



# PROSPECT

Bristol and District  
Prostate Cancer  
Support Group

Spring 2021

# Newsletter

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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](mailto:prospect.bristol@gmail.com)



### WING LAU

Sadly Wing Lau has lost his battle with prostate cancer. He died at home on the 4 May aged 61.

Wing together with his wife Wendy were regular attendees at our members' meetings and Wing could always be relied on to open up the Q&A session after the talk.

Sometimes Wendy would bring her homemade biscuits to share at the meeting - a sort of delicious hors d'oeuvres to the BAWA buffet!

Members will remember too Wing's extraordinary description of his chemotherapy treatment in our Summer 2020 Newsletter. Such a serious subject handled in an almost humorous fashion but certainly getting across the message and very typical of Wing's approach to handling his prostate cancer.

Wing will be truly missed by all those who came into contact with him.

In the next newsletter we will publish some poems by Wing.

### PETER ELSWORTH

We are also sad to announce the death on the 31 December of Peter James Elsworth aged 81.

Jim, as he liked to be called, joined Prospect in 2011 and regularly attended our BAWA meetings in the early years of our group.

Our condolences go to his daughter Sue and the rest of his family.

### PROSPECT AGM

Nineteen members joined our Zoom AGM on the 21 April.

Malcolm Gamlin, our chairman, gave the welcome and confirmed that this would be his last meeting as chairman.

After apologies for absence the committee members gave their reports which were all approved.

We then held the election for the committee and the following positions were confirmed.

Chairman – Tim Bond

Hon. Treasurer – Paul Williams

Publicity – David Casley

Membership Sec. – Robert Bennett

Website & Publications – Bernard Smyth

Welfare – Colin Trowbridge

Committee – Chris Millett

Committee – Nigel Derrett

Help line – Malcolm Gamlin

Our Hon. Secretary Mick

Broggio retired after several years in this position and the

committee is very grateful for all the work he has undertaken for Prospect over the past years.

There were no volunteers to replace him so we desperately need somebody to take on this position. The only requirement is a little knowledge of word-processing and some time to join our committee meetings which are held four times a year. Please if you would like to help run our support group just drop an email to [prospect.bristol@gmail.com](mailto:prospect.bristol@gmail.com) and you can join our next committee meeting on the 13 July which may be in a pub near you.

### HOSPITALS GET EXTRA DIAGNOSTIC CAPACITY



The NHS in Bristol, North Somerset and South Gloucestershire (BNSSG) will be able to carry out more diagnostic tests for local people from

December, after signing a new 12 month contract with UK Biobank - a large-scale biomedical database and research resource.

On 7 December, University Hospitals Bristol and Weston NHS Foundation Trust (UHBW) and North Bristol NHS Trust (NBT) joined together to provide up to 150 MRI scans per week for the NHS at UK Biobank's Filton facility, representing a 15% increase in local diagnostic capacity. The extra capacity comes at a time when hospital services have been significantly impacted as a result of the coronavirus pandemic.

This extra capacity will focus on less complex scanning, but include specialities such as musculoskeletal and neurological scanning.

The leasing of the Filton imaging assessment centre by the NHS has been achieved through close partnership working between the CCG, UHBW and NBT and will be run in partnership by local staff from both hospital trusts.

Robert Woolley, who is University Hospitals Bristol and Weston NHS Foundation Trust Chief Executive and is overseeing a programme to ensure delivery of rapid and timely diagnostic services for BNSSG, said: "This is welcome news and a result of the fantastic collaboration between staff working together for the benefit of local people.

"The coronavirus pandemic has had a significant impact on our existing scanning capacity and, while we have been working hard to prioritise people most in need, this extra resource will help reduce waiting times for scans.

"We know that early diagnosis is imperative for the successful treatment of many conditions, and therefore continue to remind people that NHS services are available if you have a health

concern that you are worried about."

Gareth Gregory, Chief Finance Officer for UK Biobank, said: "We are delighted that our new imaging facility will be used to ease some of the pressures faced by the NHS through this difficult period.

"Whilst our multi-organ scanning project is on hold, our skilled team are eager to help increase local scanning capacity to benefit the local people of Bristol and its surrounding region, who have always supported our research very generously."

UK Biobank's Filton facility will provide a state of the art resource for people to receive diagnostic tests away from a hospital setting. Systems are linked to those at UHBW and NBT to ensure teams have easy access to the images from the centre. The unit is supported and managed by clinical teams at NBT and UHBW together to ensure that the same excellent service will be received as at the acute hospitals.

No coronavirus patients will be referred to this facility, but the site will continue to operate with strict infection prevention control measures in place to prevent the spread of the virus.

Diagnostic scans will continue at existing UHBW and NBT sites with patients referred to the Filton facility depending on their individual needs.

### **INCONTINENCE PROBLEMS**

This subject comes up regularly at our meetings and is clearly of concern to many patients.

Member John Hughes did some research and you may have read his article,

**Penis clamps – could they be better** in the last issue of Prostate Matters that was circulated with our February newsletter.

John writes as follows:

My item in Prostate Matters produced three responses;

One respondent was delighted with the DribbleStop clamp and found it very effective.



A DribbleStop clamp

The next one had some success with a clamp but did not go into any more detail.

The third was not successful.

Where I did get into further discussion the following points arose regarding design.

The device should tighten from either end, not hinged on one side and fixed by a clip at the other.

It should be capable of graduated tightening, not a series of predetermined positions.

Most important, it should have a small raised area, or bridge, on the part of the device intended to engage the underside of the penis; this is because the urethra lies closer to the underside than the upper, and contact underneath requires less pressure to stop flow.

Whatever closing mechanism is used it needs to be secure.

Ideally a pair of devices should be used to allow for cleaning, it's essential that it can be easily cleaned.

The Clamp not to buy is the Pacey Cuff. It's the most expensive one I've found, and has come bottom in some reviews.

John also contacted PCUK as he had heard about a penile clamp prototype study being undertaken at Southampton University. This is an interesting study report and can be seen at

<https://www.uhs.nhs.uk/ClinicalResearchinSouthampton/Research/News-and-updates/Articles/Southampton-researchers-are-testing-and-developing-a-new-penile-clamp.aspx>

PCUK commented that after making more in depth enquiries, it seems that although the prototype development has progressed well, unfortunately it is not yet available on the commercial market. Subject to success following the clinical evaluation, Southampton University are continuing to work towards completion of the patent application, CE-marking and commercialisation with an industry partner. If this all goes to plan we will look forward to sharing this good news on our website.

PCUK also suggested John check out the Continence product Advisor at <https://www.continenceproductadvisor.org/maledevices#penilecompressiondevices>

And also Bladder & Bowel UK at <https://www.bbuk.org.uk/>

### **POSITIVE THINKING**

At one of our recent Zoom meetings member Dean Williams commented upon the help he has received from mindfulness and other positive thinking YouTube videos. He recommends:

*Jon Kabat-Zinn – “The Healing Power of Mindfulness”*

*How your mind can heal your body – with Jo Marchant and*

*Undo It – Dr Dean Ornish*

### **PROSTAGRAM**

A prostate scan breakthrough could save thousands of men from dying of cancer every year a study has found.

Scientists at Imperial College London have developed a 15 minute MRI scan, known as a

Prostagram, which can detect the disease early - much like a mammogram for breast cancer.

It is far less invasive than current examination methods, such as a rectal examination, and could lead to an extra 40,000 cases of prostate cancer being identified every year. It is the first time that any scan has been accurate enough to be considered for use as a prostate cancer screening test.

The trial involved 408 men in the UK having the short non-invasive scan using innovative resonance imaging. It is modelled on breast cancer screening, which involves women having a mammogram scan every three years as part of a national programme.

It was found to pick up twice as many prostate cancers compared with the standard PSA blood test currently used. At the moment, men who are suspected of having prostate cancer may also be asked to provide a urine sample and have a digital rectal examination.

If the patient is found to have a raised PSA level, they may be referred for an MRI scan, which takes around 40 minutes, potentially followed by a biopsy.

Researchers hope the new scan will encourage men to come forward if they have symptoms.

These include the need to urinate more, feeling the bladder has not fully emptied, and blood in urine.

Prof Hashim Ahmed, chairman of urology at Imperial College London, said "Prostagram has the potential to form the basis of a screening programme and could be a game-changer.

"It has the potential to detect more aggressive cancers earlier so men have less invasive treatments".

About 49,000 men are diagnosed and 12,000 men die from prostate cancer every year in the UK. This figure overtaking breast cancer deaths of 11,000 in

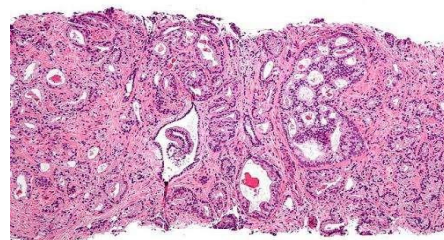
the last decade. The increase means men should also have access to a screening programme researchers said.

Plans for a more extensive trial covering 20,000 men are now well advanced.

The findings were published in the journal *Jama Oncology*.

### **HOME TESTING KITS**

Approximately 2,000 men are being posted home testing kits, which can detect prostate cancer five years sooner than regular screening, as part of a trial by the University of East Anglia.



Micrograph showing prostatic acinar adenocarcinoma (the most common form of prostate cancer)

If successful, the technology could be rolled out for all men of the right age as a more accurate and convenient form of screening that could save countless lives.

The kits work by detecting gene expressions of prostate cancer in urine.

A pilot study suggests it can do so up to five years earlier than the standard clinical methods.

Scientists hope that, as well as detecting new cancers earlier, the kits will be used for the periodic monitoring required for the thousands of men who have already been diagnosed but whose tumours are stable or growing very slowly.

Lead researcher Dr Jeremy Clark from the university's Norwich Medical School, said: "Prostate cancer usually develops slowly and the majority of cancers will not require treatment in a man's lifetime. It is not a simple matter to predict which tumours will become aggressive, making it



hard to decide on treatment for many men. The urine tests could make monitoring of cancer in men so much less stressful and reduce the number of expensive trips to the hospital".

Secretions from the prostate naturally flow into the urethra and end up in urine. These carry cells and molecules from all over the prostate and analysis of the urine is a way of sampling the whole prostate in one go.

Dr Clark said he hoped the kits could enable men with a negative test to be retested less frequently, every two to three years, "relieving stress to the patient and reducing hospital workload".

## SUNSCREENS



Some of the world's most popular sunscreens risk causing cancer if left on the shelf too long because a commonly used sun protection factor breaks down into a harmful ingredient, US and French researchers claim.

If left for a year at room temperature, one of the key ingredients in sunscreens breaks down into benzophenone, a "mutagen carcinogen, and endocrine disruptor", the study in the Chemical Research in Toxicology review said.

Scientists in the US and France made the discovery after experiments on nine commercial sunscreen products from the EU and eight from the US.

Many can be found in the UK. All but one contains octocrylene

which is present in most sunscreens but also anti-ageing creams, shampoo, tanning oils and conditioners.

While the active ingredient is approved for use in sun protection factor in the US and EU, it is controversial as it poses a risk to marine life and in particular coral reefs, making them more susceptible to bleaching.

As a result, skin products containing the ingredient have been banned in Palau, the Marshall Islands and the US Virgin Islands and a ban is being debated in Hawaii.

However the study focuses not on octocrylene itself but on whether it breaks down over time to produce benzophenone, considered potentially more harmful to humans and banned in food products and food packaging in the US.

While not outlawed in the EU, the bloc's Scientific Committee on Consumer Safety last month recommended placing new limits on the use of benzophenone, as well as octocrylene, in cosmetic products compared with current requirements under the European Cosmetics Product Regulation.

The researchers picked the creams at random "directly from stores" after asking for the most popular brands and artificially aged the products over a six-week "incubation period" to create the same conditions as if they had remained in someone's home for a year.

Only one product contained no octocrylene - Nivea Sun PF 50+. At the end of the ageing process it was found to contain no benzophenone.

However all the others, which did contain octocrylene, were found to have far higher amounts of benzophenone at the end of the process. So check your old sunscreen ingredients.

## OLIVE DANIELL

Member Clive Daniell's mother Olive died in February. Clive asked for funeral donations to be given in support of Prospect. We are very grateful for this gesture and for the resulting donations to our funds.

## MEETINGS UPDATE

### First Thursday in the Month.

These virtual coffee mornings will continue to be held via Zoom. Email invites with the Zoom link will be sent out a few days before the meeting date so make sure we have your correct address.

### Friday 2 July - Bristol Docks walk.

This is a return to our annual perambulation around the city docks. Ken Head is again organising it and we meet outside the Cottage Inn at 10am, have coffee half way round and end up at a pub for lunch. To reserve a place please call Ken on 0117 929 3156.

### Tuesday 27 July - Lunch at Penny Brohn.

Again our annual event we missed last year. We usually meet at about 12.30 for a healthy soup and salad lunch. We hope to have a speaker after and then time to wander around the venue and grounds. Tim Bond is organising so phone him on 07824 556 786 to reserve a place.

## BAWA.

Our next evening meeting is planned for Tuesday 14 September. So please do check our website [www.prostatecancerbristol.org.uk](http://www.prostatecancerbristol.org.uk) for regular meeting updates.

Contact us by email at [prospect.bristol@gmail.com](mailto:prospect.bristol@gmail.com) or telephone our "Tackle" helpline 0800 035 5302.