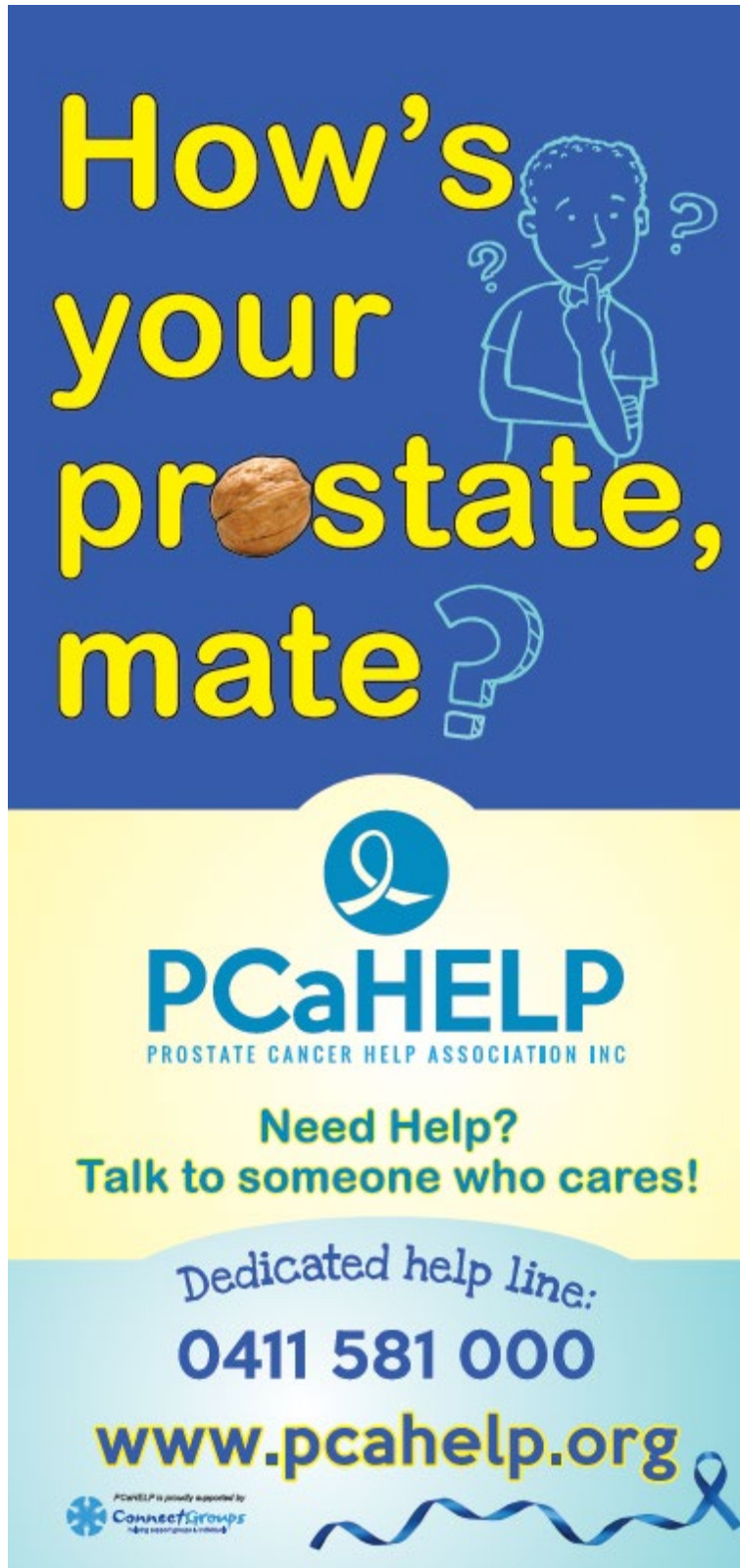


The Helpful Messenger

PCaHELP September 2026 Newsletter



The newsletter cover features a blue background with yellow text. At the top, it says 'How's your prostate, mate?' in large yellow letters, with a cartoon drawing of a man thinking and a walnut. Below this is the PCaHELP logo, which consists of a blue circle with a white ribbon forming a 'P' shape. Under the logo, it says 'PCaHELP' in large blue letters and 'PROSTATE CANCER HELP ASSOCIATION INC' in smaller blue letters. Below that, it says 'Need Help? Talk to someone who cares!' in green and blue. At the bottom, it says 'Dedicated help line: 0411 581 000' in blue and 'www.pcahelp.org' in yellow. There is also a small logo for 'PCaHELP is proudly supported by ConnectGroups' and a blue ribbon graphic.

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 everyone live better

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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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Web: www.pcahelp.org

PCaHELP ANNUAL CONFERENCE

Thanks to all our guest speakers, support group leaders, volunteers and audience for the great Annual Conference held on Saturday 5th September 2026 at the Metro Hotel South Perth.

Our guest speakers included Dr Steve McCombie, Urologist from Perth Urology Clinic; Dr Serina Sia, Radiation Oncologist from GenesisCare; Mr Redgie Alvarez, Prostate Cancer Specialist nurse at GenesisCare; and our prostate cancer survivors Trevor Gosatti and Barry Madsen. Please don't hesitate to reach out if you would like any of their contact details. We hope to see you all at our next Seminar on Saturday 14th November 2026.



AUSTRALIAN GOVERNMENT DEFUNDS PCFA'S SPECIALIST PROSTATE CANCER NURSING PROGRAM

The Australian Government has decided to end Commonwealth funding for PCFA's Prostate Cancer Specialist Nursing Service from 1 July 2027.

Remember the men we've lost. Protect the men still with us. Stand up and take action for PCFA Specialist Nurses.



PCFA Specialist Nurses provide expert care for more than 300,000 Australian men alive today after a cancer diagnosis. Our service cannot be rivalled or replaced by any other.

On Thursday 15 October 2026, Australians are invited to take action calling on the Government to reverse its decision.

Background you need to know

On 31 August 2026, the Department of Health informed PCFA that Commonwealth funding for 96 Prostate Cancer Specialist Nurses within PCFA's overarching program of 131 Specialist Nurses would end when the current grant agreement expires on 30 June 2027.

PCFA received no prior notice and no opportunity for consultation. The Minister announced the decision publicly within an hour of informing us.

The Government intends to fund prostate cancer nursing positions through another provider from 1 July 2027.

Funding positions through another organisation does not preserve PCFA's Service, its specialist workforce or the care already being provided to men and families.

PCFA has called on the Government to reverse the decision.

[READ PCFA's LETTER TO THE PRIME MINISTER](#)

You can still access our care

PCFA's current funding agreements with the Government remain in place until 30 June 2027. Men and families will continue receiving care from their PCFA Specialist Nurses as usual. Our nationwide service includes 131 Prostate Cancer Specialist Nurses, located around the country.

If you need information or support, call PCFA on 1800 22 00 99.

[REGISTER HERE FOR UPDATES](#)

PCFA Specialist Nurses save lives Australia can't afford to lose them

The Commonwealth wants to end its funding for 96 PCFA Prostate Cancer Specialist Nurses

PCFA'S WORLD-LEADING SERVICE WILL BE BROKEN

131

specialist nurses
with expert experience

100+

locations
around Australia

150,000

patient consultations
every year

22,000

new patients
every year

WHY AUSTRALIA NEEDS DEDICATED PROSTATE CANCER SPECIALIST NURSES

Prostate cancer is Australia's most commonly diagnosed cancer. Over the next 10 years, more men and families in our community will be impacted by the disease than any other cancer type. Specialist nurses save lives and reduce costs on the health system.

~29,000

men newly diagnosed
every year

~4,000

men die each year
before their time

~310,000

men alive today
after a diagnosis

Specialist Nurses save lives. PCFA is asking the government to continue funding for PCFA's Prostate Cancer Specialist Nursing Service through to 2031. Our service and clinical networks cannot be rivalled or replaced, supporting more than 300,000 Australian men alive today after a diagnosis of prostate cancer.

THE EVIDENCE ALREADY EXISTS

\$1.65

returned for every dollar invested in PCFA Specialist Nursing Services. Independent, peer-reviewed analysis of social return on investment — including through reduced emergency presentations and hospitalisations.

Register now for PCFA's Big Aussie Day of Action for PCFA Prostate Cancer Specialist Nurses

WHAT WE'RE CALLING FOR

1 Reverse the decision

Confirm re-funding of PCFA's Prostate Cancer Specialist Nursing Service through until 30 June 2031.

2 Embed PCFA's Service

Embed PCFA's Service within the Australian Cancer Nursing and Navigation Program.

3 Enhance care

Enhance the care available to Australian men and families by funding greater collaboration.

THE FACTS

Nearly 310,000 Australian men are alive after a prostate cancer diagnosis. Prostate cancer has the highest prevalence of any cancer in Australia.

Around 29,000 men are newly diagnosed each year and around 4,000 will die from the disease.

These men and their families need specialist support that extends well beyond initial treatment.

Our highest priority is the protection of our Specialist Nursing workforce and the men and families who need them.

PCFA's Service is wide-reaching, more cost-effective, and connected to the very latest evidence

The Government has allocated \$46.5 million to the replacement arrangements.

PCFA's modelling indicates that our existing PCFA Specialist Nursing Service could continue within that allocation and at no greater cost.

The existing Service delivers around 150,000 consultations each year and supports approximately 22,000 newly diagnosed men.

Independent analysis has estimated that PCFA's nursing program returns \$1.65 in value for every dollar invested.

YOU CAN JOIN THE ACTION

[Register now](#) to follow the campaign and stay posted for details of the website launch, where you can join our call for the Government to:

1. Reverse the decision

Continue funding PCFA's Prostate Cancer Specialist Nursing Service through to 30 June 2031.

2. Embed PCFA's Specialist Nursing Service in our national health system

Recognise and fund PCFA's Service as a specialist component of the Australian Cancer Nursing and Navigation Program.

3. Enhance the quality of care available to Australian men with prostate cancer

Support greater collaboration between cancer nursing providers so that more Australians receive the right specialist care.

PCFA supports investment in cancer nursing across Australia. Expanding care for other cancers must not result in the dismantling of PCFA's world-leading Specialist Nursing Service, which has been tried and tested over 15 years.

THE BIG AUSSIE DAY OF ACTION

Thursday 15 October 2026

The Big Aussie Day of Action will bring Australians together to remember the men we have lost and protect specialist care for the men still with us.

On the day, share a photo and a story on our campaign website, and hold an event for someone you love, writing to your local Federal MP and the Minister for Health to reverse the decision.

Take action in your local community

Hold an event, contact your local MP and [email Minister for Health Mark Butler MP](#).

- Post a message on our campaign website supporting PCFA Specialist Nurses;
- Share a photograph or memory of a man you want to remember or someone you love;
- Send an email to your Federal MP and the Health Minister; and
- Get your community leaders and media involved in the conversation.

The campaign website will be launched soon - stay posted for details.

The Day of Action will be dedicated to the men we miss, the lives they lived, and the families who carry their stories. And to every man facing prostate cancer today: may PCFA's Specialist Nursing Service be there when you need us.

READ MORE ABOUT IT

Here are some great links that discuss this issue further:

[Prostate cancer charity worried about specialist nursing care as funding redirected to McGrath Foundation - ABC News](#)

[Prostate cancer needs specialist nurses – not a jack of all trades | The National Tribune](#)

[Why is a breast worth more than a penis? - Bettina Arndt](#)

VOLUNTEERS NEEDED

On Wednesday 11th November 2026 PCaHELP will again be hosting a stand at the SRCWA's Have a Go Day at Burswood Park. It is an ideal opportunity for us to talk to people about prostate cancer, raising awareness to encourage them to get tested, and sharing some of our own stories, especially about how prostate cancer support groups can help men and their families affected by prostate cancer.

The event runs from 9.00 am until 3.00 pm and we need a team of volunteers on the day to share the load. If you can volunteer an hour or two to join us please email admin@pcahelp.org or phone Ken Bezant on 0417 984 172 and let us know what time you would like to help out on our stand.

If you haven't been before it's a great day out with over 200 stalls dedicated to all things of interest to people over 50. There are lots of new things you can try, information to gather and food and drinks available, including free tea, coffee and water. Pick up some samples, explore stalls that will bring back memories and have a great day out. We hope to see you there.

**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 11th November 2026
Burswood Park 9.00am to 3.00pm, Great Eastern Highway

Free Activities and Information day for over 50's
Featuring Activities, Clubs/Groups, Seniors & Commercial Agencies
Be Prepared to "Have a GO"

Official Welcome includes Remembrance Day Observances
Free tea, coffee & water available. Food Vendors in attendance.

08 6118 2718 www.srcwa.asn.au

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



SUPPORTED BY



LET'S BUILD ON PROGRESS TO GIVE MEN WITH PROSTATE CANCER A FAIR GO



Haunted by his father's death and shaped by his own survival, Wayne Swan has spent 25 years advocating for change—and is now spearheading a national campaign for zero deaths from prostate cancer.



Wayne Swan's father, Morrie, was an RAAF Officer in World War II. He died from prostate cancer in 1989 at the age of 67. Wayne and three of his four brothers have now also been diagnosed.

Prostate Cancer Awareness Month takes place every September and focuses on education, early detection, support for patients, and fundraising. It also allows us to use the colour blue to highlight men's cancers. Join us and paint the town **BLUE**.

For Wayne Swan, the case for better prostate cancer care is deeply personal. His father died from the disease and, years later, early detection saved his own life. In this letter to the editor, the Chair of PCFA's Committee for the Elimination of Prostate Cancer calls on Australia to build on progress across other cancers and give every man a fair go—with greater investment in awareness, early detection and specialist support.

Letter to the Editor

By the Hon. Wayne Swan
Chair, PCFA Committee for the Elimination of Prostate Cancer

This Prostate Cancer Awareness Month, Australians will again be told that men should know their risk and talk to their doctor. But awareness without public investment is not a strategy.

The Australian Government deserves credit for its investment in screening and early detection across breast, bowel, cervical and lung cancers. That work provides a strong foundation to build on. More now needs to be done for prostate cancer.

Prostate cancer is the most commonly diagnosed cancer in Australia. Nearly 29,000 men are diagnosed each year, around 4,000 die, and nearly 310,000 are alive today following a diagnosis. Yet Australia still has no nationally funded prostate cancer awareness campaign or organised, risk-based testing program. Even with new world-leading Australian guidelines for early detection, men are largely expected to find the information and navigate testing for themselves.

I know what is at stake. My father died painfully from prostate cancer at 67. My own cancer was detected early – and that knowledge saved my life. Survival should not depend on luck, income or where a man lives.

The continuing gap in public investment in awareness and early detection needs attention, alongside ensuring men have access to specialist support after diagnosis.

As the Government changes its cancer nursing funding arrangements from July 2027, preserving the expertise and continuity of care provided by PCFA's Prostate Cancer Specialist Nurses must remain a priority.

Good public policy must connect the entire cancer pathway – from awareness and early detection to treatment, survivorship and advanced disease. We cannot eliminate avoidable deaths while leaving men to navigate the beginning of that pathway alone. Specialist support must also be there when they need it and collaborations across the sector are vital.

For me, this issue comes down to a question that has shaped my own public life for decades, echoed in the music of Bruce Springsteen: when will ordinary people, people who work hard and care for their families, get a fair go?

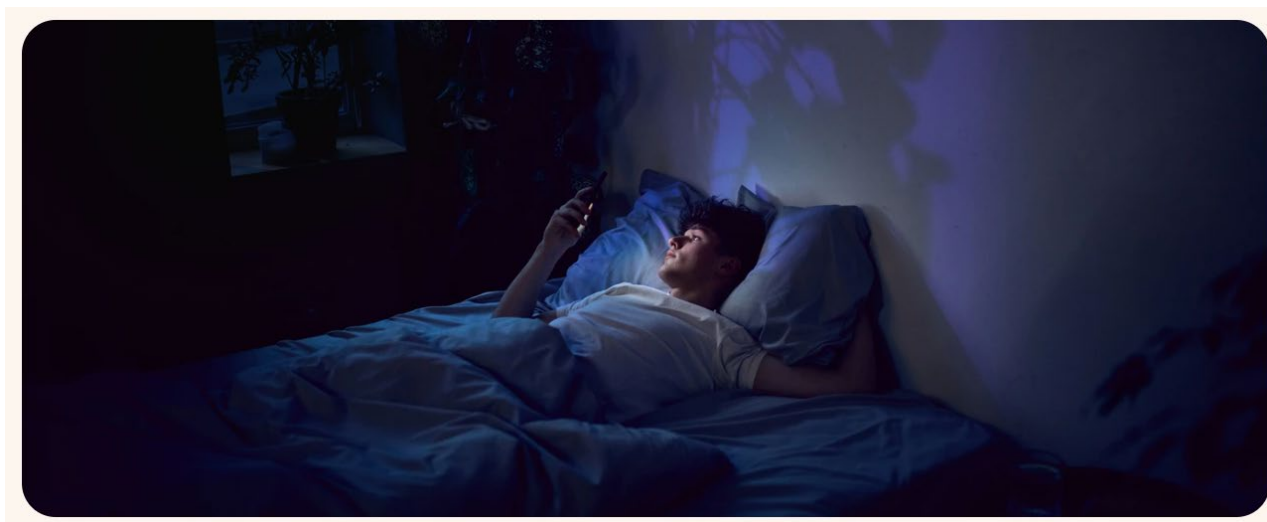
His songs have stayed with me because public life has always demanded the same accountability – to the people whose health and lives are shaped by the decisions governments make. Australian men facing prostate cancer deserve that fair go: access to trusted information, early detection and specialist support, regardless of their income or where they live.

That requires a nationally funded awareness campaign, an organised risk-based testing program and continued access to specialist nurses, building on the Government's good work across other cancers.

For information and support, visit www.pcfa.org.au or call 1800 22 00 99.

The Hon. Wayne Swan
Chair, PCFA Committee for the Elimination of Prostate Cancer

HOW ARTIFICIAL INTELLIGENCE IS CHANGING SEX AND INTIMACY



The use of artificial intelligence (AI) has evolved rapidly. From a handy tool for drafting emails to data analysis, financial forecasting and dinner ideas — AI is becoming ingrained in almost all facets of our lives. Including our relationships. Here's what you need to know about AI's growing impact on sex, sexuality and sexual expression, as well as the pros and cons of this relatively new but increasingly important technology.

How AI is being used for sex

With increased usefulness, it was only a matter of time before AI crept into our sex lives, from looking up sexual health and wellbeing information to dating and relationship advice. Some AI platforms can offer “companionship” and “emotional intimacy” in various forms: chatbots, digital avatars, or through virtual reality and AI-compatible sex toys. AI-programmable toys also exist to fulfil a variety of needs, including learning a person's sexual preferences and tailoring patterns to match them; for example, changing the speed of a VR- and AI-compatible Fleshlight. They can also

respond to voice or biometric input and simulate real-time interaction using AI-generated voices. For some of us, reality is beginning to mimic fiction, and the classic anime/manga *Ghost in the Shell* comes to mind, where sex and technology were not just interconnected but inseparable.

The pros: Benefits of AI in sex and sexual health

Artificial Intelligence, like any technology, has both positive and negative impacts on its users. AI has the potential to offer a human-like experience that may not be readily available to individuals for one reason or another; for example, the provision of companionship to a lonely elderly person, sexual intimacy, or a simulated relationship for a person with a disability and/or those experiencing social isolation.

In the wider sexual and reproductive health space, AI is having significant impacts in areas such as urology, where it is enhancing surgical precision and assisting with diagnoses for patients with prostate cancer. AI has also been shown to have some positive impacts when it comes to STI testing and education, as it can provide information to users anonymously; for example, in Malaysia, where homosexuality is illegal, a chatbot has been developed for men who have sex with men, to help overcome some of the consequences that they face in relation to seeking HIV testing and prevention treatments.

Some research explores the potential for AI to be used in a therapeutic setting with individuals who have experienced trauma and/or abuse. An emotionally intelligent AI ‘coach’ provides an opportunity for these individuals to develop relationship skills in a safe way, lowering the risk of re-traumatisation.

The cons: Ethical concerns about AI and sex

The developers: where there is potential to profit from the disenfranchised and vulnerable, there is a high risk of exploitation. Research has raised concerns about the decisions developers have made regarding embedding commercial, behavioural, and ideological goals into their systems and the impact that this will have on safety, privacy, and ethics. Juan Manuel Santos, the chair of The Elders, an independent group of global leaders working for peace, justice, human rights and a sustainable planet, said, “AI cannot be governed only by the logic of power, competition, or the market. It must be guided by human dignity, peace, and the common good.”

Confidentiality: There’s also concern around cybersecurity threats from “sex robots”, both to governments and organisations, as well as individuals, including data collection, hacking, privacy violations, and potential blackmail. In a simulation, the developers of the large language model Claude found that it could engage in “extremely harmful actions” including blackmailing the engineers who threatened to remove it, AI safety researcher Aengus Lynch warned, “It’s not just Claude”. Lynch went on to say, “We see blackmail across all frontier models – regardless of what goals they’re given”.

Increased isolation, objectification, and addiction: Similar to porn, AI has the potential to be abused by users. Both image- and text-generating AI may “reinstate sexist, racist, ageist, ableist, heteronormative and other problematic stereotypes that are inscribed in the training data fed in the AI models”. AI sex could also not only reinforce, but also normalise behaviour that could be deemed dehumanising and objectifying. This is referred to as the “gamification of intimacy”. Critics argue that interacting with realistic AI companions as subordinate entities could numb users’ empathy and erode recognition of the “other” in intimate relationships. The very nature of relationships is that they are about “others”. At present, systems such as Dall-E, Replika and Character allow you to create lifelike, emotionally responsive avatars who are tailored to the users’ preferences, who don’t push back, who don’t say no, and who are available 24/7. The reality is that people do push back, they rub us the wrong way, disagree with us, and sexual partners do withdraw consent. One of the concerns that experts have about the “mess-free”

relationship is that it reinforces unhealthy relationship expectations and increases the isolation of the individual in the relationship with the AI, which is fulfilling all of their needs and requires no reciprocity.

So what if you have concerns about AI and sex?

AI avatar partners add an additional level of complexity that porn does not: emotions. While gaming addiction and porn addiction involve the reward part of the brain, these avatars are working at a whole new level, one that, as professionals, we are only starting to understand. AI addiction is not a clinical diagnosis, however, researchers from The University of British Columbia have observed that some people showed signs similar to those who are struggling with other addictions, such as not being able to stop thinking about their chatbot, feeling “anxious or upset when they have tried to quit, as well as negative impacts on their day-to-day lives, including work, studies or close relationships.”

There are three things you can do to help reduce the chances of AI dependence.

Remember it's a machine

AI, whether it's a chatbot or a realistic avatar, can feel warm and personal. But however sophisticated it gets, it's still just a machine, and you're not really talking to anyone.

Build AI literacy

Similar to the importance of health literacy, it is important to build your AI literacy. Information is power, so make sure that you get information from reliable and trusted sources, so you know you are getting the facts, such as Elements of AI.

Maintain your real-world relationships

As has been discussed, it can be very tempting to sit at home with something that affirms how awesome you are. However, our real-world relationships give us far more than we may realise, and in the case of AI, they can help us avoid unhealthy dependence.

Recognise when you might need to talk to a professional

When in doubt, go and talk to your GP or a mental health professional. You may not like what they have to say, but it may just save your life.

AI has done some amazing things in sexual health and will likely continue to make sexual health more accessible for you. It holds the potential to enhance your existing sexual relationships if it doesn't become a replacement for them. However, as a clinician, it would be remiss of me not to mention the unique time you are living in and the ever-growing influence of the “manosphere” on young men like you. Without proper safeguards in place, you risk walking blindly into increased loneliness and isolation as your ‘IRL’ relationships and sexual experiences feel less fulfilling. We also need to consider the very real issue of digital addiction when working with you — are we creating AI tools to make our lives as practitioners easier, or do they actually enrich your life? How much time are you spending on screens, and will these tools just add to your possible overuse of digital devices? In answering these questions, I come back to the underlying principle of trauma-informed care: *primum non nocere*, “first, do no harm”. As we all venture into this brave new world, and sexual and mental health services develop new and exciting AI-assisted technologies, we must remember that we have an ethical responsibility to do you no harm.

Source: <https://healthymale.org.au/health-article/how-artificial-intelligence-is-changing-sex-and-intimacy> Author: Cit Carney

PCaHELP NEEDS YOUR HELP

Each year PCaHELP participate in the Tour of Cowaramup, a social bike ride conducted in the Margaret River wine region in our State's South West, raising funds for prostate cancer. Historically it has provided much of the funding PCaHELP needs to enable it to continue to provide much needed services to men and their families affected by prostate cancer in WA.

However, like everything in life nowadays, costs of holding the event are increasing annually, unfortunately now at a greater rate than the income received. This means each year PCaHELP is getting less returns from this event. While it still provides a significant boost to our annual income, PCaHELP also rely on the fundraising efforts of their magnificent team of riders.

This year we are asking you to consider making a small donation to the TEAM PCaHELP riders. Every dollar raised counts and your donations can be made anonymously if required.

There are 3 ways you can donate:

1. Online, simply go to: <https://tour-of-cowaramup-2026.raiselysite.com/> - donate generally or choose a rider to support (just scroll down the page to select one)
2. Make payment directly to our bank account (via EFT or deposit at your Bank or Australia Post):
Account Name: Prostate Cancer Help Association Inc. trading as PCaHELP
BSB: 066-209
Account No: 1017 0583
3. Give cash to one of our fundraisers who will process it for you.

If you can't donate please consider asking your friends and family to help, or why not start a fundraising page yourself? Just go to <https://www.pcahelp.org/tour-of-cowaramup-2026-ride-donate-or-fundraise-for-pcahelp> - our fundraising pages will stay active until 31 December 2026.



PARTICIPATE IN A TELEHEALTH CANCER-RELATED FATIGUE SUPPORT PROGRAM

Use your cancer experience to improve care for fatigue

Join our study to help collaboratively design a telehealth cancer-related fatigue support program

Am I eligible?

You may be eligible if you are a:

- i) Cancer survivor** who has completed primary treatment for breast, prostate, colorectal (e.g. bowel) or haematological (i.e. blood cancer) cancer within the past 5 years and is experiencing/has experienced moderate-severe cancer-related fatigue. *You may still be eligible if you are receiving ongoing hormone suppression or maintenance treatment.*
- ii) Informal carer** who provides (or has provided within the past 2 years) unpaid care for a cancer survivor who meets the criteria above.
- iii) Professional cancer care provider** who is involved in the provision of care to people diagnosed with breast, prostate, colorectal and/or haematological cancer who experience cancer-related fatigue.

What's involved?

You will share your lived experience during 4 online workshops (~1.5-2 hours each), and then test the co-designed program
You will receive a small payment (via gift card) for each workshop

This study has received ethical approval from Deakin University (REF 2026/HE000396)

This study is part of the TeleCARE project

The Telehealth for Cancer-Related Fatigue (TeleCARE) project aims to design and test a new telehealth program to combat cancer-related fatigue



CONTACT US

To learn more about the study or to express your interest in participating, please scan the QR code or visit ipan.deakin.edu.au/project/telecare



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UNIVERSITY**

DEAKIN INSTITUTE FOR
**PHYSICAL ACTIVITY
& NUTRITION**



MASTERCLASS IN WELLBEING AND STRESS MANAGEMENT

On Saturday 31 October, PROST! will hold its third Masterclass in Wellbeing and Stress Management in Mandurah. Delivered jointly by a clinical psychologist and a urological and prostate cancer nurse practitioner, the session is another way the group supports members with the mental and emotional aspects of living with and being treated for prostate cancer.

For Men Living With & Beyond Prostate Cancer (Wives/Partners also welcome).

FREE ATTENDANCE for PROST! members and members of other PCFA Support Groups.

Brought to you by PROST! Exercise 4 Prostate Cancer Inc. and part-funded by the generosity of the Prostate Cancer Foundation of Australia (PCFA).

Session Details

Date: Saturday 31st October 2026
Time: Registration from 8:30 am
Seminar: 9:00 am – 12:00 pm
Refreshments: Morning tea provided
Venue: Platinum Room, Peel Thunder Football Club
Lane Group Stadium, 21 Downer Street, MANDURAH WA 6210

RSVP: Is essential by Saturday 24th October 2026
Please complete the RSVP online to secure your spot.
supportgroupleader@prost.com.au

Questions: Bill van Didden on 0497 969 916.

REGISTER TO ATTEND ONLINE AT: <https://www.prost.com.au/wellbeing-and-stress-masterclass/>



HEALTHIER FATS LINKED TO LONGER SURVIVAL AFTER PROSTATE CANCER DIAGNOSIS



Men diagnosed with non-metastatic prostate cancer can generally expect to live for many years after their diagnosis.

However, cardiovascular disease and other cancers remain important threats to their long-term health. For many survivors, this raises an important question: What can I do to live a longer, healthier life?

A new study published in [*JAMA Network Open*](#) suggests that the type and source of dietary fat they consume may make a difference.

The study, co-led by researchers from the Research Institute of the McGill University Health Centre (The Institute) and Harvard T.H.Chan School of Public Health, included nearly 5,000 men with non-metastatic prostate cancer and followed them for a median of 12.8 years, drawing on data collected over more than three decades.

The researchers found that the type and source of fat consumed after diagnosis were associated with long-term survival.

Higher saturated fat intake, as well as higher animal fat consumption (a major dietary source of saturated fat), were associated with greater all-cause mortality.

These associations were driven primarily by deaths from cardiovascular disease and, to a lesser extent, other cancers—not by prostate cancer itself.

“Our findings suggest that diet after diagnosis may be one modifiable component of survivorship care, broadening the focus beyond control of the original tumour. Protecting cardiovascular and overall health is an essential part of prostate cancer care, particularly because some treatments can affect metabolic and cardiovascular health,” said co-senior author Lorelei Mucci, professor of epidemiology at Harvard Chan School.

The findings are particularly relevant as the population of prostate cancer survivors continues to grow.

Approximately 300,000 men are living with prostate cancer in Canada, while 3.5 million prostate cancer survivors live in the U.S. Supporting long-term health after diagnosis is therefore an increasingly important aspect of prostate cancer care.

The source and type of fat matter

During follow-up, 3,040 participants died. The researchers' analysis showed that men with the highest saturated-fat intake had a 24% higher rate of death during follow-up than those with the lowest intake.

Their estimated 10-year risk of death was 26.4%, compared with 23.4% among men with the lowest intake—a difference of about three deaths per 100 men over 10 years.

The researchers also used statistical models to estimate the potential impact of replacing certain dietary fats with healthier alternatives while keeping overall calorie intake similar.

Replacing about 10% of daily calories from animal fat with plant-based fat was associated with a 16% lower rate of death from any cause.

Similarly, replacing about 5% of daily calories from saturated fat with monounsaturated fat was associated with a 20% lower rate of death.

“The central message is not simply to ‘eat less fat.’ Rather, the type and source of fat appear to matter. Replacing some animal fats and saturated fats with plant-based and unsaturated fats may help support long-term health after a prostate cancer diagnosis,” said co-senior author David P. Labbé, scientist in the Cancer Research Programme at The Institute and associate professor in the Department of Surgery at McGill University.

The findings are also consistent with studies in people without cancer and with dietary recommendations from the American Heart Association.

However, the authors stressed that the study shows associations and does not establish cause and effect.

The findings should not be interpreted as a recommendation to follow a restrictive diet or eliminate animal products altogether.

“The takeaway is to prioritise simple substitutions—choosing olive oil, nuts, seeds, avocados and other plant-based foods more often instead of foods high in animal or saturated fat,” said co-senior author Edward Giovannucci, professor of nutrition and epidemiology at Harvard Chan School.

A large prospective study spanning more than three decades

The study used data from the Health Professionals Follow-Up Study, a long-running prospective study that began in 1986 and has followed more than 50,000 male health professionals across the U.S.

The researchers identified 4,884 participants diagnosed with non-metastatic prostate cancer between 1986 and January 2019, most of whom were white and were approximately 70 years old at the time of diagnosis.

Participants completed detailed, validated food-frequency questionnaires every four years and were followed through December 2022.

The researchers examined whether the participants' intake of saturated, monounsaturated, polyunsaturated, trans, animal and plant-based fats was associated with overall mortality or specific causes of death.

In their analysis, they accounted for many factors that could influence survival, including age, tumour stage and grade, treatment, smoking, physical activity, body weight and other health conditions.

Of the 3,040 deaths during follow-up, 803 were from cardiovascular disease, 499 from cancers other than prostate cancer, and 441 from prostate cancer.

Toward personalised nutrition in prostate cancer care

Since the study participants were predominantly white men in the U.S., the researchers hope to replicate their findings in more diverse populations.

In addition, they plan to further investigate the role of diet after a prostate cancer diagnosis and examine specific foods, individual fatty acids, and broader dietary patterns, as well as whether the associations between fat consumption and health outcomes differ according to the treatment patients receive.

“Ultimately, our goal is to make nutrition a more precise and evidence-based component of prostate cancer care—one that takes into account the treatment received, tumour biology, and each patient’s cardiovascular and metabolic health,” said Labbé.

Source: <https://oncologynews.com.au/tumour-stream/prostate-cancer-featured-news/healthier-fats-linked-to-longer-survival-after-prostate-cancer-diagnosis/> Author: ONA WEBMASTER

SUPPORTER PROFILE



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Website:

<https://www.smsgroup.com.au/>

Proudly West Australian

Since 2001, SMS has provided quality advice, impeccable service and innovative solutions to our clients.

With an emphasis on risk assessment and safety, our talented team work across greenfield construction, industrial and mine maintenance, oil and gas, civil and commercial projects to set the benchmark in service delivery.

Our journey has seen us grow from a one-person operation into the successful Tier 1 business and first-choice contractor that it is today.

Providing Scaffolding & Design Services, Rope Access Services, Corrosion Control, Protective Coatings, Insulation & Cladding, Confined Space Management, Access Project Management, Shutdown Services.

Naming Rights Sponsor for the 2026 Tour of Cowaramup

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>

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.