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PROSPECT is a local support group for prostate cancer patients, their carers and friends. We provide help support and information and our newsletter is published four times a year. Any articles you think would interest our members please email to David Casley at: prospect.bristol@gmail.com



TRUST ME I'M A DOCTOR



The Trust Me I'm a Doctor team.

A useful item on prostate cancer appeared on Trust me I'm a Doctor (BBC 2) in September.

Presenter Dr Alain Gregoire found out what all men need to know to protect themselves from this cancer as it kills one man in the UK every 45 minutes.

The programme explained about prostate cancer and its possible symptoms. Early diagnosis was stressed but many men were said to be reluctant to get checked.

Dr Josie Shah, is touring football grounds and Rotary clubs to spread the message. She explained about the difficulties of peeing but added that there might be no symptoms. High risk factors were being older or black, or if the cancer runs in the family.

She explained the finger/manual examination to feel the prostate - also the PSA test. But she added that it is so inaccurate it can't be used for a national screening programme. She urged men to get tested by their GP as they're entitled to it.

Summing up, Dr Gregoire again stressed that early diagnosis is vital - it could save a life. If viewers had any problems or worries they were urged to see their doctor.

More information is available at <http://www.bbc.co.uk/programmes/articles/5KyL3sPC0YP4mVvGR3WrTM3/what-can-men-do-if-they-re-worried-about-prostate-cancer>

NEW ROBOT AT SOUTHMEAD

An item about the new surgery robot at Southmead Hospital was on the Ali Vowles Saturday breakfast show on BBC Radio Bristol in September.

The Da Vinci robot is used mainly for prostate cancer operations but is also used for others such as kidney disease.



Martin Evans interviews Anthony Koupparis, urology consultant.

The Da Vinci robot leads to minimum invasive surgery of the patient through a tiny incision.

The surgeon has 3D vision inside the patient through something that looks like binoculars.

The height of the console and seat can be changed to suit the surgeon.

Whereas patients used to have to stay in hospital for four days after operations with previous techniques, they can now leave after less than a day.

The hospital's charity raised £750,000 for the tool in the first stage of the process, but the aim is to raise £2million. The charity had done an amazing job, said Mr Koupparis, and a marathon run is being held in March as a fundraiser so he encouraged listeners to sign up on the charity's website and get

sponsorship.

The fundraiser is a run of 26.2 miles throughout March in a virtual marathon. Participants can choose a start and finish line in this sponsored challenge.

The marathon site is at www.southmeadhospitalcharity.org.uk/marathoninmarch

SEPTEMBER MEETING

Eric Albone has been a member of Prospect for many years. His prostate experience started in 2002 and continues with further treatment this year.

He gave a fascinating and humorous talk to us at our BAWA meeting recounting all of the serious problems he experienced and the excellent treatment he received by our local clinicians.

Martyn Johnson and his wife joined us and presented us with a cheque for £506. This was the proceeds from the Mangotsfield football club event held on the 2 June and reported in the summer edition of this newsletter.

DE-PAL UK



At the end of September four of our Prospect group (Mike Broxton, Michael MacMahon, Ken Head and Malcolm Gamlin) attended a prostate cancer awareness workshop organised by De-Pal UK at the Salvation Army Citadel in St. Pauls.

De-Pal is a community-based group operating out of Patchway. Its aim is to inform and support communities in Bristol on a wide range of issues. Its strap line is "Health is Wealth". The group has received

a Big Lottery grant to help fund its activities. Mike Broxton opened up the session with a talk on Prostate Cancer which was very well received by the 50 or so attendees. At the end of the talk questions came thundering out from the audience like bullets from an AK-47. They were really hungry for information and a better understanding of the disease. It was fortunate that we had four Prospect representatives to help field the questions and ensuing dialogue with the audience. The workshop gave us a real insight into the issues black men are experiencing with prostate cancer testing and understanding.

The second speaker - Sahr James Momoh - emphasised these difficulties with his talk about how black men should create a strategy before going to see their GP/consultant. He talked about some poor patient experiences which were mirrored from the comments and stories from the audience.

It was certainly a worthwhile day. De-Pal is planning to run repeat workshops in the near future and we are hoping to continue our partnership with them. De-Pal kindly gave Prospect a cheque for £100 to help us with our work, which was definitely not expected but very welcome.

WEBSITE UPDATE

Bernard Smyth writes:

It's been a busy time in new research into prostate cancer so a lot has been added to the Prospect website. It's worth keeping an eye on the site as it is updated almost daily.

We've also been moved to an https site so it would pay to update your bookmark for our site, although the http one still works, even if it's less secure.

It's been suggested we have a

blog on the site and this is to be discussed in committee. I'm not sure how this would work, unless I put in new items on the site in a chatty manner rather than the to-the-point entries I do now. This would no doubt take up more room, which is at a premium on our site.

ASHTON COURT WALK

It was pouring with rain but this did not deter the enthusiastic Prospect walkers in October at Ashton Court.



Our happy group after the rain.

Chris Millett organised a wonderful circular walk around the estate. He told us about the house, took us through woodland and the deer park, and finally back to the cafe for lunch.

PROSPECT AT THE BRI

Ken Head and Colin Trowbridge manned a leaflet stand in the BRI entrance foyer a few weeks ago.

This was a new location for us to raise awareness about prostate cancer. They had to compete with Costa Coffee and Marks & Spencer for the attention of patients but they succeeded in drawing attention to this disease that affects 1 in 8 men in the UK.

NOVEMBER MEETING

Jon Aning, Consultant Urologist at Southmead, was our speaker at the BAWA members' meeting this month.

He talked about his past experience in treating prostate cancer and in particular his work

in Canada's Vancouver Hospital that is a world leader in prostate cancer treatment.

Jon then talked about robotic surgery and Southmead Hospital that is a centre of excellence for prostate cancer surgery in the south west.

Several of our members present had recently had treatment and Jon kindly stayed on after his talk answering their questions.

tackle talk

Q2 2018

Roger Wotton, chairman of Tackle, writes:

Welcome to the latest edition of 'tackle talk', a briefing designed to keep support groups in our Federation up to date with national developments and plans.

In this report I would like to focus on three developments: Our relationship with SAGA plc, recent progress with the Tackle Man Van and our latest initiative on psychological health.

SAGA plc

I am delighted to report we have been selected as one of SAGA's two main charities, the other being Silverline. The relationship with SAGA developed from John and Margaret Coleman from our Droylsden group who met Captain Julian Burgess, Master of MS Saga Sapphire, while on a cruise. Captain Julian has since taken our charity to heart, has become an Ambassador for Tackle and has already raised over £10,000 from activities and donations on board his ship. This is a relationship we will be investing time and effort in as we see that SAGA and Silverline are closely aligned with our aims and aspirations. We are also promoting Silverline on our website. Silverline is the only free, confidential 24 hour helpline for vulnerable and lonely older people in the UK. Please take the

time to visit their website

<https://www.thesilverline.org.uk/what-we-do/>

Tackle Man Van (TMV)

We have been in discussions with Professor Nick James and his team at Queen Elizabeth Hospital Birmingham about setting up a Tackle Bus/Truck/Man Van. He recently asked ourselves and UNITE Trade Union as TMV partners to attend a briefing.

Things have changed somewhat since we first discussed the idea but I believe changed in a very positive way. In summary he has secured, through the QEHB charity, the cost of a self-contained van (essentially a sort of RV which allows anyone with a full licence to drive it) plus the cost of conversion. He has also secured, through a local charitable trust, sufficient funds for running the van for 3 years.

The difference from previous thinking is that this will essentially be a "Man Van" for men's health and wellbeing and it will be a research-based initiative. This last point is particularly important as it will help smooth agreement of ethical and data collection issues. This will provide a valuable database of men's DNA not just for prostate cancer but general health issues. TMV will initially be piloted for QEHB staff and Birmingham City Council to prove the feasibility and logistics. Once proven, it is the intention Tackle will be able to use the van in conjunction with our local support groups for PSA testing, just as UNITE will do for workplace health checks. All test results could be added to the research database.

A project manager has been appointed - Mehreen Mahmood, a clinical trials nurse at QEHB. A steering committee will be established to include Nick James, the head of the QEHB charity, Lesley Hoo from UNITE

and myself. Nick sees the need for a Clinical Advisory Board for the project and I will be proposing Professor Frank Chinegwundoh MBE, head of our Clinical Advisory Board, as part of the team. I am pleased to report that the Tackle Board have agreed to purchase two 1-Chroma point of testing PSA kits for the TMV as a gesture of goodwill and to show our commitment to the project.

Prostate Cancer and Psychological Health

Those of you who have heard me speak will know I firmly believe the emotional and psychological aspects of prostate cancer can sometimes be more debilitating than the physical manifestations of the disease. Lots of big words here, but simply put, some men are not very good at discussing what's going on in their head! I think we need to know more about this topic and see if we can help improve support for men and their families who might be suffering. To this end we have embarked on a Freedom of Information request to all NHS Trusts in England and Wales to understand more about the current level of psychological support for prostate cancer patients, including signposting and follow-up. We are embarking on this study with the help of Wicked Minds

www.wickedminds.co.uk and in collaboration with the Red Sock campaign led by Keith Cass MBE in Wales www.theredsock.co.uk Hopefully the results of this study will help inform where support is good and where more needs to be done. Watch this space!

Tackle Prostate Cancer is the campaign name of The National Federation of Prostate Cancer Support Groups Charity Registration Number 1163152. Registered Office: Kemp House, 152 City Road, London, EC1V 2NX. A Company limited by Guarantee. Registered in England Number 9672970.

MORE RADIOTHERAPY



An oncologist at the Royal Marsden Hospital in Surrey analyses an image of a man's prostate gland.

Radiotherapy could increase the chances of survival for thousands of men with prostate cancer that has already spread by the time they are diagnosed, new research suggests.

The standard treatment for advanced or metastatic prostate cancer is hormone therapy drugs. "Until now, it was thought that there was no point in treating the prostate itself if the cancer had already spread because it would be like shutting the stable door after the horse has bolted," said the lead researcher of the study, Dr Chris Parker of the Royal Marsden hospital in Surrey.

The trial, called Stampede and based at the Medical Research Council's clinical trials unit at University College London, investigated what would happen among about 2,000 men with advanced cancer if they were given radiotherapy as well as drugs. Half were given standard treatment and half the standard treatment plus radiotherapy to the prostate.

Not everyone benefited. The radiotherapy did not help those whose cancers had spread more widely, but it did make a difference for those whose cancers had spread only locally into the nearby lymph nodes or bones. Of those men, 81% survived for three years, compared with 73% who did not get radiotherapy.

The improvement in survival may not seem large, but experts say it could benefit around 3,000 men in England and very many more worldwide.

Radiotherapy also has the advantage of being a low-cost addition to their treatment.

STEAM TREATMENT

A new five-minute steam treatment for an enlarged prostate has been hailed as a breakthrough by NHS surgeons following tests on British patients.

The simple procedure was found to shrink glands on average by 36 per cent - but while the result is similar to other treatments, it has far less severe side effects.

The process, conducted by surgeons at Imperial College Healthcare NHS Trust in London and Hampshire Hospitals NHS Foundation Trust on 150 men, involves injecting an enlarged prostate with jets of steam without the need for surgery.

Current procedures, while effective, can lead to loss of sexual function, bleeding and incontinence with patients kept in hospitals for days at a time.

It was reported that health watchdogs are ready to give it the green light for NHS use.

Two million men in Britain have been diagnosed with an enlarged prostate. However, half of all men over the age of 50, and 60 per cent of those over 60, are thought to have it, studies have suggested

The steam treatment, called Rezum, involves having steam injected at 1cm intervals, killing enough prostate tissue to shrink the enlarged gland.

Professor Hashim Ahmed, a consultant urological surgeon at Imperial, said other hospitals are poised to roll out the treatment as

soon as they get the okay from health watchdog Nice.

CHRISTMAS LUNCH

We have again booked tables at the Coach & Horses in Highland Square, Clifton, BS8 2YB for our Christmas lunch at 12.30 pm on Friday 14 December.

Details of the menu and price have been emailed to all friends and members. Numbers are limited to about 20 so please reserve a place by phoning Colin Trowbridge on 0117 9775189 or email colin_dt@yahoo.co.uk

MEMBERSHIP NOVEMBER

This month is the start of our new membership year and with this newsletter you will find a membership renewal form if you are already a member. If an application form is enclosed you may like to join us. If no form is enclosed your current membership continues to November 2019 as you have recently joined us. The £10 subscription is voluntary and helps to fund the cost and distribution of this newsletter. Our 2019 programme card is also enclosed.

NEXT MEETINGS

Thursday 6 December. Coffee morning at the Macmillan Wellbeing Centre on the Southmead Hospital site.

Friday 14 December. Christmas lunch at The Coach & Horses.

Monday 14 January. Our BAWA meeting starts at 7.00pm at BAWA, Southmead Road, Bristol BS34 7RG. Friends and family always welcome.

Check our website www.prostatecancerbristol.org.uk closer to the date for details of the speaker.

Contact us by email at prospect.bristol@gmail.com or telephone our helpline on 0800 035 5302.