East Lancashire Prostate Cancer Support Group Newsletter

Volume4 **Issue6** **Date June 2015**

High-Fat Diet May Raise Prostate Cancer Death Risk

MONDAY, June 1, 2015 (HealthDay News)

Prostate cancer patients with an unhealthy, high-fat diet have a significantly higher risk of death from the disease, a new study suggests.

"There is currently very little evidence to counsel men living with prostate cancer on how they can modify their lifestyle to improve survival. Our results suggest that a heart-healthy diet may benefit these men by specifically reducing their chances of dying of prostate cancer," study senior author Jorge Chavarro, of the Harvard School of Public Health, said in a Harvard news release.

The study involved nearly a thousand U.S. doctors who had developed prostate cancer and were followed for an average of 14 years after diagnosis.

Chavarro's team assessed the men's eating habits to see if they had an unhealthy "Western" diet -- high in red and processed meat, high-fat dairy products and "refined" grains -- or a healthy diet high in vegetables, fruit, legumes (such as beans), fish and whole grains.

While the study couldn't prove cause-and-effect, the researchers found that men who scored highest in terms of Western eating habits were 2.5 times more likely to die from their prostate cancer, and 67 percent more likely to die from any cause, than those who scored lowest.

In contrast, men who scored highest in terms of healthy eating habits were 36 percent less likely to die from any cause than those who scored lowest, the researchers said.

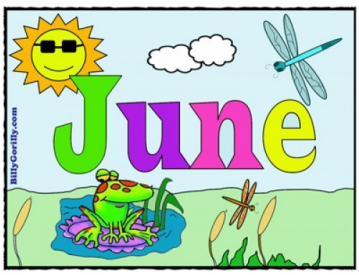
The study authors stressed that most of the men in the study were white, so results might differ in studies involving other races/ ethnicities.

One expert said Western diets have long had a bad reputation when it comes to health.

"Diets high in animal fat and low in fiber are associated with metabolic syndrome -- a collection of conditions including abdominal obesity, elevated blood sugar levels and

What's Inside

High Fat Diet	**P1 P2**
World Wide Appeal	P3
Smart Pill & Famous Quotes	P4
Share Your Insights	P5
Low Temperature Plasma Potential Breakthrough	P6



high blood pressure," said Dr. Michael Schwartz, a urologist at the Arthur Smith Institute for Urology in New Hyde Park, N.Y.

"It has been known for some time that this type of diet can elevate risk of diabetes, heart attack, stroke and various cancers," he said.

Now, "this study provides evidence for what many of us have for years been telling our patients with prostate cancer -- or patients who are interested in prostate cancer prevention," Schwartz said.

He added that the anti-cancer effects of exercise might play a role as well, in that men in the study who ate healthier might also have exercised more.

The research was published online June 1 in the journal Cancer Prevention Research.

More information

The American Cancer Society has more about prostate cancer.

SOURCES: Michael J. Schwartz, M.D., urologist, Arthur Smith Institute for Urology, New Hyde Park, N.Y.; Harvard T.H. Chan School of Public Health, news release, June 1, 2015

-- Robert Preidt

Last Updated: Jun 1, 2015

From Left to Right Hazel Goulding (Treasurer) Leon D Wright (IT Admin) Stuart Marshall (Secretary) Steve Laird (Vice Chairman) Dave Riley (Chairman)

Contact Information

Tel: 07548 033930
E Mail leondwright4@gmail.com

We are a group of local people who know about prostate cancer. We are a friendly organisation dedicated to offering support to men who have had or who are experiencing the effects of this potentially life threatening disease.

The East Lanc's Prostate Cancer Support Group offers a place for free exchange of information and help for local men and their supporters (family and friends) who may be affected by this increasingly common form of male cancer.

At each meeting we strive to be a happy, supportive and upbeat group of people; encouraging open discussion on what can be a very difficult and perhaps for some an

"World wide Appeal"

Hi Dave and Leon,

My name is Katie and I am writing a college paper about prostate cancer, a topic that is very important to me because my father died of prostate cancer six years ago. I came across your page elpcsg.com/links-and-research/4570195721 while looking for information. Thank you for your information!

I found this page about incontinence and how incontinence could be a symptom of prostate cancer. I am wondering whether you might add it for me as a link to your website with your other links so that I can get full credit for my paper and so I can also help spread the word about the disease.

Here it is: http://www.parentgiving.com/elder-care/prostate-incontinence-question/

In order to get full credit for my paper, I have to find a resource online that I will be using as a reference and I get full credit if you find that the resource I've shared with you is worthwhile enough to add a link to it to your page with your other resources. I know that this would help a lot of people if you'd add it and it would help me as well.

Would you please help me with this by adding the link to it your website?

Thank you in advance!

Katie

--
Katie Kress
katie@citygirldc.com

Smart Pill-Wearable Combo Detects Cancer

Posted in Mobile Health [2] by Thomas Klein on May 10, 2015

Google X is lending its database and search engine expertise to the development of a wearable device that can be used to diagnose cancer and other diseases.

The technology consists of a wearable device and a smart pill, which, once digested, releases chemical agents that magnetically bind to molecules in the bloodstream. The wearable device detects and monitors the resulting chemical reactions in such a way that the data can be used to detect chemical changes in the body that might indicate cancer and other diseases. It is able to accomplish this feat by detecting the presence of specific compounds that the smart pill creates.

While cancer is a target disease, the combination wearable and smart pill technology could also be used to detect strokes and heart attacks before they happen and before symptoms occur.

Famous Quotes

Dr Willet Whitmore:

Many more men die with prostate cancer than of it. Growing old is invariably fatal. Prostate cancer is only sometimes so.

Are You or Someone You Care for Living with Advanced Prostate Cancer?

Share Your Insights to Help Others!

The *International Prostate Cancer Coalition* **(IPCC),** with support from Bayer HealthCare, is asking men with advanced prostate cancer and their loved ones to raise their hands, share their stories and help bring the disease into the spotlight.

On behalf of the **IPCC**, market research agency – Nielsen – is conducting a short, 20-minute survey to better understand the experiences of those affected by this disease. If you meet the survey criteria and complete the entire questionnaire, you will receive a £35 stipend as compensation for your time.

The results from the survey will be used to increase awareness of the symptoms of advancing prostate cancer, with the ultimate goal to develop informational tools and resources for those who need them most.

HOW CAN YOU HELP?

We want to hear from you!

Contact J46144Survey@nielsen.com
for a link to the online survey,
or call 0800 249 4302 to make an appointment
to complete the questionnaire over the phone.

G.SM.ON.02.2015.1068

York scientists lead study on new treatment for prostate cancer

Posted on 8 April 2015

Scientists at the University of York have discovered a potential new treatment for prostate cancer using low temperature plasmas (LTPs).

Published in the British Journal of Cancer (BJC), the study is the first time LTPs have been applied on cells grown directly from patient tissue samples. It is the result of a unique collaboration between the York Plasma Institute in the Department of Physics and the Cancer Research Unit (CRU) in York's Department of Biology.

Taking both healthy prostate cells and prostate cancer tissue cells from a single patient, the study allowed for direct comparison of the effectiveness of the treatment. Scientists discovered that LTPs may be a potential option for treatment of patients with organ confined prostate cancer, and a viable, more cost-effective alternative to current radiotherapy and photodynamic therapy (PDT) treatments.

Low temperature plasmas are formed by applying a high electric field across a gas using an electrode, which breaks down the gas to form plasma. This creates a complex, unique reactive environment containing high concentrations of reactive oxygen and nitrogen species (RONS).

Operated at atmospheric pressure and around room temperature, the delivery of RONS, when transferred through plasma to a target source, is a key mediator of oxidative damage and cell death in biological systems.

The way cell death occurs when using LTP treatment is different from other therapies. The active agents in the LTP break up DNA and destroy cells by necrosis, where cell membranes are ruptured, resulting in cell death. This is different to some current therapies which cause apoptosis, where cells are prompted to die through natural mechanisms that can result in treatment resistance.

Adam Hirst, a PhD student at the York Plasma Institute who has been working with Dr Fiona Frame on the project, said: "Despite continual improvement and refinement, long term treatment for prostate cancer is still recognised as inadequate. In the case of early stage organ confined tumours, patients may be treated with a focal therapy, for example cryotherapy, photodynamic therapy, or radiotherapy.

"However, around a third of patients will experience recurrence of their disease following radiotherapy. This may be due to the inherent radio-resistance of a small fraction of the tumour – the cancer stem-like cells. Furthermore, numerous side effects are often experienced following treatment.

"Through this research we have found that LTPs induce high levels of DNA damage, which leads in turn to a substantial reduction in colony forming ability, and ultimately necrotic cell death. Using clinically relevant, close-to-patient samples, we have presented the first experimental evidence promoting the potential of LTP as a future focal cancer therapy treatment for patients with early stage prostate cancer."

The next step in developing this treatment will see scientists trial this method on three-dimensional replica tumours, monitoring the precision of plasma application. If all subsequent trials are successful, LTP could be used to treat cancer patients within 10-15 years.