

East Lancashire Prostate Cancer Support Group Newsletter



Volume5

Issue6

Date June 2016



What's Inside

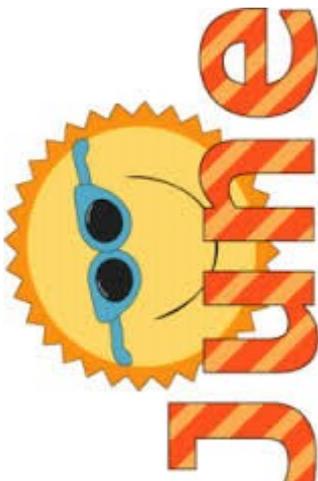
Midlife PSA P1 P2

HIFU Treatment Caution Urged P8

Burnley Classic Vehicle Show P3

17 Years On P4 P5 P6 P7

May Minutes P7 P8



“Midlife PSA Levels Predict Lethal Prostate Cancer”

<http://www.renalandurologynews.com/midlife-psa-levels-predict-lethal-prostate-cancer/printarticle/504008/>

Natasha Persaud, Digital Content Editor
June 17, 2016



The odds of developing lethal prostate cancer were increased by 6.9 to 12.6 times for men aged 40 to 59 years with higher PSA values.

Lethal prostate cancer (PCa) is more likely to develop in men with a prostate-specific antigen (PSA) level above the median in midlife, according to a new study.

Using data from the Physicians' Health Study, Mark A. Preston, MD, MPH, of Brigham and Women's Hospital in Boston, and colleagues performed a case-control analysis of 234 mostly white men diagnosed with PCa and 711 controls aged 40 to 59 at baseline. Then, 71 men with lethal PCa (including cases of metastatic PCa) were re-matched to 213 controls for further analysis.

Median PSA among age-matched controls was 0.68, 0.88, and 0.96 ng/mL for men aged 40 to 49, 50 to 54, and 55 to 59 years, respectively, according to results in the *Journal of Clinical Oncology*, published online ahead of print. Over 30 years of follow-up, the investigators found that the risk of lethal PCa was strongly associated with baseline PSA in midlife. Odds of lethal PCa increased by 8.7 at 40 to 49 years, 12.6 at 50 to 54 years, and 6.9 at 55 to 59 years, for men with a PSA value above the 90th percentile compared with at or below the median. Among all cases of lethal PCa, 82%, 71%, and 86% occurred in men with PSA levels above the median at ages 40 to 49, 50 to 54, and 55 to 59 years, respectively.

A PSA measurement during middle age may be less confounded by benign prostatic hyperplasia, according to background information in the study. "We found a single baseline PSA-level measurement during mid-life could accurately predict future risk of lethal prostate cancer," Dr Preston stated in a press release. "These data identify subgroups of men, based on their PSA levels at a given age, who could benefit from screening intervals tailored to their actual magnitude of risk."

The ideal screening interval based on midlife PSA level is unknown at this point. Men in the study had opportunistic PSA screening. "Our study does not imply prostate biopsy or definitive treatment is immediately required in younger men with higher PSA levels at baseline, as this could lead to over diagnosis..." the investigators stated.

The findings corroborate a study of unscreened Swedish men from the Malmö Preventive Project by Andrew J. Vickers, MD, and colleagues. The researchers found baseline PSA at age 40 to 55 predicted future PCa mortality (*BMJ* 346:f2023,2013).

Men with PSA values below the median at 60 years old (below 1.0 ng/mL) are unlikely to develop lethal PCa, Dr Preston and colleagues further determined. The Physicians' Health Study included mostly white men, so additional research needs to be conducted in black men.

Related Articles

[Baseline PSA at Age 55-60 Predicts Prostate Cancer Risk](#)

[Landmark PSA Screening Trial Results Challenged](#)

[Prostate Cancer Metastasis Risk Higher in Some AS Patients](#)

[Multiple Comorbidities Predict Higher-Risk Prostate Cancer](#)

Sources

1. Preston MA, Batista JL, Wilson KM, et al. [Baseline Prostate-Specific Antigen Levels in Midlife Predict Lethal Prostate Cancer](#). *JCO* [Epub ahead of print] [doi:10.1200/JCO.2016.66.7527JCO](#).

2. [Screening strategy may predict lethal prostate cancer later in life \[press release\]](#). Brigham and Women's Hospital; June 13, 2016.

Therapeutic Ultrasound Applications and Safety Considerations

A new care model for patients with low-risk prostate cancer may help prevent disease over-treatment. This evidence-based approach uses best practices to select patients to avoid disease overtreatment. Results from a 3-year study recently published in Urology indicate that active surveillance (AS) rates nearly doubled after this model was adopted. Follow link to access the study.

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3810427/>

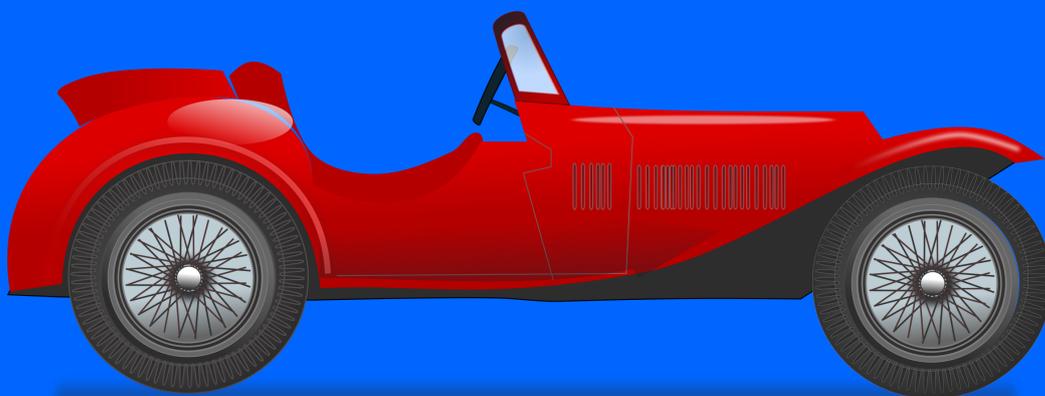
Burnley Classic Vehicle Show

Sunday 26th June 2016

ELPCSG Will be There Again

Manning the Awareness Stand.

*Please Come and Support the Event at
Towneley Hall, all are Welcome*





Contact Information

Tel: 07548 033930
E Mail leondwright4@gmail.com

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

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 embarrassing subject. We have lively, informative, interactive, sharing and above all supportive meetings.

17-Year Prostate Cancer Survivor Feels Great

Article date: December 6, 2011



"I believe it's important for anyone facing cancer to know you can come out the other side; there is life after cancer."

Sponsors



At age 60, Dave Wesley of Placerville, Calif. says it's sobering that he's lived longer than his father. Wesley says he and his sister will always remember their father as a young man because they never knew him as old. Their father died in 1980 after a 4-year battle with prostate cancer. Back then there was no prostate-specific antigen (PSA) test for screening, and few available drugs were helpful for advanced prostate cancer. He was 57.

The Decision to Screen Early

Because of his family history, Wesley began going in for screening 20 years ago at age 40. (Men with a father or brother diagnosed before age 65 are at higher-than-average risk of developing prostate cancer themselves.) For two years, his PSA and digital rectal exam (DRE) showed nothing suspicious. The doctor told him to come back when he turned 50.

But Wesley came back the next year anyway, and this time the doctor felt something abnormal on the DRE. A prostate biopsy followed, and small areas of cancer were found in 2 out of 9 samples. Like about 15% of men with prostate cancer, Wesley's PSA level was still in the normal range (under 4) when the cancer was found. Remarkably, his was only 0.6. Most healthy men have levels under 4, so Wesley's PSA level alone would not have triggered a biopsy.

Wesley learned of the diagnosis in his urologist's office. "He said, 'You have a prostate cancer diagnosis.' I didn't remember another word. When you hear the words, 'You have cancer,' you don't remember any other words."

Investigating Treatment

Wesley returned to the urologist's office with his wife, and they discussed his treatment options. He also went to 4 other doctors for opinions. He wanted to make sure he was getting the right information. And unlike a much older man, he was not looking for a 10-year or 15-year survival rate. He wanted a lifetime cure.

One of the doctors Wesley contacted was the head of the local cancer center at UC Davis Medical Center. He told Wesley not to feel obligated toward the first doctor who examined him. "After all, you don't marry the first girl you took to the dance."

That gave Wesley a sense of empowerment, and he spent about a month making the decision to have a prostatectomy, removal of the prostate. He chose his hospital, surgeon, assis-

tant surgeon, and anesthesiologist. He spoke to another patient the day after the man's prostatectomy. That gave him reassurance that he would be able to manage the pain. And then he prayed, "Lord, I did everything I know how to do. Now it's your turn."

Recovery

Because he did so much research beforehand, Wesley knew what to expect after the surgery. He arranged to be off work for 9 weeks. He had an incision from his bellybutton down to his pubic bone. And like the patient he spoke to, Wesley had pain, but was able to manage it. He stayed in the hospital for 5 days and needed a catheter to empty his bladder for 3 weeks. He says his whole world became the living room and the bathroom, and then gradually expanded until things got back to normal.

He began having PSA tests every 3 months to make sure no prostate cells were left in his body. Eventually, after 5 ½ years of undetectable levels, he graduated to annual tests. At his last exam, Wesley's doctor told him "You're at 17 years this year. You're going to have to find something else to die of."

Giving Back

Wesley's wife, Jane, began volunteering with the American Cancer Society even before his diagnosis. Shortly after his father died, she began driving cancer patients who needed help getting to their treatment appointments, in what has since grown into the Road to Recovery program.

After his diagnosis, Wesley also began volunteering with his local American Cancer Society office in Sacramento and he hasn't stopped. Since then he's chaired committees, sat on boards and helped raise hundreds of thousands of dollars through local and national events including Relay For Life, Making Strides Against Breast Cancer, and Daffodil Days. He has volunteered at 7 American Cancer Society golf tournaments, and last May was the survivor speaker at the 7th Annual Capitol Invitational Golf Tournament held at Serrano Country Club in El Dorado Hills. In September, he was the "special guest" speaker at the annual Harvest of Hope Gala held at Dalla Terra Estate in Granite Bay.

In addition, Wesley co-hosts volunteer orientations twice a month in what he calls "two of my best hours of the month" and he's a stakeholder who participates in the American Cancer Society's research grants peer review process. That experience has convinced him that more funding is needed for cancer research. "Unfortunately, there are many more researchers and projects worthy of being funded if there were only more dollars available to fund them. That's why I'm passionate about the many fundraising opportunities available throughout the year. If

someone's interested in making a difference, there is no shortage of opportunities."

He has also spoken personally with several newly diagnosed men in conjunction with the American Cancer Society's Man To Man program. "I believe it's important for anyone facing cancer to know you can come out the other side; there is life after cancer."

Today, Wesley says he feels great. "I feel very fortunate I'm in good health. I don't have to worry about relapses. This isn't the one that's going to get me."

Minutes of meeting No 65 5th May 2016 2-4pm

Venue: Mackenzie Centre Burnley Gen Hospital

26 people present including our speaker Martin Wells and our Specialist Nurse, Debbie. 1 new member attended David H.

Chairman's Report Dave opened the meeting by introducing Martin our ex Chairman who has not been to a meeting for 3 & half years – much laughter!! Martin is to be our speaker in the 2nd half. Dave then went on to read out the April Minutes and then spoke about the Presentation at Christie's Hospital on 9th April. He said that all our members who attended had enjoyed the experience and that he had been very impressed with the talk from a nurse about what to do to strengthen bones.

He mentioned that the 3rd blood testing event held at Burnley Football Club in April had seen 404 men take the test and not 382 as previously reported. He said that 75 people had volunteered samples to the Detector Dogs and he asked Debbie if she had seen anyone who had attended the blood testing event come through her clinic. She had seen about 6 coming through. A general discussion took place as to why men prefer to attend these blood testing events rather than visit their own G.P.s. A general consensus is that they fear having an examination and are happier with the camaraderie of the group testings.

The bucket collection at Accrington Stanley for Prostate Cancer UK organised by John Hayworth raised £630. John does a lot of work for Prostate Cancer UK and this amount is very welcome.

There's to be a Conference on Prostate Cancer in Nottingham, if anyone is interested then Dave will give them the link to get the information.

Gary Steele was admitted to hospital in late 2015 with heart failure linked to him taking Arbiraterone. So he is taking a step backwards. Blood testing will still hopefully carry on, but maybe he will ease up a little. We will give more news of this if and when we get it.

Dave asked if anyone would be interested in going for a trip to see the detector dogs in Milton Keynes. Stuart sent a list round to ask anyone if they would be interested and if enough were we would get a mini-bus to take us.

He spoke about Jeff Stelling, Sky Football Presenter who has spent 10 days walking between Football Clubs (26 miles every day) and has raised £600,000 for Prostate Cancer.

Dave told the group that he is going to Los Angeles before the next meeting and is hoping to attend a Prostate Meeting whilst there and report back to the group. He said the Los Angeles Police Department have their own group and Dave is trying to attend one of their meetings whilst there. He read out his correspondence with them to an amused audience and

promised to inform the group how good they are or what it is all about at the next meeting in June.

Dave then showed the new TV advert by Prostate Cancer UK and another CD about the Gleeson Score.

Secretary's Report Stuart spoke about the blood testing event at Burnley Football Club being a huge success and reported that there was 38 people who had the red warning and should go to their doctor's immediately. He felt that the testing event itself had been a huge success but time will tell.

The new member was introduced as Dave H. and he was asked if he would like to tell of his Prostate Cancer journey so far. He spoke briefly about his diagnosis and mentioned that he thought that he would opt for Brachytherapy. Stuart gave him some useful leaflets to help him with his decision.

He told the group that Asda in Burnley is giving us a Prostate Cancer Awareness day on 28th October. He has arranged to take our Stand to the awareness day and will need volunteers to man the stand and speak to any interested parties. He said that Asda were excellent to deal with and very supportive on things like this.

BREAK FOR BREW – the raffle was drawn and made £32.

In the 2nd half of the meeting we had a very informative and thought provoking talk by our previous Chairman, Martin Wells. Martin was thanked for his talk and was invited to attend any of our future meetings.

The meeting drew to a close with Dave telling us one of his famous Prostate jokes and a reminder of the next meeting which is **Thursday, 2nd June 2016**.