



Prostate Cancer
Foundation of Australia



2023 Impact Report

Transforming care and saving lives.



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About us

We are Australia's leading community-based organisation for prostate cancer research, awareness, and support. As the nation's predominant charity fund for Australian-based prostate cancer research, we exist to protect the health of existing and future generations of men in Australia and to improve quality of life for Australian men and families impacted by prostate cancer.

Our vision is a future where no man dies of prostate cancer and Australian men and their families get the support they need.

Our focus:

1. To be Australia's leading charity fund for Australian-based prostate cancer research.
2. To protect the health of existing and future generations of men in Australia.
3. To improve quality of life for Australian men diagnosed with prostate cancer.



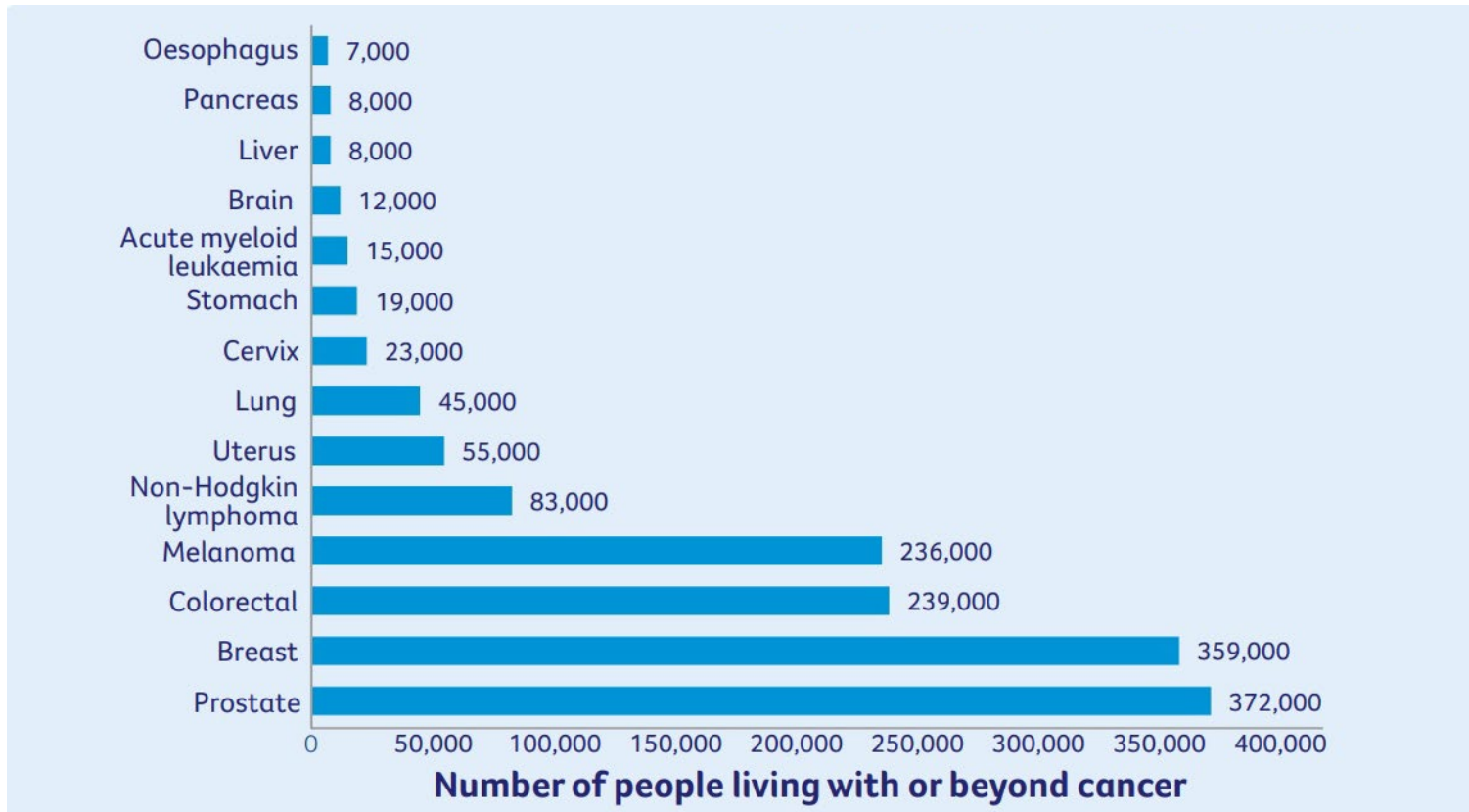
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Prostate cancer in Oz

- Most common male cancer
- 250,000 living post-diagnosis
- 24,217 men diagnosed each year
- 3,507 deaths each year
- 1 in 5 diagnosed by age 85
- 95% five-year relative survival
- 24% higher risk of death outside cities
- 67% of men diagnosed over age 65
- 15% of cases diagnosed at Stages III or IV
- Number of cases set to rise 43% by 2040

Predicted 2040 prevalence





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Australia's #1 prostate cancer charity

114 Prostate Cancer Specialist Nurses

Nationwide Telenursing & Counselling Service

150,000 info packs distributed annually

300,000 men and women on our database

6000 patients in our Online Community

130 Prostate Cancer Support Groups

100 Community Ambassadors

35,000 Facebook followers



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A major awareness challenge

- 70% don't know the symptoms
- 75% don't know the PSA guidelines
- 1 in 5 develop anxiety or depression
- 72% of men don't seek help for distress
- 67% of men have unmet information needs
- 87% don't understand stage at diagnosis
- 70% increased risk of suicide death

WE ARE
STILL HERE
FOR YOU ☺



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Specialist Nursing Services

100,000 occasions of contact delivered by hospital-based PCSNs

21,000 of these patients/survivors are new contacts

20% of contacts are initiated by the patient

64% of contacts result in follow-up appointments

3,000 patients supported by Telenursing Service to date

Most common reasons for call include understanding treatment

72% of callers to Telenursing Service are patients/survivors

Independently evaluated

An independent evaluation has demonstrated the following outcomes from PCFA's Specialist Nursing Programs:

- 60% reduction in avoidable Emergency Department presentations
- 56% reduction in specialist consultation times
- 63% reduction in rate of missed medical appointments

Patients treated by Prostate Cancer Specialist Nurses and Telenurses report improvements in managing their diagnosis and navigating the health system.

According to independent health economic analysis, for every \$1 invested in PCFA services, at least \$2.10 is created in social value.



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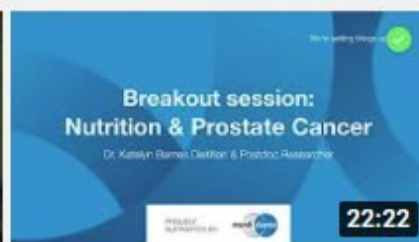


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Thank you from Will McDonald

40 views • 1 month ago

CC



22:22

Influence of diet and nutrition on prostate cancer - Dr...

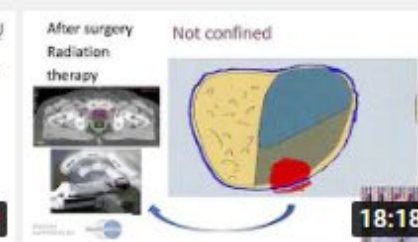
114 views • 1 month ago



18:00

Screening for cancer-related distress - Prof Suzanne...

69 views • 1 month ago



18:18

Tackling side effects from prostate cancer treatment - ...

121 views • 1 month ago



23:49

Improving access to the latest in prostate cancer car...

48 views • 2 months ago



24:01

Bridging the gap: The Prostate Cancer Specialist...

28 views • 2 months ago



19:19

Mates Helping Mates: The power of peer support...

31 views • 2 months ago



Now and tomorrow: 25 years of progress towards a world...

182 views • 2 months ago



57:06

Brachytherapy for Prostate Cancer: Where does it fit in...

314 views • 2 months ago



1:01:37

The link between Exercise Physiology and Prostate...

389 views • 3 months ago



7:04

PCFA IEE Global

389 views • 5 months ago



35:53

Management of erectile dysfunction following...

746 views • 6 months ago



4:06

Celebrating 25 years of partnership - Roger...

7 months ago



51:31

PCFA STARGATE Launch Webinar

400 views • 8 months ago



1:02:46

Penile rehabilitation following prostate cancer...

3.5K views • 8 months ago



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Pink & Blue Swim 2021

58 views • 8 months ago



2:40

Pelvic Floor Anatomy & Exercises: PROST! Exercise ...

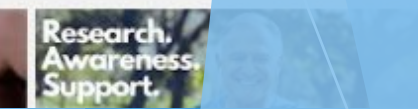
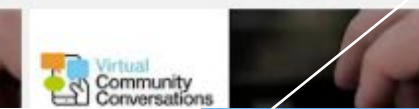
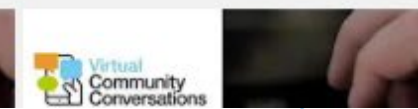
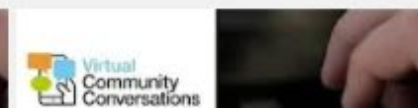
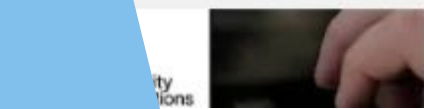
484 views • 9 months ago



7:49

Radio 97 interview

112 views • 10 months ago



Research

Over \$50m invested since 2008

\$1.6m towards the EVOLUTION Clinical Trial

New NHMRC Partnership Grant in affiliation with USQ and others

Monograph on Psychosocial Care updated with Survivorship Essentials Framework

New Prostate Cancer Survivorship Collaborative Research Group

5 Young Investigator Priority Impact Research Awards

5 Early and Mid-Career Priority Impact Research Awards

New focus on the Pathfinder Research Registry

Launch of the STARGATE prostate cancer survival dataset

The **STARGATE** Project

[proStaTe cAnceR ReGional fAcT shEets]

Sydney - North Sydney and Hornsby

New South Wales, 2065

 [Download Fact Sheet](#)

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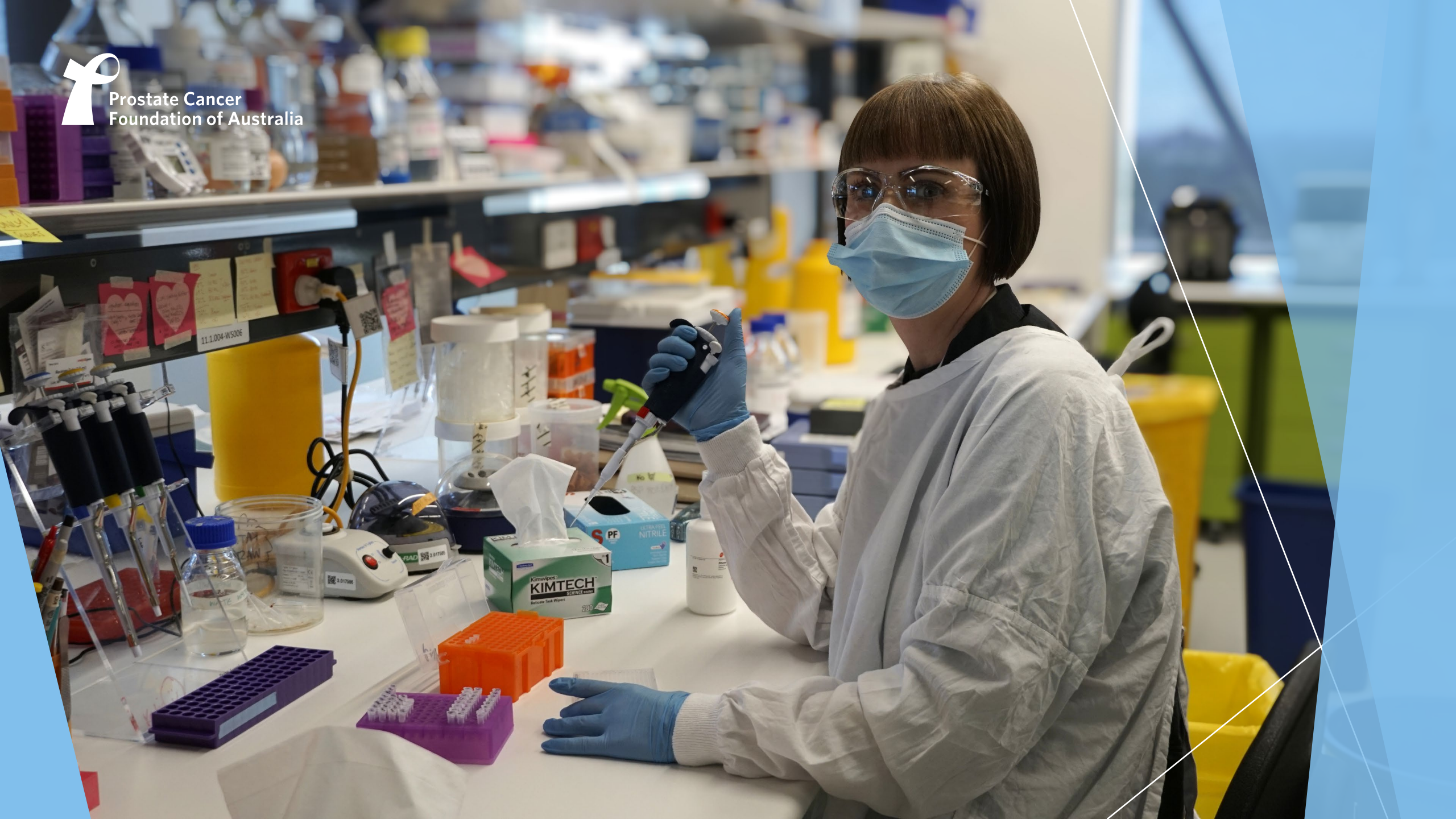
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OR

SCROLL



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PROSTATE CANCER SURVIVORSHIP ESSENTIALS FRAMEWORK



Prostate cancer is the most prevalent male cancer in the world, excluding non-melanoma skin cancer.

In Australia, there are now over 230,000 men living with a diagnosis of prostate cancer. Prostate cancer survivorship care encompasses the health and wellbeing of men from the point of diagnosis and is essential to cancer care. Survivorship care recognises the physical, psychosocial, spiritual and economic impacts of cancer, which can be long-lasting, and addresses these so that the patient can achieve optimal quality of life. The Prostate Cancer Survivorship Essentials Framework places the man and his family at the centre of care.

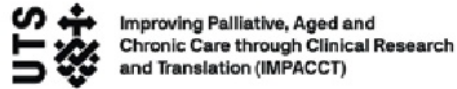


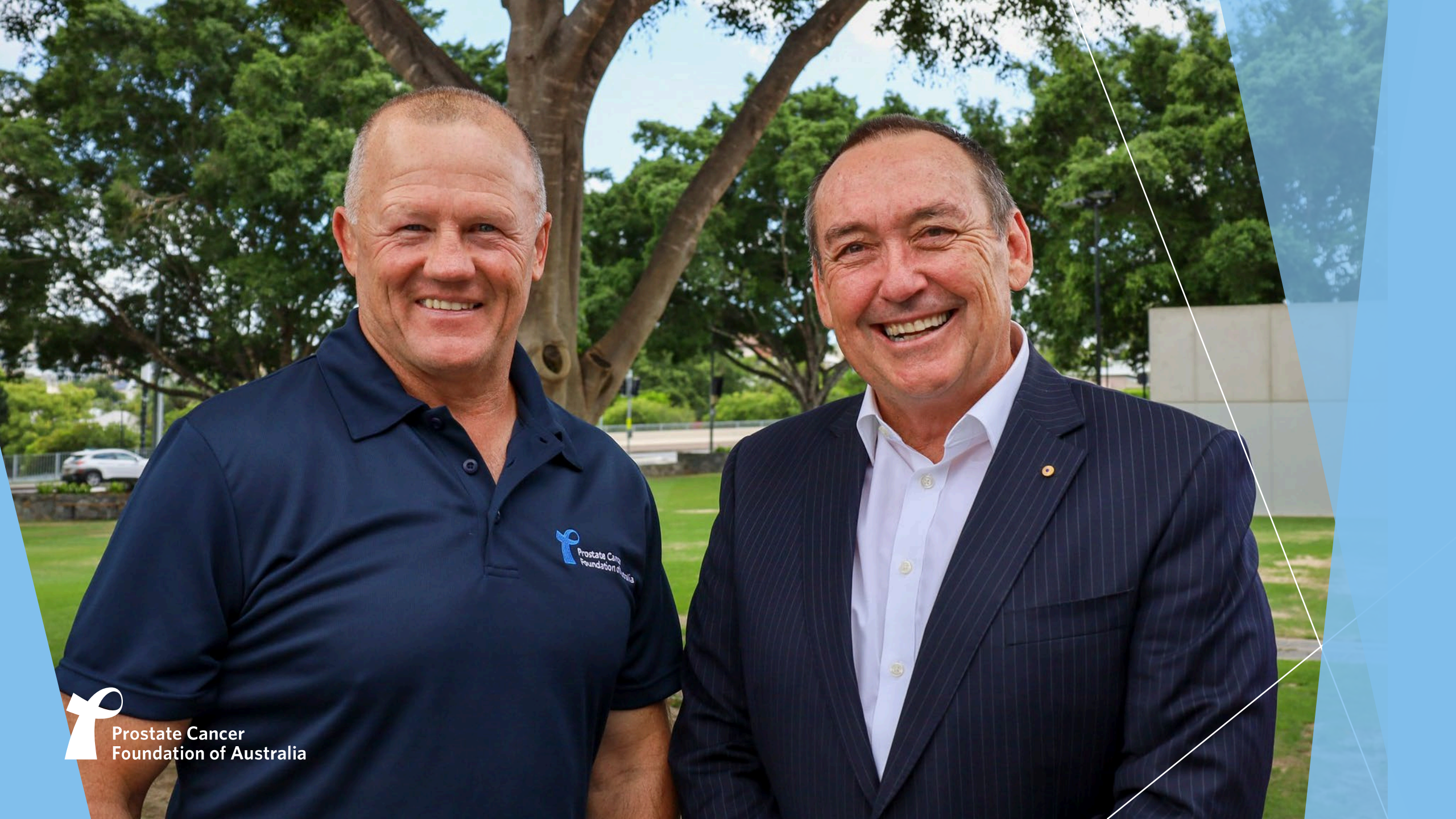


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Endorsing Organisations





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Awareness

Blue Sky News Magazine (printed)

Blue Sky Horizons eNews (monthly)

Network Information Webinars (monthly)

Online Community Forum (live)

Social Media Networks (live)

Email Engagement (weekly)

National and Local Media Relations (daily)



Prostate Cancer Foundation of
Australia



Published by Anne Savage · August 12 ·



Say hi to Andrei. 🙌

Four years ago, at just 45 years old, he was diagnosed with aggressive prostate cancer. His PSA level was 11 and the cancer had a Gleason Score of 9. 😞

Like many men with prostate cancer, he had no warning signs, it just came out of nowhere. Since then, he's been through surgery, radiation, and hormone therapy ... but his cancer hasn't budged. In June he started six rounds of chemo. This photo is from round two, taken last week. 🌟

Throughout it all he's worked and looked after his family, making sure his wife Alison and two girls know that he's not giving up. ❤️

What's really beyond amazing though is that he has also worked with us every day to try and raise awareness, so that other men and families don't have to endure the journey they are on. 🙏

This week he signed up for The Long Run, because he knows that together we can end the pain of prostate cancer. 🤝

Andrei, you are a hero. Thank you from all of us here at PCFA. ❤️

Friends, if you can, please make a choice to support the cause we are fighting for, by registering now 🙌
<https://www.thelongrun.org.au/> 🏆 See less

 6.7K

509 Comments 302 Shares

A close-up portrait of Andrei Norris, a middle-aged man with a shaved head and blue eyes, looking slightly to the left. He is wearing a red and white checkered shirt. The background is blurred, showing what appears to be an office or library setting with bookshelves. The image is framed by a blue geometric overlay on the right side.

ANDREI NORRIS

THE
sunday
PROJECT



NRL GREAT THROWS SUPPORT BEHIND CANCER CAMPAIGN

Former NRL player David Shillington is urging men to have prostate cancer tests. Picture: Richard Walker

KYLIE LANG

FORMER Queensland maroon David Shillington knows he could be a ticking time bomb, with five family members diagnosed with the same cancer.

Mr Shillington, a prop with the Gold Coast Titans until his retirement from the NRL in 2017, said prostate cancer was "more common than you think", and he would be getting tested regularly for the disease, which kills nine men every day.

The 38-year-old Camp Hill father of two, who also played for Australia, said five close relatives had battled it.

"Early detection means you can have a really good outcome, so it's important to not avoid a check-up," Mr Shillington said.

"My dad had a scare last year, but secondary tests cleared him, but knowing five other men in our family have had it gave us a fair fright."

He said he would be following his two older brothers and getting a prostate specific antigen (PSA) blood test when he turned 40.

"It's not invasive and results are reliable," said Mr Shillington, who last year founded mental health support organisation Wellbeing Code.

Every year, about 20,000

Australian men will be diagnosed with prostate cancer and 3000 will die from it.

New data released by the Prostate Cancer Foundation of Australia shows younger men may be unaware of their "ticking cancer time bomb".

Foundation chief executive Professor Jeff Dunn said many men over 40 were "clueless about their own risks". "While we get a large number of calls from daughters and partners seeking guidance on how to support their loved ones after a diagnosis, less than 1 per cent of calls to our Telenursing service are from sons," Professor Dunn said.

Having a direct family member diagnosed with prostate cancer increased a man's risk by 50 per cent, with two or more close family members increasing it five-fold.

The foundation recommends men in the latter category talk to their doctor about a PSA test from age 40, and other men at average risk from age 50.

September is Prostate Cancer Awareness Month, and includes The Long Run fundraising challenge for Australians to run, walk, or wheel 72km over four weeks.

GO TO THELONGRUN.ORG.AU OR PHONE 1800 220 099 FOR SUPPORT



TAKING AXE TO CANCER

SUE DUNLEVY

RUGBY league legend Trevor Gillmeister has revealed how he was crash-tackled by prostate cancer. Gillmeister is using his



Trevor Gillmeister tackled prostate cancer. Picture: Lachie Millard

Support Network

Around 130 groups connected in 2021

Six new groups established

1000 meetings in person or virtually

National and local fundraising

Community presentations and awareness

New engagement via MatesCONNECT

700 PCSG members in our Facebook Group



Proudly affiliated with
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Foundation of Australia**

BLU NEWS
EVOLUTION
LEAVE NO MAN BEHIND

**Prostate Cancer
Foundation of Australia**

ROSEMARY

TIM

DAVID



Incurable but still strong

Volunteer a pillar of strength for blokes

BY **MADELINE LINK**

ROB Philp's prostate cancer is incurable, but he doesn't let that get him down.

Instead, he channels his energy into making sure other men have the best chance of beating the disease.

Diagnosed in 2016, Mr Philp has been involved with the Tamworth Prostate Cancer Support Group for more than six years, and in National Volunteer Week, the Prostate Cancer Foundation of Australia wanted to shine a light on all of his hard work.

"I think for me, I feel like I'm making a difference, and I enjoy the camaraderie of the group," Mr Philp said.

"I cope pretty well with it,

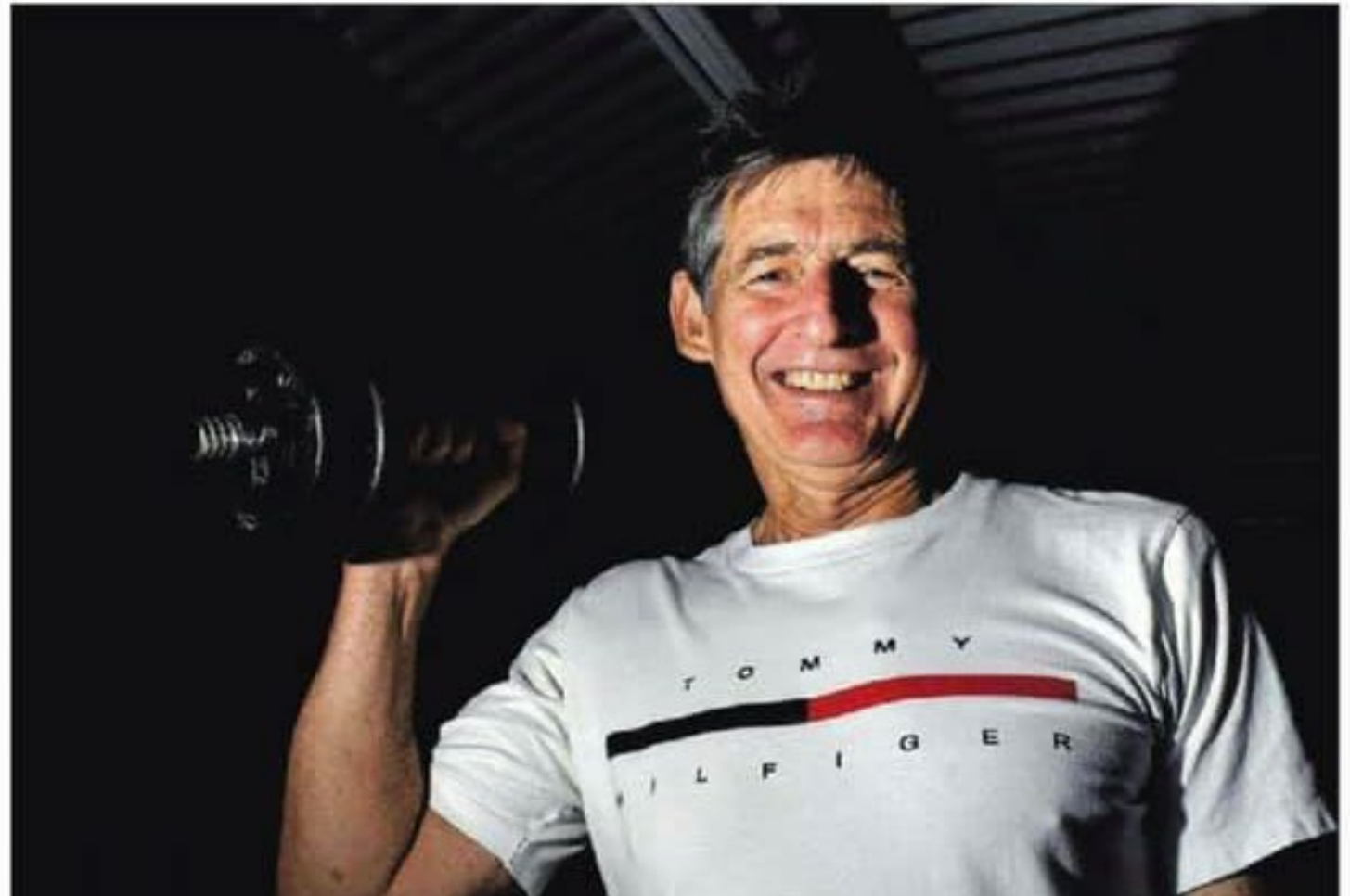
think I have another 15 years left in me."

Prostate cancer is the most commonly diagnosed cancer among Australian men, with nearly 17,000 men diagnosed each year.

Australia has one of the highest rates of prostate cancer in the world, with one in every six men likely to be diagnosed by age 85.

Every second Wednesday of the month at 2pm, Mr Philp and the group meet at Tamworth Community Centre.

It's an opportunity for the men and their partner's to talk about the good and the bad; incontinence, hot flushes, exercise and diet in a casual environment.



2023 Advocacy priorities

01

Progressing a review of the Clinical Guidelines for PSA Testing

Why? So more men get an early and accurate diagnosis

02

Paving the way for new medicines and treatment technologies

Why? So more men survive their disease and live well

03

Improving public health awareness through access to STARGATE

Why? So more men know their risks and family history

04

Driving dynamic patient and consumer engagement

Why? So more men can benefit from optimal care

05

Promoting new investments in research and treatment

Why? So more men rapidly access new treatments and trials

2023 Service priorities

01

Expansion of our Prostate Cancer Specialist Nursing Services

Why? So more men have access to person-centred care

02

Expansion of Telenursing & Counselling Service

Why? So more men can enjoy a better quality of life

03

Growth of the Support Group Network and Peer Support Programs

Why? So more men can connect and cope better

04

Engagement of the community in campaigns such as The Long Run

Why? So more men and families can help us save lives

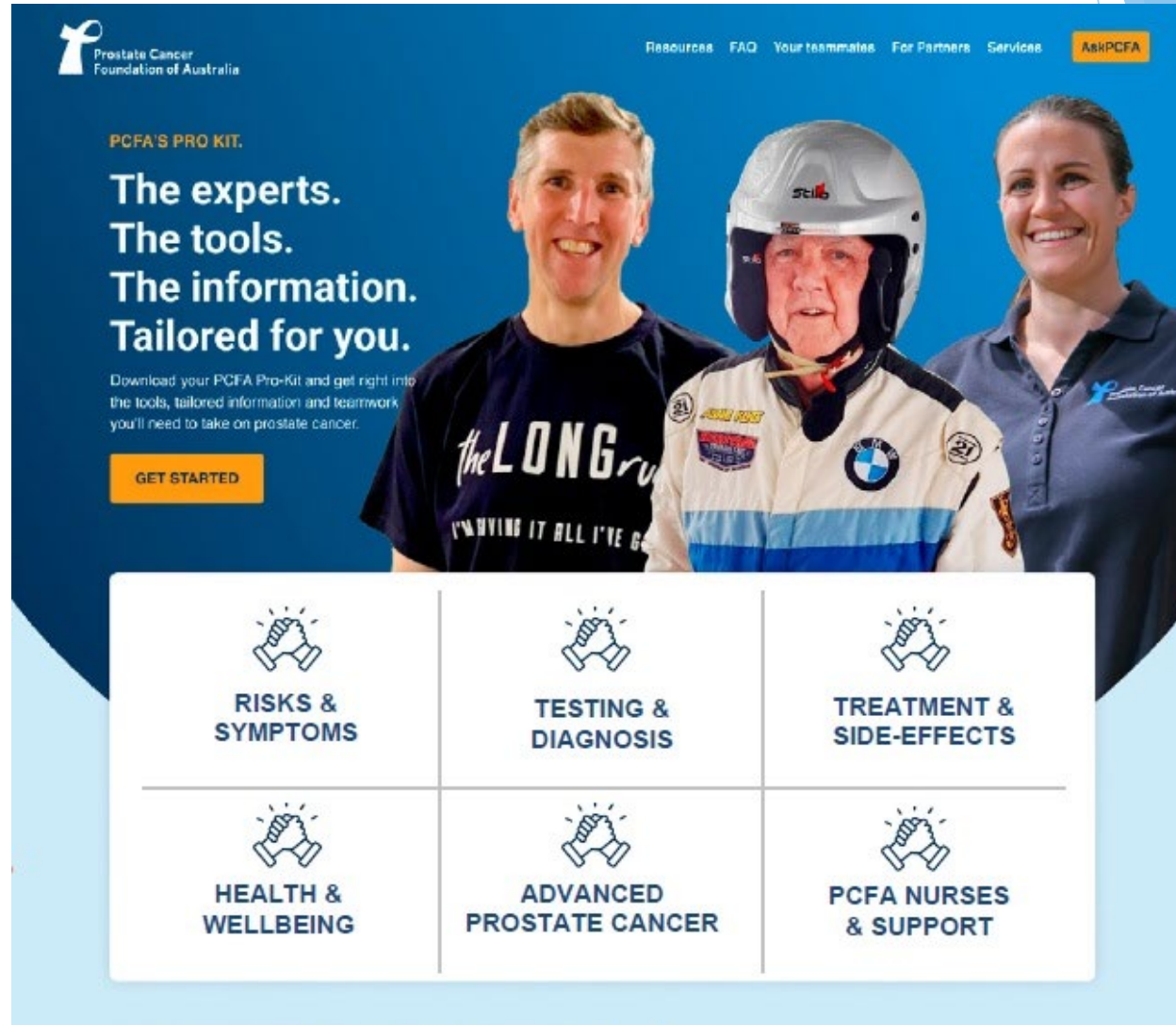
05

Strengthen awareness through best-practice communications

Why? So more men and families receive our support

Coming soon ...

Our new
Survivorship
Toolkit for men
impacted by
prostate cancer.



The image shows a screenshot of the PCFA Pro-Kit website. At the top left is the PCFA logo and name. The top right navigation bar includes links for Resources, FAQ, Your teammates, For Partners, Services, and a yellow 'AskPCFA' button. The main content area features a blue background with a photo of three people: a man in a dark blue t-shirt with 'the LONG run' text, an older man in a white racing helmet and suit, and a woman in a dark blue polo shirt. The text on the page reads: 'PCFA'S PRO KIT. The experts. The tools. The information. Tailored for you.' Below this is a 'GET STARTED' button and a paragraph: 'Download your PCFA Pro-Kit and get right into the tools, tailored information and teamwork you'll need to take on prostate cancer.' At the bottom, there is a white grid with six icons of two hands shaking, each with a different label: 'RISKS & SYMPTOMS', 'TESTING & DIAGNOSIS', 'TREATMENT & SIDE-EFFECTS', 'HEALTH & WELLBEING', 'ADVANCED PROSTATE CANCER', and 'PCFA NURSES & SUPPORT'.







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Resources FAQ Your teammates For Partners Services [AskPCFA](#)

PCFA'S PRO KIT.
**The experts.
The tools.
The information.
Tailored for you.**

Download your PCFA Pro-Kit and get right into the tools, tailored information and teamwork you'll need to take on prostate cancer.

[GET STARTED](#)

 RISKS & SYMPTOMS	 TESTING & DIAGNOSIS	 TREATMENT & SIDE-EFFECTS
 HEALTH & WELLBEING	 ADVANCED PROSTATE CANCER	 PCFA NURSES & SUPPORT



Thank you!

Please don't hesitate to contact our team.

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