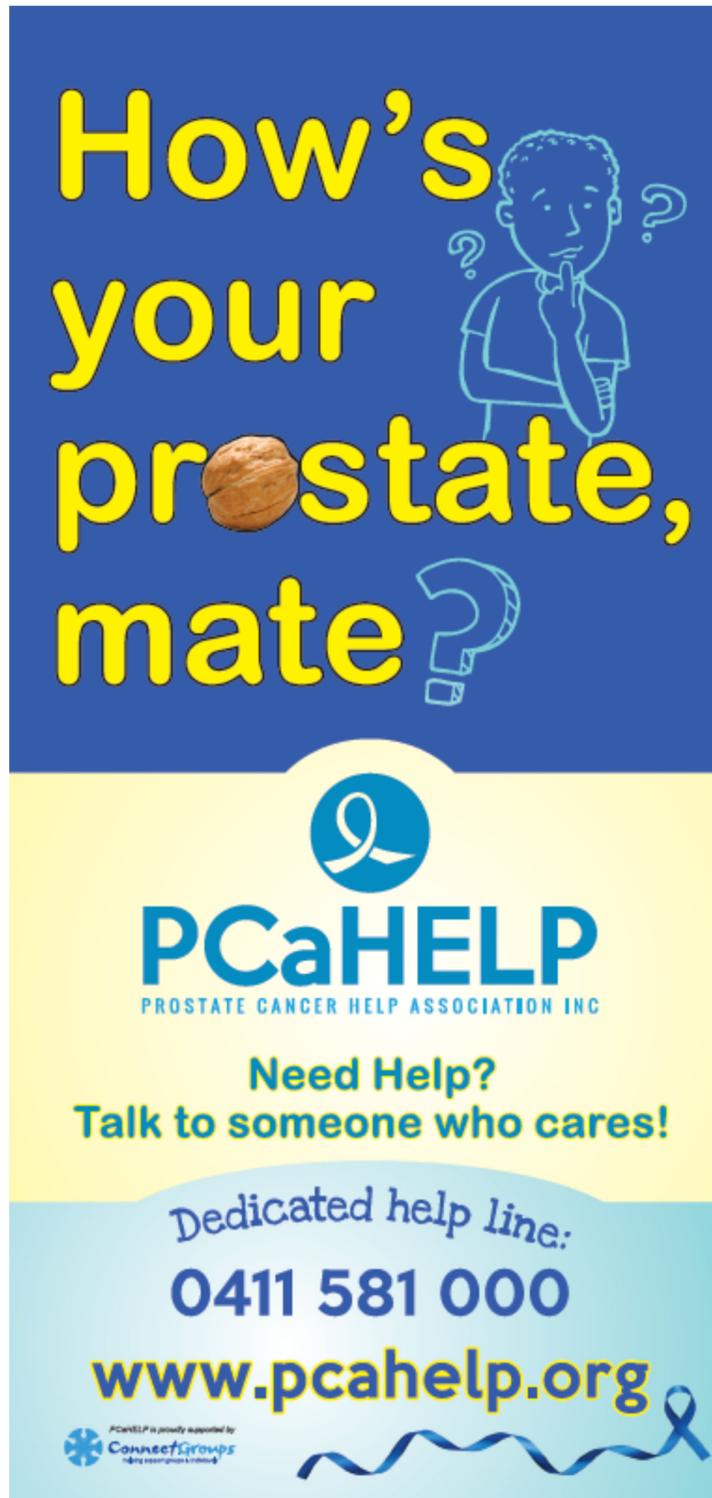


The Helpful Messenger

PCaHELP September 2025 Newsletter

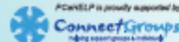


**How's
your
prostate,
mate?**


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

Helping people connect & thrive

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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:
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PROSTATE CANCER AWARENESS MONTH

September is Prostate Cancer Awareness Month and we would like you to help us spread the word to hopefully encourage more men to be tested and in so doing help save lives.

The following facts may prove useful in engaging with people to explain how prevalent this chronic disease is. Prostate Cancer is the most commonly diagnosed cancer in Australia. The chances of a man being diagnosed with prostate cancer in their lifetime is now 1 in 5. The risk increases significantly if there is a family history.

These following statistics highlight that on average in Australia 72 men are diagnosed with prostate cancer every day and 11 men will lose lives to it every day.



Australian Government
Cancer Australia



26,368

Estimated number of new cases of prostate cancer diagnosed in 2024



28%

Estimated % of all new male cancer cases diagnosed in 2024



3,901

Estimated number of deaths from prostate cancer in 2024



13%

Estimated % of all male deaths from cancer in 2024



96%

Chance of surviving at least 5 years (2016–2020)



99,845

Males living with prostate cancer at the end of 2020 (diagnosed in the 5-year period 2016 to 2020)

The above statistics are produced by the Australian Institute of Health and Welfare and are updated each year. Their 2025 statistics have not yet been made publically available. However, we expect these numbers to increase.

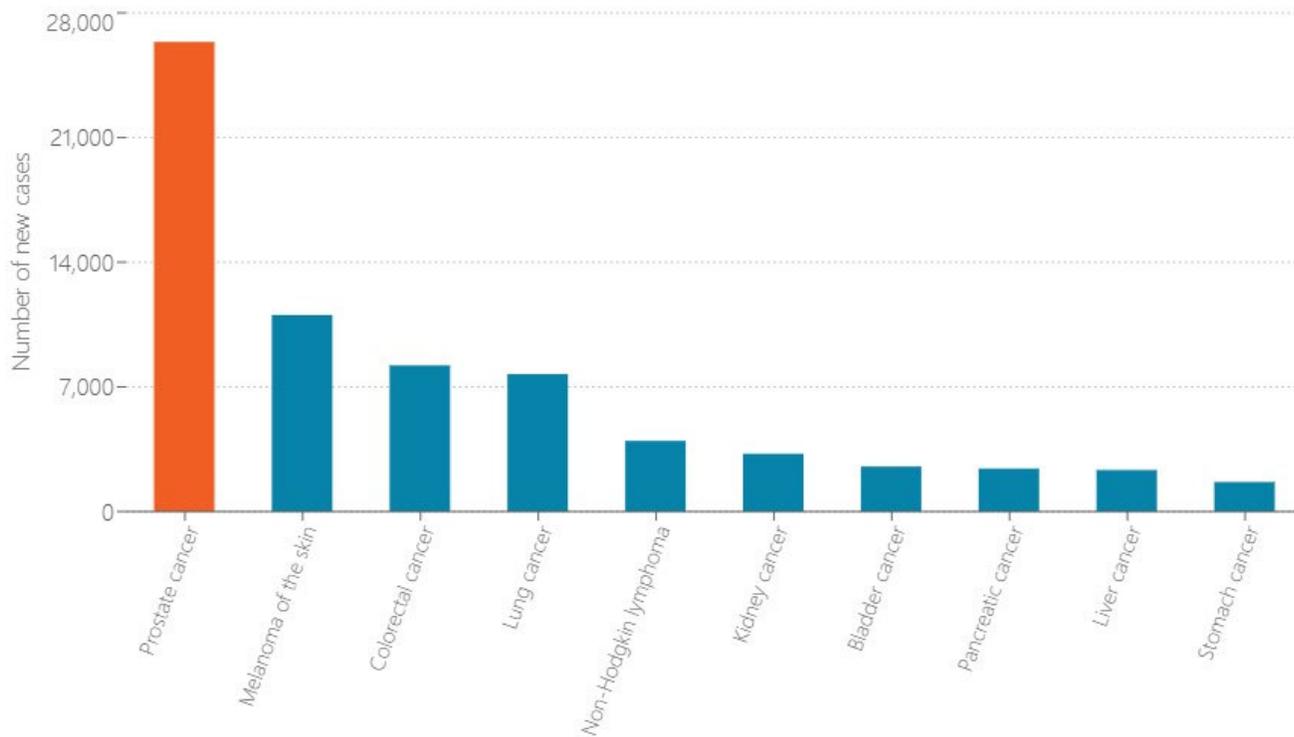


Figure 1. Estimated cancer incidence in Australia among males, 2024

Source: Cancer Australia
www.canceraustralia.gov.au

As you can see from the above chart, prostate cancer in Australian men is by far the most commonly diagnosed cancer with comparative annual figures in Australia being:

Prostate Cancer	26,368
Melanoma of the skin	11,034
Colorectal cancer	8,205
Lung cancer	7,718
Non-Hodgkin lymphoma	3,972
Kidney cancer	3,250
Bladder cancer	2,529
Pancreatic cancer	2,414
Liver cancer	2,336
Stomach cancer	1,662

By comparison, there were 21,194 new cases of breast cancer diagnosed in 2024 and 3,305 deaths.

Early detection and treatment is the key to survival. While there is currently no screening program for prostate cancer, encouraging men to discuss their risk of prostate cancer with their GP and to ask their GP for an annual PSA test is currently the best method we have of detecting this cancer early, along with discussing any symptoms they may have and making their GP aware of their family history. With your help we are sure we can help reduce the number of men who die from prostate cancer.

TOUR OF COWARAMUP 2025

Since 2019 PCaHELP has been raising funds by participating in annual cycling events held in our magnificent south west wine region of Margaret River. For the first 5 years we did so as a joint beneficiary of the Tour de Gracetown. Last year we were privileged to be selected as the sole beneficiary for the Tour of Cowaramup and again this year have joined forces with the Tour of Cowaramup to hopefully continue the incredible partnership we have formed with Perth Integrated Events Team and Juniper Estate.

Perth integrated Events Team host a number of cycling events throughout the year to benefit a range of charities and we acknowledge their team leader Ian Wee for the incredible work he and his team do in raising funds for charitable bodies in WA. Ian of course can't do it alone and this year at the Tour of Cowaramup the events team will also comprise Graham Harmsworth, David Embry, Byron Slade, Fred Goh, Nick Parella, and Brian Liao, all of whom give their time freely to help run a very successful, safe and enjoyable event. A lot of work goes into organising this event with approvals, policies, event planning, insurances and facilities all managed exceptionally well, with work undertaken throughout the year to make sure it all runs smoothly. A mammoth task for which we are extremely thankful. The events team erect and remove signage for the riders, travel the courses constantly and manage intersections all to help ensure riders are safe on the roads that take them through beautiful farm lands and forests.

Juniper Estate provide their amazing winery, which serves as our Event Village, free of charge to help support our cause. Tom Hill and his family are very special and valued supporters of PCaHELP. The winery has an incredible grassed area where we set up gazebos, cook food on our barbeques, serve drinks, set up a coffee trailer, registration and information tents, and host the riders, both before and after their cycling event. We also host water stops along the cycling courses to keep riders refreshed and safe on their rides. And of course the magnificent Juniper wines are available for tasting and purchase, with discounts offered.

A number of amazing sponsors also come on board each year, including Perth Integrated Health, Juniper, SMS Group Services, Ahana Care, Barbagallo Maserati, Blackchrome and Brain and Cognitive Function Clinic. Without their help and financial support this event would simply not be possible.

To ensure the event runs smoothly and we are able to support the riders, we of course need an incredible crew of volunteers, many of whom come back year after year. They also give their time freely as well as travelling to the event and arranging their own accommodation. Their duties range from registering the riders, to preparing, cooking and selling food and drinks, transporting food and equipment, as well as setting up the event village, managing parking and helping at the on course water stops. Volunteers come from many of our wonderful prostate cancer support groups, including our Busselton group who help every year by hosting the water stops. While their tasks can be arduous and tiring, all report they very much enjoy participating. We celebrate their efforts with a thank you barbeque dinner after the event, with socialising (and singing) bringing us all closer together as an incredible team. It is a great weekend away.

And then we have a team of riders who help us wave the flag for prostate cancer. The event gives us an incredible opportunity to make more men aware of the incidence of prostate cancer and how to help minimise their risks. Our riders train diligently for the event and most complete the shortest course, which this year is 66 km. As well as completing such a physically challenging ride, many of our riders also fundraise for us. They do a remarkable job and you may receive a request from them to help. So please help if you can. You can donate online at: <https://tour-of-cowaramup-2025.raiselysite.com/>

Every dollar raised helps us continue to be able to offer support to men affected by prostate cancer in WA.



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

TOUR OF COWARAMUP

SUNDAY - 12TH OCTOBER 2025
JUNIPER ESTATE, COWARAMUP

RIDE WITH A PURPOSE
AND HELP CHANGE THE LIFE OF SOMEONE AFFECTED BY PROSTATE CANCER.

CYCLING ROUTES FOR ALL LEVELS: PICCOLO: 60 KM | MEDIO: 85 KM | GRAN: 130 KM








ENJOY THE LUNCH FESTIVITIES IN OUR BEAUTIFUL SOUTH WITH MUSIC, GOOD FOOD, COFFEE AND GREAT WINE.

PROSTATE CANCER KILLS TOO MANY MEN

Reduce Your Risk. Ask Us how.



Family & friends are welcome!

- Start at 8 am and finish at Juniper Estate, Cowaramup.
- Easy car parking with the Event Village activities all confined to Juniper Estate.
- Two water stations selected to assist all three distances.

- Supporting local businesses and tourism within the catchment of Cowaramup.
- Experience the scenic beauty of Cowaramup and what the local community has to offer.





READY TO BE A PART OF THIS AMAZING DAY & MAKE A REAL CHANGE? THERE ARE MANY WAYS IN WHICH YOU CAN CONTRIBUTE.

REGISTER AS A RIDER TODAY:

REGISTER HERE

START YOUR OWN FUNDRAISER & GET PEOPLE BEHIND YOUR CAUSE:

THANK YOU! FUNDRAISE HERE

CAN'T PARTICIPATE? MAKE A DONATION INSTEAD:

DONATE HERE

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

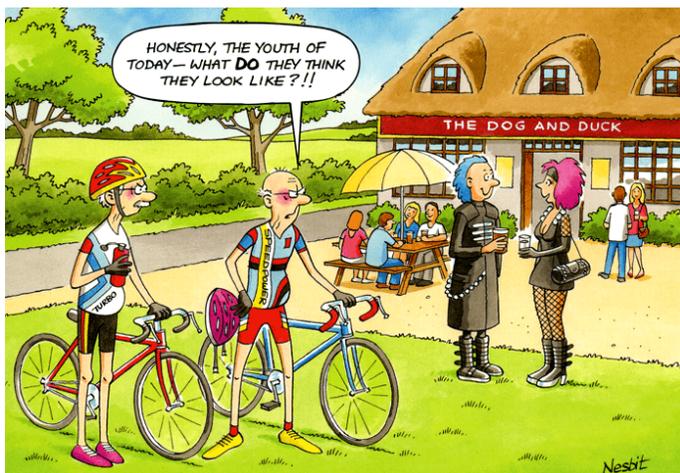


If you feel like joining us for the ride, it's not too late. You can obtain more information and register online at:

<https://www.pcahelp.org/join-tour-of-cowaramup-2025-second-year-supporting-pcahelp>

If you want to challenge yourself, there is also an 88 km and a 140 km course option available.

We still need a couple more volunteers to help on both Saturday 11th and Sunday 12th October 2025, so if you're available we would love to hear from you. Please email ken@bezant.com.au



'GENETIC TIME BOMB': THE GENERATIONAL SHIFT IN AUSTRALIA'S DEADLIEST CANCER

Author: Damien Bolton Sep 23, 2025

Source: <https://www.thenewdaily.com.au/life/health/2025/09/23/prostate-cancer-warning>



It's never been more important for men under 50 to know their prostate cancer risk as we witness what appears to be a generational shift in the number of younger men being diagnosed with the disease.

Prostate cancer is traditionally associated with older age but that assumption could be deadly.

The latest Australian cancer data shows a 6.7-fold increase in the men aged 40-49 years diagnosed with prostate cancer in 2024 compared to 2000.

That's a sizeable increase in the space of just two decades.

What's most concerning is that we don't yet know why we are seeing this increase in younger men under 50 being diagnosed, including with metastatic forms of the disease.

We do know that prostate cancer can be a genetic time bomb. But men who don't know their family background are oblivious, even though they are up to seven times more likely to develop this type of cancer.

Statistics show while one in five Australian men – and one in eight in New Zealand – will be diagnosed with prostate cancer in their lifetime, the risk is about double the average for those with a father or brother with the cancer.

If that man has two or more close relatives who have had prostate cancer then their risk increases up to seven times the average.

We also know that BRCA gene mutations for breast and ovarian cancers in a family can also dramatically increase a man's risk of prostate cancer. Alarming many men remain unaware they're at risk.

September is prostate cancer awareness month and updated National Health and Medical Research Council guidelines for the early detection of prostate cancer in Australia are due to be released, including a recommendation for baseline PSA test for men who request it at age 40.

They will also call for earlier and more frequent testing for men at higher risk, including those with a family history or of sub-Saharan ancestry, starting at age 40.

It's a welcome change and we hope it will put a dent in what is a silent epidemic, unnecessarily robbing men of their lives decades ahead of their time.

Prostate cancer is the most commonly diagnosed cancer in Australia. Each year more than 26,000 Australian men are diagnosed and nearly 4000 will die from the disease.

In New Zealand, there are about 4000 new cases each year, claiming 700 lives, with Māori men 72 per cent more likely to die of prostate cancer after diagnosis than their non-Māori peers.

Detecting prostate cancer early gives the best chance of cure. If you are a man over 40 who has a family history then you are strongly advised to get a baseline PSA test.

Not all prostate cancers need treatment, but having a PSA blood test and MRI can give peace of mind. These tests focus on finding significant cancers that matter.

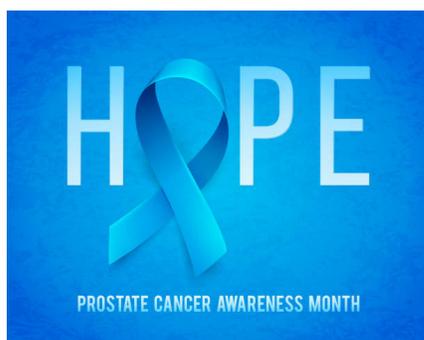
The reality is that most prostate cancers develop without any symptoms at all. So it is important to get checked pre-emptively.

Early detection saves lives. A quick blood test could make all the difference between catching prostate cancer early, when it's most treatable, and not missing the chance for cure.

This is about driving down mortality rates, giving men the best possible chance of surviving prostate cancer, and living as long and as healthily as they can.

I'm urging all men, especially those under 50 to know their prostate cancer risk.

Professor Damien Bolton is a specialist urologist, with over 25 years' experience and president of the Urological Society of Australia and New Zealand



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 at:

<https://www.facebook.com/pcahelp.org/>

ORTHOCELL'S REMPLIR USED IN NERVE-SPARING PROSTATE CANCER SURGERY

Source: <https://www.msn.com/en-au/money/markets/orthocell-s-remplir-used-in-nerve-sparing-prostate-cancer-surgery/ar-AA1MC6TO?ocid=BingNewsSerp>



- Australian urologists are using Orthocell's flagship nerve repair product Remplir in prostate cancer surgery
- Remplir holds promise in reducing post-surgical complications due to peripheral nerve injury
- Up to 80% of men experience erectile dysfunction and up to 35% suffer from urinary incontinence following radical prostatectomy

Special Report: Australian urologists are now using Orthocell's flagship nerve repair product Remplir during prostate cancer surgery in a promising new application aimed at reducing post-surgical complications caused by peripheral nerve injury.

Perth-based regenerative medicine company Orthocell (ASX:OCC) has announced its flagship nerve repair device Remplir has been introduced to urologists in Australia for use in nerve-sparing robotic-assisted radical prostatectomies (RARP).

A nerve wrap used in peripheral nerve repair Remplir has been used in ~40 surgical cases to assist in improving recovery of erectile function and urinary continence post-surgery.

Orthocell is collating clinical data on initial patients and will release findings once available. The company is also investing in further clinical studies to build evidence and assist medical education initiatives to drive further adoption of Remplir in the prostate cancer treatment market.

If the tumour has not spread beyond the prostate, first-line treatment is radical prostatectomy, the complete removal of the prostate gland and surrounding tissue to ensure all cancer cells are removed.

Use of Remplir in robotic-assisted radical prostatectomies

While RARP increases surgical precision and preserves prostate anatomy, the risks of ED and UI remain significant.

Remplir is being adopted by Australian urologists in RARP to protect the neurovascular bundle (NVB), a network of peripheral nerves and blood vessels surrounding the prostate during surgery.

In low-risk patients, nerve-sparing procedures to preserve integrity of the NVB, have been shown to reduce the number of patients who experience post-surgical ED and UI.

It is estimated up to 75% of patients undergoing radical prostatectomy could be eligible for such procedures.

In Australia, over 12,000 RARP procedures are performed annually using the da Vinci Surgical System (DVSS).

Orthocell's distribution partner, Device Technologies, is the exclusive DVSS distributor across Australia, New Zealand, and Southeast Asia.

The strategic alignment supports the introduction of Remplir to urologists performing RARP, furthering its expansion into new surgical specialties.

Orthocell explained, much like peripheral nerve repair procedures that restore function to the arms and legs, Remplir can protect the NVB from damage and promote restoration of normal nerve function.

Significant step forward in Remplir expansion

Orthocell CEO and managing director Paul Anderson said use of Remplir in nerve-sparing RARP highlights the product's versatility and superior performance in protecting and reconstructing damaged peripheral nerves.

"Surgeons across multiple specialties – including orthopaedics, plastic and reconstructive surgery, and now urology – are increasingly adopting Remplir to simplify procedures, minimise scarring and improve functional recovery," he said.

"This represents a significant step forward in Remplir's organic expansion into broader peripheral nerve repair applications and has the potential to substantially increase the device's global total addressable market."

With ~\$27 million in cash and no debt, Orthocell said it was well-positioned to drive rapid product adoption, delivering a step change in revenue in FY26.

Following US Food and Drug Administration (FDA) approval in April the Remplir rollout in the US\$1.6 billion US market continues to build momentum.

In-country representatives are working with distributors to gain hospital approvals, on-board surgeons, and establish active accounts with initial US surgical cases continuing to build.

The company is also accelerating its Canadian launch and remains on schedule to submit its EU/UK application in Q4 CY25.

HAVE A GO DAY

Each year the Seniors Recreation Council of WA host their Have A Go Day on Burswood Park. It is a free event to attend that attracts thousands of people with more than 220 stalls on display.

Have a Go Day is designed to make seniors aware of the importance of exercise, socialisation and both physical and mental activity. Have a Go Day, a LiveLighter Event is now regarded as the premier event for Western Australia's Seniors Week.

This year it is being held on Wednesday 12th November 2025 and PCaHELP will host a stall to help us raise awareness of prostate cancer and to promote our support groups in WA.





Seniors Recreation Council of WA Inc.

PATRON: His Excellency the Honourable Chris Dawson AC APM, Governor of Western Australia



Have a Go Day

A LiveLighter Event

Wednesday 12th November 2025

Burswood Park 9.00am to 3.00pm, Great Eastern Highway

Free Activities and Information day for over 50's

"Time to Have a Go"

Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies

08 6118 2718 www.srcwa.asn.au

Free tea, coffee & bottled water available all day.

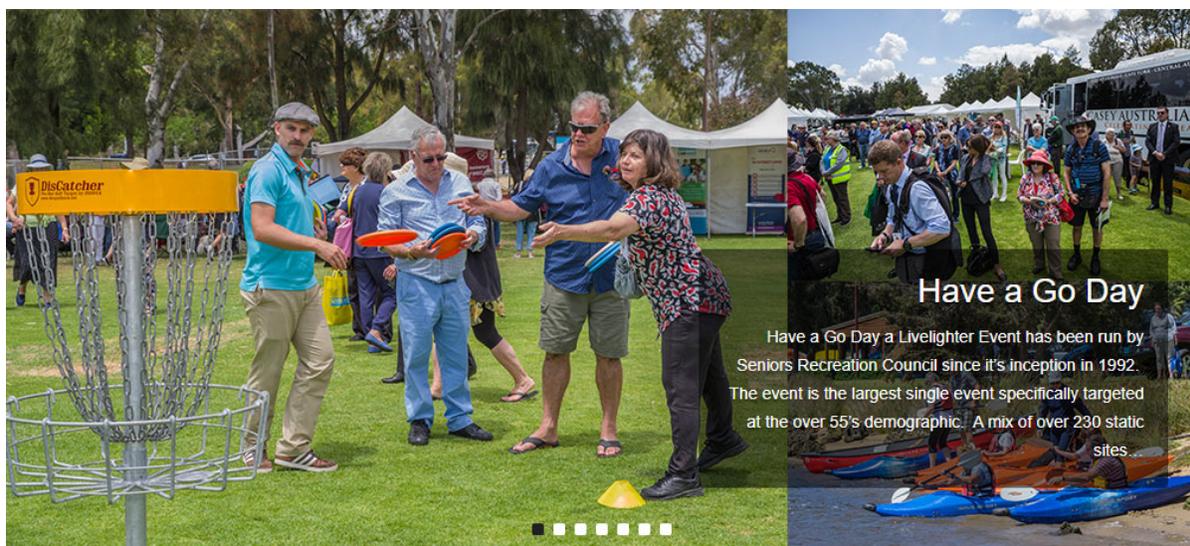
Food Vendors in attendance.

🚌 FREE Shuttle Bus Service Burswood Train Station 🅇 FREE Parking at Crown and Surrounding Carparks



SUPPORTED BY

Volunteers are needed to help us promote our stand. If you can spare an hour or two to talk to people about prostate cancer we would love to hear from you. Please contact us via email on admin@pcahelp.org



PCaHELP SYMPOSIUM

On Saturday 30th August 2025 PCaHELP held a Symposium at the Pagoda Resort & Spa in Como. It was very well attended and participants enjoyed information provided by our incredible guest speakers on a range of topics including common side effects of incontinence, erectile dysfunction, plus mental health, and sexual health. Thank you to our guest speakers:



Pagoda Ballroom



Dr Jeffrey Thavaseelan
Perth Urology Clinic



Kent Brinklow
Boston Scientific



Richard Hocart
AUS Patient Advocate



Julie Verley
Solaris Cancer Care



Melissa Hadley Barrett
Restorative Health Clinic

We sincerely thank all involved and look forward to your support at our **next Seminar**, which will be held on **Saturday 29th November 2025**. Further details will be available soon.

CHRISTMAS FUNCTION

Please join us on Saturday 6th December 2025 from 5.30 pm at the Herdsman Lake Tavern 33 Herdsman Parade Wembley 6014 for a Christmas Celebration. Open to members from all prostate cancer support groups in WA and their partners and also our friends from the health industry, it will include a 2 course dinner (main and dessert) plus pre dinner appetisers at a cost of \$45.00 per person. Drinks will be available from the bar at your expense. We hope you may be able to join us to celebrate 2025 with friends we have made on our journeys. Numbers are strictly limited. Please submit an expression of interest to admin@pcahelp.org to reserve your place now. Registrations will be available online soon.

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.raisely.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 2025, and don't forget to support your local prostate cancer support group

THANKS TO THE FOLLOWING SUPPORTERS WHO MAKE ALL OUR WORK POSSIBLE

