



Affiliated with Prostate Cancer Foundation  
of Australia

And supported by Redcliffe Hospital,  
YMCA and Moreton Bay Regional Council.

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## Monthly Newsletter Issue 128 July 2024

### Where we meet:

The group meets at 6pm on the 1st floor of the Mango Hill YMCA Community Centre. Entrance from the car park at 22 Linear Drive, Mango Hill on the 2nd THURSDAY of the month (Except January). Refreshments are provided from 6pm.



### About the STARGATE Project

The [STARGATE](#) project aims to improve prostate cancer awareness by providing information on the burden of disease at a regional level, nationwide.

You can search by postcode or area name for factsheets of specific Australian regions and share these with your friends, family, and workmates to help improve community understanding and save lives.

The data includes diagnoses, deaths, and prostate cancer stage at diagnosis, unlocking information that has not previously been shared in this way with the community.

[Click here to access the STARGATE site](#). Also check out the new PCFA website [prostate.org.au](#) which has a lot of good information for anyone with an interest in prostate cancer.

A Garda is driving down O'Connell Street in Dublin when he sees two fellas peeing up against the window of a shop. He parks the car and runs over to them. He asks the first fella for his name and address. The man replies, 'I'm Paddy O'Toole of no fixed abode.' The Garda turns to the second fella and asks the same question. He replies, 'I'm Ben Riordan, and I live in the flat above Paddy!'"



**Moreton Bay Regional Prostate Cancer Support Group**

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## Princess Alexandra Hospital home to world first prostate cancer trial



A new treatment called Targeted Alpha Therapy for difficult to treat cancers that have spread in the body is being trialed as a world first at Princess Alexandra Hospital through the Integrated Theranostic Centre.

Patients with advanced prostate cancer can receive targeted alpha therapy which specifically targets and kills prostate cancer cells, minimizing damage to healthy tissue and organs.

75-year-old Gary is the first person in the world to complete the treatment after he was diagnosed with metastatic prostate cancer in 2019.

“I was offered the trial at the PA and said yes straight away for two reasons. One for myself, and one for research because if I can help other people by doing this then that’s what I’m here for,” he said.

“Back in the day if you had cancer and you got chemo it was one size fits all. Whereas these days with technology they can produce different treatments for different cancers, and this is just a new innovation for treating prostate cancer.

“I know you can’t cure metastatic prostate cancer but I’m a practical optimist so the longer I can stay here, well that’s great.”

Wife Mary said she’s seen a whole new side to her husband, compared to a few years ago.

“Our family said you need to start writing down end-of-life plans. And now we don’t even talk about it, it feels like it doesn’t need to be an option anymore.

“We’re all going to go one day, but I feel like I’ve got him around for a lot longer,” she said.

I said to a shop keeper the other day why is your exit sign flickering on and off. He said it's on the way out





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### **Guest Speakers.**

There was no guest speaker for July due to our Christmas in July mix and mingle.

At our next monthly meeting on the 8th of August Craig Allingham will speak on incontinence and related matters for men with prostate cancer.

Craig's details as follows:

- Adjunct Associate Professor Craig Allingham MBA (Exec.), APAM, FSMA, NSAA
- High performance sports physiotherapy career spanning four Olympic Games.
- Academic appointments teaching post-graduate physiotherapy.
- Clinic director, keynote speaker, business consultant.
- Motorcyclist, Sax player and beekeeper.

### **Social Events:**

The Christmas in July event was hailed as a success and there are plans to hold similar events in the future. The chance for members to socialise is an important part of what our group does.

The next Ladies morning tea will be at 10 am. on Thursday the 15<sup>th</sup> of August at Degani Capestone. The next Men's morning tea will be at 10 am on Saturday the 17<sup>th</sup> of August at the North Lakes Sports Club. The men's group from July is shown below.



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There will be a lunch at Norths Leagues and Services Club on the 22<sup>nd</sup> of August. If you would like to attend, please rsvp by the 15<sup>th</sup> of August to 38865511 or 0408795248.

Check out their menu at <https://www.northsleagues.com.au/food-beverage/the-precinct/>

## AGM

The groups Annual General Meeting will be held at the general meeting on September 12<sup>th</sup>.

There will be a number of committee member who have given sterling service to the organization retiring. Please consider if you have anything you can contribute to our management committee.

## Dickson Seniors expo:

The group will be manning an information stall at the Dickson Seniors Expo at Eaton's Hill on Tuesday the 27<sup>th</sup> of August. If you can spare some time to help, please contact one of our committee members.

## Bunnings Sausage Sizzle.

Another successful sausage sizzle was held at Bunnings Rothwell on July 7<sup>th</sup>. The day turned a profit of \$1565 and has aided the financial stability of our organization.

Whenever I fill out a form, in the part that says "In an emergency contact " I always put DOCTOR. What's my wife going to do?



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