

East Lancashire Prostate Cancer Support Group Newsletter



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Trial of radioactive implants offers improved prostate cancer survival

The Guardian Press Association

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Treatment using permanently implanted radioactive 'seeds' doubles rates of five-year tumour-free survival compared with conventional high-dose radiotherapy. Scientists in Canada say low-dose-rate prostate brachytherapy has been more successful than dose-escalated external beam radiotherapy. Photograph: Jeff Pachoud/AFP/Getty

A prostate cancer treatment using permanently implanted radioactive "seeds" doubles rates of five-year tumour-free survival compared with conventional high-dose radiotherapy, a study has found.

Low-dose-rate prostate brachytherapy (LDR-PB) involves the insertion of tiny radioactive implants into the prostate gland.

A trial comparing the treatment with dose-escalated external beam

radiotherapy found that it was much more successful at banishing cancer.

Men who underwent LDR-PB were twice as likely to be cancer-free five years later. Scientists studied 398 men with cancer that had not spread outside the prostate gland who were judged to be at high risk of treatment failure based on standard test results.

Lead researcher Professor James Morris, from Vancouver Cancer Centre in Canada, said: "At five years follow-up, we saw a large advantage in progression-free survival in the LDR-PB group. "Although, to date, overall survival and prostate cancer-specific survival do not appear to differ between the two groups, existing trends favour LDR-PB and an overall survival advantage is likely to emerge with

longer follow-up."

The findings were presented at the third European Society for Radiotherapy and Oncology forum in Barcelona, Spain.

Brachytherapy was highly cost-effective but required a long period of training and experience to produce consistent results, the scientists said.

Further research was needed to compare the treatment with temporary high-dose brachytherapy implants and other forms of radiotherapy, they said. Temporary brachytherapy involves inserting high-dose radioactive seeds for a few minutes at a time. Although the permanent implants remain in place, their radioactivity fades over time.



Contact Information

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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.

Macmillan Cancer Support - Free Workshops for: Volunteers, Service Users, Support Groups, People Affected by Cancer, Healthcare Professionals

17/04/2015

Welcome to Macmillan - Free Workshops for the North West Region

For any further information or advice on study days, please get in touch with your regional contact, below:

Carys Kinsella (Learning & Development Manager) at CKinsella@macmillan.org.uk - Tel: 07989 409979

Sandra Rowlands (Learning & Development Manager) at SRowlands@macmillan.org.uk - tel: 07703 676324

How to apply:

Email or ring Sarah Banks - Email: EMNERegionLandD@macmillan.org.uk or Tel: 01904 756432

Course places need to be confirmed.

Sponsors



Cancer Awareness Programme:

The aim of this one day free workshop is to raise awareness of the nature of cancer, prevention, early detection, investigation, staging and treatment options for cancer.

Workshop objectives:

Describe the biological nature of cancer in basic terms

Discuss the risk factors for developing cancer

List the potential signs for common cancers e.g. breast, prostate, bowel, lung and skin cancer

Discuss the staging of different cancers and investigations to stage and diagnose cancer

Describe the main treatment options for cancer

Dates and Venues:

Tuesday 28th April - 09:30 - 16:00 - Manchester Conference Centre

Thursday 14th May - 09:30 - 16:00 - Liverpool Central Library

Thursday 10th September - 09:30 - 16:00 - Vine House, Preston

Thursday 15th October - 09:30 - 16:00 - Cheshire Oaks, Chester

Listening & Responding:

We all like to think of ourselves as good listeners, but do you want to do more to develop your listening skills, so that you can better support people affected by cancer? This one day workshop will help you to identify the differences between listening and other helping strategies such as providing information and advice as well as developing and practising your listening and responding skills in a supportive environment.

Who is it for? Open to patients, carers, volunteers who are interested in or currently involved in supporting people affected by cancer. People running cancer support and self help groups.

What will I get out of it? An opportunity to build on your existing skills and develop appropriate and constructive ways of listening and responding to people through active practice.

Dates and Venues:

Tuesday 9th June - 09:30 - 16:00 - Beechwood Cancer Support, Stockport

Thursday 18th June - 09:30 - 16:00 - Vine House, Preston

Thursday 25th June - 09:30 - 16:00 - Toxteth Town Hall, Liverpool

Buddying and Befriending:

Do you, or would you like to, offer buddying or befriending to someone who is living with cancer? Are you planning to set up a service, or already running one, and want to ensure good practice? This free workshop will give you an overview of what's involved in buddying and befriending so that you are able to understand the role of a buddy/befriender, establish best standards of practice and be able to manage the emotional demands of the role.

Who is it for? People who are interested in the buddy/befriender role and people setting up buddying and befriending services or those already part of existing buddying/befriending services who are interested in reviewing their practice.

What will I get out of it? Greater understanding of what the buddy/befriender role entails and what constitutes best standards of practice.

Dates and venues:

Thursday 2nd July - 09:30 - 16:00 - Vine House, Preston

Tuesday 7th July - 09:30 - 16:00 - Toxteth Town Hall, Liverpool

Thursday 30th July - 09:30 - 16:00 - Manchester Conference Centre

Supporting Others Through Loss & Bereavement:

This one day workshop helps you gain a deeper understanding on the wide range of losses and grief experienced by people affected by cancer. It helps you feel more confident in using your skills to deal appropriately with individual situations. It is important to understand that you will need to be prepared to explore and share your own experiences in this workshop.

Who is it for? Open to people who are interested in or are currently involved in supporting people affected by cancer through loss and bereavement.

Dates and Venues:

Thursday 7th May - 09:30 - 16:00 - Vine House, Preston

Thursday 16th July - 09:30 - 16:00 - Manchester Conference Centre

Thursday 10th September - 09:30 - 16:00 - Toxteth Town Hall, Liverpool

Support Group Training:

This one day course is designed to provide you with information and good practice skills for running a cancer support group including setting aims and objectives for your group, dealing with confidentiality issues, bereavement support and also who you could contact to inform them about your group.

Dates and venues:

Wednesday 6th May - 09:30 - 16:00 - Vine House, Preston

Wednesday 15th July - 09:30 - 16:00 - Manchester Conference Centre

Wednesday 9th September - 09:30 - 16:00 - Toxteth Town Hall, Liverpool

Wednesday 4th November - 09:30 - 16:00 - Cheshire Oaks, Chester

Quick Joke Corner.

After my prostate exam, the doctor left. Then the nurse came in.

At that point, she whispered the 5 words no man wants to hear: "Who the f*** was that?"

Courtesy of Sickipedia.org:



Welcomes to Macmillan - Free Workshops for the North West Region

For any further information or advice on study days, please get in touch with your regional contact, below:

- Carys Kinzella (Learning & Development Manager) at CKinzella@macmillan.org.uk Tel: 07988 406975
- Sandra Rowlands (Learning & Development Manager) at SRowlands@macmillan.org.uk Tel: 07703 676324

How do I apply? - Please email or ring Sarah Banks with the details below. Course places need to be confirmed.
Email: EMNERegionLandD@macmillan.org.uk
Tel: 01904 756432

Application information required:

Name: Address:
Telephone Number: Email address:
Mobility needs, dietary and other requirements:
Role (e.g. Member of Support Group, User involvement, Volunteer):
Organisation (e.g. Name & location of Support Group, which organisation you volunteer with as a User involvement or Volunteer in Services):
Workshop title you wish to attend: Date/Venue:

All course places need to be confirmed.

Macmillan needs to ensure clarity, track and spend wisely. If you find that you are unable to attend please let us know as soon as possible so that we can try to find you a place.

Data Protection Declaration:

Data Protection Act 1998: By requesting to attend these events, you agree to Macmillan Cancer Support processing your personal data in order that we can provide you with the best possible support every time you contact us. Your details will be recorded on Macmillan Cancer Support's database so that we can contact you from time to time by phone, email, text or post to tell you what help we can support you and how you can get involved with our team. Your details will be kept securely and only shared with our suppliers or partners who work on our behalf on our behalf to deliver and improve services for people affected by cancer. We will never sell or swap your details with third parties.



The Christie **NHS**
NHS Foundation Trust

Late Effects of Pelvic Radiotherapy Support Group

**Are you experiencing late effects of radiotherapy
for cancer to the pelvic area?**

Prostate – Rectum – Bladder – Anus – Uterus – Vagina – Vulva – Cervix

The simple act of sharing can make
an enormous difference to the way
you feel. We are a non-medical,
patient-led group.

Come and chat with us at 'The
Late Effects of Pelvic Radiotherapy'
Support Group. 2nd Wednesday of
each month at 1.45pm till 3.45pm at
The Northern Tennis Club, Palatine
Road, M20 3YA
(next door to the West Didsbury
Metrolink Station)

Carers also welcome.



For further details please contact Please contact:

Susan Taylor 01257 424 110

Brian Hixson 0161 833 9620

or The Christie Cancer Information Centre: 0161 446 8100

PUBLISHED

12:29 22nd April 2015

Former Burnley FC chairman and current director Barry Kilby has written a short story, available exclusively in the Amazon Kindle store, to raise funds in support of Prostate Cancer initiatives and save local lives. You can purchase his short story 'As Good As Some' [HERE](#) for just £1.99 and all proceeds go to this worthwhile LOCAL appeal.

Mr Kilby, who suffers cancer, launched his own 'Prostate Cancer Appeal' support local initiatives disease will affect one in time, and is one of man's

This Saturday's Premier League game against Leicester City at Turf Moor, in addition to being the community-based festival, will also be the club's official day to support this appeal.



image: http://www.burnleyfootballclub.com/cms_images/other/

from advanced prostate cancer, launched his own 'Prostate Cancer Appeal' support local initiatives disease will affect one in time, and is one of man's

League game against Leicester City at Turf Moor, in addition to being the community-based festival, will also be the club's official day to support this appeal.

A bucket collection before the game - and all proceeds from the matchday draw - will go towards supporting the cause. Last year's appeal helped to fund a new prostate cancer scanner for Burnley General Hospital.

Barry's appeal will help East Lancashire Hospital Trust fund a 'da Vinci robot'. Robotic surgery is a new, less invasive surgical procedure known to improve outcomes for patients with Prostate Cancer and is currently not available within Lancashire and South Cumbria.

Monies raised by the appeal will also be used to help fund a PSA blood testing event at Burnley Football Club, and although the men attending will pay towards covering the cost of having their blood taken and tested, this will be subsidised by a donation from the appeal.

So, if you see one of our bucket collectors outside Turf Moor this Saturday, please give generously to this fantastic cause, buy your match day draw ticket and, of course, don't forget to buy Barry's Short Story – As Good As Some [HERE](#).

Read more at <http://www.burnleyfootballclub.com/news/article/kilby-backs-prostate-appeal-2417330.aspx#jyXcseWVJ7xO1J68.99>

The collection was very successful with 16 Collectors turning up & Collecting a fantastic £2,420.

Water Water Every where & Need to Drink a Lot!

“Thank You to Lesley Pierce”

Lesley Pierce (Nutritionist)
C/O The Sanctuary of Healing.
Dewhurst Road,
Langho,
Blackburn. BB6 8AF

11/05/2015

Dear Lesley,

On behalf of the East Lancashire Prostate Cancer Support Group I would like to thank you for your very interesting and informative talk at our meeting on Thursday 7th May.

I personally, and I am sure that our group members would never have thought that there could be so much interest in a talk about water, it has certainly made me aware that I should be drinking more of it, which I have started to do.

We are always on the lookout for interesting speakers for our meetings particularly if the talk is an alternative to that of a Medical nature and more so if it involves help with living more healthily, we all realise that it plays an important contribution to people living with Cancer or any other disease, your talk certainly met that criteria with much interest!

We will be interested if you could come along and speak to us again at future meeting when perhaps you could then talk to us about healthy eating.

Once again many thanks for giving of your time to come and talk to our group.

Yours sincerely,

Stuart Marshall

(Secretary)