

TEESSIDE PROSTATE CANCER SUPPORT GROUP

NEWSLETTER

22nd January 2018

TEESSIDE PROSTATE CANCER SUPPORT GROUP FINANCES

OUTGOING

Donations Presented to:-



Mr Chadwick Group

£1,000.00p



Holistic Trinity Centre

£1,000.00p

& Agreed Donation Cheque to Tackle

£500.00p

Expenses (Paper & Ink)

£55.38p

PCUK (Shildon FC Bucket Collection)

£66.00p

INCOME

Mrs Val Skelton (chg)

£100.00p

Shildon FC Bucket Collection

£131.65p

PAGE 1 OF 3

GROUP EVENTS

M&S

Three information days took place at M&S Teesside Park and were very successful. Over 150 people were either given information, made donations or bought PCUK pins. All monies collected over the 3 days will be donated to PCUK.



Holme House prison

Terry Bytheway accompanied Sue Boyes PCUK local representative at Holme House prison. The prisoners collected money for PCUK presenting a cheque for over £200 and playing a 5-a-side game inside the hall as the weather was inclement.



We need stories for the Newsletter if you have anything to add then please send your story to Terry Bytheway on bythewayt@hotmail.co.uk or call 01642 960934

IN THE


Daily Mail
NEWS
**WHAT THE
NEWSPAPERS
ARE SAYING**
Sunday Mail 26th Nov 17
**HOW URINE TEST CAN NOW DETECT
PROSTATE DANGER**

An article in the Mail claim that doctors are now able to spot signs of prostate cancer with a simple but highly accurate urine test to avoid unnecessary invasive biopsies. The test can detect two markers of the cancer found in urine – levels of which have shown to be eight times higher in men who have the disease.

Scientists claim it could prevent 41% of unnecessary biopsies and it is 98% accurate in distinguishing men who do not have the disease from those who do.

Researchers at the Radboud University Medical Centre in the Netherlands reported that the test, known as SelectMDx, is more effective at detecting biomarkers of prostate cancer, than the current, commonly used blood test and biopsy combination. It is also capable distinguishing between chemical markers of low grade and potentially fatal, aggressive prostate cancer.

Every year in Britain, prostate cancer claims 10,000 lives. The disease is difficult to spot early, given that symptoms – pain when urinating and frequent, urgent trips to the lavatory – tend to arise only when the tumour has grown large enough to put pressure on the urethra. This is when men may first go to their GP with a problem.

There is no universal screening but many men opt for a prostate-specific antigen (PSA) blood test. PSA is a protein produced by the prostate, and concentrations in the blood often increase if someone has prostate cancer.

The problem with the PSA test is that it is indicative only, 'says Dr Jan Groen, chief executive of Belgian-based developers MDxHealth. The test we have developed is cancer specific. Men become eligible for the urine test if they have been identified as being at risk of prostate cancer due to their PSA level.

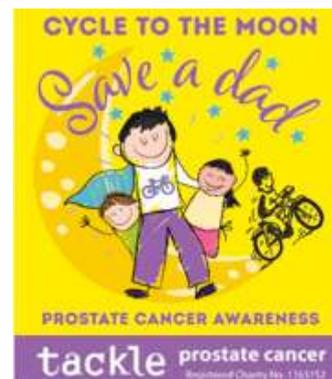
A doctor puts pressure on the gland causing cancer cells to shed. A urine sample is collected immediately afterwards to test for the biomarkers.

The £225 test is now available privately in the UK through the LAB21 Clinical Laboratory.

Professor Raj Persad, consultant urologist at the North Bristol NHS Trust said if this new test is more

GROUP EVENTS (continued)
Shildon FC Bucket Shake

TPCSG were kindly invited to conduct a bucket shake at Shildon FC on 23rd December. A total of £131.65p was collected and will be shared equally between ourselves and PCUK. Many thanks to David Bytheway and Chris Payne helping to collect.


TACKLE - Cycle to The Moon, Save a Dad

My name is Dave Fergus and I have been tasked with putting together the Cycle to the Moon Save a Dad campaign, and I need your help. As a support group based in the North I would welcome an opportunity to come along to your next meeting to discuss this exciting campaign and how you could get involved. I hope to launch the campaign in early Feb 2018 and it will involve social media, a specific website designed especially for the campaign and a concentrated press campaign.

Not only do I need you to get involved in helping to raise sponsorship but I am also looking for stories that we can use for the campaign. If you feel that you and your group would be interested in getting involved and finding out more, then please get in touch, I would be delighted to meet as many of you as possible in order to make this the success it deserves. All funds from this campaign will be used by Tackle to raise awareness and develop new projects to help those affected by Prostate

accurate at picking up clinically significant cancers, it could be offered as a screening test for prostate cancer, although he added this will need more rigorous clinical testing.

MORE INFORMATION ON RADIOPHARMACEUTICALS

We know from the experiences that BillK has shared with us that the use of radioactive elements in advanced PC cases is a fast developing technology.

Bill's treatment was with a radioisotope called lutetium but some results have now been issued from Heidelberg University (HU) using another radioactive element called actinium.

You will remember from what JonathonK told us that to be effective the radioactive element has to be combined with something that will attach to PSMA (prostate specific membrane antigen) so that it can kill the cancer.

PSMA occurs mostly on prostate cells but can also be found in smaller concentrations in other parts of the body such as the small intestine and the salivary glands.

The HU trial was on 40 men that had a projected life expectancy of 2-4 months.

The plan was to deliver 3 cycles of treatment but 11 men did not complete the course – 5 stopped for no response, 4 had salivary gland problems and 2 died during the trial.

Of the surviving patients nearly 90% had some PSA decline and over 60% had a PSA drop of greater than 50%.

On average tumour control lasted for 9 months but 13% had a response lasting for more than 2 years.

These were patients who had exhausted all normal treatments and the average benefit they had had from previous therapies was – abiraterone 10 months; docetaxel 6.5 months; enzalutamide 6.5 months; cabazitaxel 6 months.

This whole technological area is moving very fast driven mainly by research in Germany and Australia.

HU say they now have over 80 men treated with actinium.

Watch this space!

Cancer and their families.

“VIAGRA” AVAILABLE OVER THE COUNTER

You might have seen in the media that the MHRA has announced that a form of sildenafil (the active ingredient in Viagra) will soon be available from the chemist as an “over the counter” drug.

It will be called Viagra Connect. The chemist will ask about the need for the drug and advise on use and side effects.

Men with cardiovascular, liver or kidney problems will still need a prescription.

Hopefully this decision will help men who need ED assistance but would not otherwise go to a GP and should avoid men buying “dodgy Viagra” from rogue internet sites.

R223 AND ABIRATERONE TOGETHER

We know that both Radium223 and abiraterone are approved PC treatments but for different aspects of the disease.

A trial that was comparing R223 and abi together against abi alone has been stopped early.

One of the independent committees that was monitoring the trial was concerned at the unexpected number of deaths and fractures that were occurring and asked that the trial be “un-blinded” so that all information on all the men could be thoroughly analysed.

The makers of R223 say that previously there has not been any suggestion of harm from the treatment combination.

TOMATOES AND PC RISK

Over the years several studies have shown that the lycopene in tomatoes may decrease PC risk.

Some American university researchers have now looked again at the conclusions from 30 separate studies involving over 260,000 men.

Higher tomato consumption of tomato foods, cooked tomatoes and sauces was associated with almost 20% reduced risk for developing PC.

There was no similar benefit from raw tomatoes consumption.

❖ *Information was researched and*

❖ *Information was researched and provided by Robin Millman*

provided by Robin Millman