

FROM A PLAN TO A PROMISE.

How to use your Will to create a legacy that matters.



Prostate Cancer
Foundation of Australia

Our mission, your legacy.

Thank you for considering leaving a gift in your Will to Prostate Cancer Foundation of Australia (PCFA). Your legacy can help destroy a disease that destroys lives.

"You've got prostate cancer." Those four words can strike fear into our hearts, turning life upside down in the blink of an eye.

And with good reason. While survival rates are at an all-time high, so too are the numbers of men being diagnosed and dying from prostate cancer. More than 25,000 Australian men are newly diagnosed each year, at a rate of 70 men a day.

As our population continues to age and grow, more men are living under the shadow of prostate cancer than ever before.

But you can help change that.

When you choose to remember PCFA in your Will, your legacy will help to fund the research we so urgently need to defeat prostate cancer.

Your gift will allow us to continue leading the way in the fight against prostate cancer, driving the ground breaking discoveries that save men's lives.

Make no mistake, your legacy will ensure men and their families do not face this disease alone, with no option but death.

“We’re committed to funding ground-breaking projects that save lives. If we keep up our work, we will find a way for all men to outlast prostate cancer.”

— **Professor Jeff Dunn AO**
PCFA Chief of Mission
and Head of Research

A future free from prostate cancer is within our grasp and your gift can help make it happen.

With my deepest gratitude,

A handwritten signature in blue ink, appearing to read 'Jeff Dunn', followed by a small flourish.

Professor Jeff Dunn AO
Chief of Mission and Head of Research
Prostate Cancer Foundation of Australia



How your legacy will be used.

Around 95% of PCFA supporters believe that research is the most important investment we can make in ending the pain of prostate cancer for good.

PCFA has invested over \$70 million in prostate cancer research over the past two decades, contributing to a worldwide body of evidence that is improving outcomes for men.

Your legacy gift can reveal new horizons that will get us closer to our ultimate goal of a world without prostate cancer.

Importantly, we will apply your legacy gift to strengthen research, awareness and support for men, by:

1. Applying precision approaches to therapies across the prostate cancer continuum, including hormone sensitive prostate cancer.
2. Funding translational and epidemiological research that capitalises on existing repositories of biological samples and clinical data provided by men with localised and aggressive prostate cancers.
3. Taking action to address the harmful impacts of prostate cancer on men's lives, improving quality of life for men, their partners and their families.
4. Working collaboratively to overcome disparities in care, ensuring that all Australian men have equal prospects for survival of the disease.
5. Funding personalised approaches to patient survivorship, supporting men not just to survive their disease, but to live healthy and fulfilling lives.

When deciding how you want your assets to be distributed, you have three main options for leaving a lasting legacy to PCFA's mission:

A SPECIFIC BEQUEST

Some of our most generous supporters have left their entire Estate to PCFA, while others leave a specific sum of money or other assets, such as property or shares.

A RESIDUARY BEQUEST

Many of our supporters leave all or a percentage of their Estate to PCFA after they have distributed parts of their Estate to others.

A FIXED PERCENTAGE

Some of our supporters leave a fixed percentage of their total Estate to PCFA.

Our vision is a future where no man dies of prostate cancer. Your legacy gift is key to helping us achieve this vision. With a gift in your Will, we can deliver on our mission to reduce the burden of prostate cancer for all Australians, mobilising research and accelerating life-saving clinical trials. The result will be the end of prostate cancer.

How to leave a gift in your Will.

Your Will is a legal document that formally declares how you want your assets to be invested after your death.

When you write your Will, it is often worthwhile to seek the confidential advice of a trusted legal advisor to minimise the risk that your last wishes will be contested.

For a Will to be legally valid in Australia, you need to follow these steps:

1. The document must be titled “Last Will and Testament”.
2. You need to date the Will, usually by starting with “This Will, dated DD/MM/YYYY”.
3. You need to include your full legal name, usually by writing “This Will, dated DD/MM/YYYY, is made by me, INSERT FULL NAME, ADDRESS & OCCUPATION/EMPLOYMENT STATUS”.
4. You need to identify the Executor/s of your Estate by providing their full names and addresses, and their relationship to you.
5. You need to list two Witnesses, providing their full names alongside their addresses and their occupations.
6. You must sign your Will in front of your Witnesses, and also initial each page.

Suggested wording for your gift to PCFA.

When making your Will, it is important to provide PCFA's full legal name and Australian Business Number:

"I give and bequeath to Prostate Cancer
Foundation of Australia ABN 31 521 774 656

- (a) All of my residuary estate, or
- (b) _____% of my residuary estate, or
- (c) _____% of my entire estate, or
- (d) the sum of \$ _____

for the general purposes of the Foundation including its research, awareness and support programs or other use as the Foundation determines and I declare that the Receipt of its Chief Executive, Secretary or other authorised officer shall be a complete discharge of this gift."

YOUR SOLICITOR MAY ALSO REQUIRE THE FOLLOWING DETAILS:

Prostate Cancer Foundation of Australia
ABN: 31 521 774 656
Address: Level 8, 1 Chandos Street
St Leonards NSW 2065
Email: enquiries@pcfa.org.au
Phone Number: 02 9438 7000

Thank you for creating a legacy that will help save men's lives.

If you'd like more information or wish to discuss the transformative power of leaving a gift in your Will to PCFA, please contact us on 1800 22 00 99.



**Prostate Cancer
Foundation of Australia**



Level 8, 1 Chandos Street, St Leonards NSW 2065 | PO Box 499, St Leonards NSW 1590
Telephone: +61 2 9438 7000 | Facsimile: +61 2 9438 7099 | Freecall: 1800 22 00 99 | pcfa.org.au

**Your Will can help
destroy a disease
that destroys lives.**

*"I think the waiting is
what's killing us more
than anything else.
Just not knowing."*

– Paul and Angie



*"It was one of those
moments when you know
your life has changed
forever."*

– Andrei



*"I know the agony
other men feel."*

– Neil



Prostate Cancer
Foundation of Australia

A fight we can win, together.

By remembering PCFA in your Will, you can help find a cure. Your legacy can help create a world where no man has to live in fear of a prostate cancer diagnosis.

With your support, we've already come a long way in the fight against this horrible disease.

Back in 1982, a man diagnosed with prostate cancer only had a 58% chance of surviving more than five years. Today, because enough people like you believed we could do better, the five-year survival rate has risen to 95.6%.

Progress like this is only possible when we invest in research.

We won't stop until we find a cure – until survivorship reaches 100%. We know it's possible, and it's within reach. But we need your help to get there.


As our population continues to age and grow, more men are being diagnosed and dying from prostate cancer than ever before. New data has revealed a 25% increase in the number of deaths from prostate cancer since 2007.

This year alone, more than 26,000 Australian men will be diagnosed with prostate cancer, and over 3,900 men will die from it – that's around 11 deaths each day.

For too long, men have lived under the shadow of this terrible disease. It has already claimed far too many husbands, fathers, grandfathers and sons.

Gifts left to PCFA in Wills are so important to our work. By choosing to remember us in your Will, and letting us know of your intentions, you'll give us more power to plan for the future and be strategic in our approach to fighting prostate cancer.

Your legacy will help fund the research that allows us to improve the way we diagnose, treat and, ultimately, cure prostate cancer.

A smiling man with light brown hair and a dark blue sweater is the central figure. In the background, a woman in a yellow sweater is bent over on a sandy beach. The sky is overcast.

The five-year
survival rate
has risen from
**58% in 1982 to
95.6% today**
thanks to
investment in
research.

Together, we can create a world
free from prostate cancer.

**Please leave a gift in your
Will to help find the cure.**

The power of your gift.

Our vision is of a future where no man dies of prostate cancer. Gifts in Wills are vital to making this vision a reality. By including PCFA in your Will, you can be remembered for creating a life-changing legacy. Your gift will help lead the way towards a cure.



Your legacy will live on in the lives of Australian men, for generations.



Driving Research

Prostate cancer is a leading cause of death in Australian men. But it doesn't have to be. Your gift will help drive the research and ground-breaking discoveries that lead to better outcomes for men with prostate cancer, for years to come.

By leaving a gift in your Will, you can help find new and innovative ways to treat prostate cancer.



Building Awareness

Early detection is key to survival, yet only around 36% of prostate cancers in Australia are detected at Stage 1, when the disease can be more effectively treated. Your support can help encourage more men to get tested, improve early detection rates and save men's lives.

Your legacy can help fund awareness and education programs to stop men dying from prostate cancer.



Providing Support

Many men diagnosed with life-threatening prostate cancer face a painful and uncertain future. At PCFA, we're committed to providing every man and his family with the care and support they need to navigate their diagnosis and treatment, so they know they're not alone.

With a gift in your Will, you can help provide support programs that improve quality of life for men with prostate cancer.

PCFA is the only charity in Australia dedicated purely to prostate cancer research, awareness, and support.

If you believe in a world without prostate cancer, please leave a gift in your Will to help make it real.

A history of change, a future without prostate cancer.

In 1853, J. Adams, a surgeon at The London Hospital, described the first case of prostate cancer, noting in his report that the condition was “a very rare disease”. Today, over 170 years later, prostate cancer is the most commonly diagnosed cancer in Australia, claiming the lives of over 3,700 Australian men every year.

Together, we can leave prostate cancer to the pages of history, where it belongs. Your legacy can help make it happen.

As Australia's #1 prostate cancer charity, your support has helped fund the groundbreaking research that will lead us to a cure.

In 2017, PCFA helped fund the ProPSMA study – exploring the potential of novel imaging to offer greater accuracy compared to conventional imaging technology.

In 2021, with support from PCFA, the TheraP trial was successfully completed, testing the effectiveness of Lu-PSMA in the treatment of advanced prostate cancer.

And in 2023, PCFA helped establish the ALLURe project, Australia's first national biorepository of metastatic prostate cancer, enabling researchers to collaborate on research like never before.

Together, we've achieved so much in the fight against prostate cancer. Progress is accelerating and a cure is now within reach.

Your legacy can help create the future we all want – where no man dies of prostate cancer, and every Australian man and his family get the support they need.

Your Support in Action



\$70 million
invested in
research



114
Prostate Cancer
Specialist Nurses



Nationwide
Telenursing and
Counselling Service



150,000
prostate cancer information
packs distributed annually



3,000
patients supported
by Telenursing Service



130
Prostate Cancer
Support Groups



“The horizons for research stand before us. When I started my work in this field, the five-year relative survival rate for prostate cancer was just 63%. That meant that for every 100 men diagnosed, 37 would die within five years.

“Today, five-year relative survival is 95.6%, demonstrating how far we’ve come in treating the disease.

“With your legacy, we can cover the last mile to a cure.”

Professor Jeff Dunn AO
PCFA Chief of Mission
and Head of Research



Your legacy can mean a cure for men like Bruce.



"I'm not ready to quit this world yet. My hope is that we'll find a way to beat prostate cancer forever. Until then, I'm here to fight it." – Bruce

Everything started going pear-shaped for me in late 2022. I had terrible back pain – so bad I ended up in the Emergency room. That's where doctors discovered I had metastatic prostate cancer, with a Gleason Score of 9.

By the time I was diagnosed, the cancer had already spread throughout my body. When I got my test results, my PSA was 198, and I'd developed seven lesions in my back. One had eaten away at the vertebrae, fracturing it. I had spots on my ribs and pelvis too.

Life became a whirlwind after that. I was going through chemo and hormone therapy, all while still trying to run our small family vineyard and restaurant with my wife, Beck. It made everything so hard, and it was frustrating because I was just so tired.

I feel like I've aged 10 years in the past 12 months. It's been hell in terms of fatigue and neuropathy, particularly in my face. I'm constantly sore. And every little niggle, every new bit of pain makes me wonder 'is it this, is it that?' I'm trying to remain positive, but my life has changed forever. Beck and I have had to re-evaluate everything.

I've now had six rounds of chemo, and my last PSA reading was down to 0.078. But I know it's only a matter of time before I become resistant to the treatment.

Beck and I try not to talk about the future too much. There's no point. We've done everything we can to beat it, and now it's in the hands of the doctors and researchers.

There are so many men out there just like me who are desperate for a cure. If we all help fund the research, I believe we can finally beat prostate cancer, forever.

FOR HUSBANDS FOR SONS FOR BROTHERS FOR MEN

**Your Will says who you are, what you stand for,
and the legacy you want to be remembered for.**

By leaving a gift in your Will to PCFA, you are saying to men across the country that you won't forget them, or the lives they touch, for years to come.

"Peter was diagnosed when he was 63. I still support PCFA because of my son and my grandsons. I can't get over the advancements that have happened in recent years. Things are really moving along, but it really can't be quick enough until we get a cure."

"I'm a monthly donor, but I know one day this will stop. That's why I decided to include a gift in my Will."

Barbara lost her husband of 50 years, Peter, to prostate cancer in 2015.



From surviving prostate cancer to helping end it.

Tim Stollznaw is turning his own experience with prostate cancer into a life-changing legacy for thousands of Australian men.

Prostate cancer has haunted the men in Tim's family for generations. His father had it, and his father before him, *"Even my grandfather's brother had prostate cancer. And he died from it,"* Tim says.

When Tim was 50, his urologist gave him the news he'd been dreading – he had prostate cancer. *"While it was a shock to me and a concern, I always expected it. I just thought I would hear it a little later than 50."*

As Tim's prostate cancer was low level, he was given the option to watch and wait. *"I got on with my life... I wasn't sure that was the right option, but I knew there were lots of men who lived with prostate cancer."*

A year later, Tim's prostate cancer had progressed, *"The cancer had advanced to a Gleason seven, and I made up my mind that I was going to have a radical prostatectomy. Once I made that decision, I couldn't get my prostate out fast enough!"*


Thankfully, Tim's operation was a success. Over the next few months, his condition improved and his PSA became undetectable.

Today, Tim is passionate about spreading awareness of prostate cancer and the importance of regular testing. He's also a dedicated supporter of PCFA, who championed many of the medical advancements that helped save his life.



To protect his son, future grandsons and all Australian men, Tim has decided to leave a gift in his Will to PCFA to support the research and advancements that are getting us closer than ever to a cure.

"Survival rates and successful treatments for prostate cancer are now in the favour of the patient compared to 20 or 30 years ago. And it will continue to get better with ongoing research and clinical trials."



**By leaving a
gift in your Will, you
too can create a
life-saving legacy
that helps end
prostate cancer,
for good.**



**Help create a world without
prostate cancer for our sons and
grandsons, with a gift in your Will.**

**Make your
legacy count.**



**Prostate Cancer
Foundation of Australia**

Level 8, 1 Chandos Street, St Leonards NSW 2065 | PO Box 499, St Leonards NSW 1590
Telephone: +61 2 9438 7000 | Facsimile: +61 2 9438 7099 | Freecall: 1800 22 00 99 | pcfa.org.au