

# East Lancashire Prostate Cancer Support Group Newsletter



Volume 6

Issue10

Date October 2017

## Common asthma drug 'stops the spread of prostate cancer'

<https://health.spectator.co.uk/category/news-analysis/>

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Researchers from the University of York have discovered that a protein in bone marrow acts like a 'magnetic docking station' for prostate cancer cells, helping them grow and spread outside of the prostate.

They have found a way to block the signal in the cancer cells, disabling the cell and preventing it from multiplying at a new site in the body, according to a new [report published in the journal Onco-genesis](#).

Their research showed that the protein, which normally functions to reduce inflammation after infections, has a key-like structure that locks on to opposite receptors on the stem cells of prostate cancer. This allows cancer cells that have

spread from the prostate to 'dock' with the protein in the bones and multiply to form a new tumour.

Once the prostate cancer has attached to the protein, a signal is sent from the surface of the cancer to the nucleus of the cell, telling it that it can start to grow.

Professor Norman Maitland, the study's lead author, said: 'We have always known that the two places where prostate cancer spreads are the bones and lymph nodes, but we have not fully understood why these two locations are preferred.'

'If we imagine the prostate cancer cell as a floating 'space rocket' and the only way for it to perform its mission is to 'dock' with another 'space vehicle', we start to get a picture of what

happens when a cancer cell moves around the body in search of a new home.'

'Without this docking station, the 'ship', or cell, will just float around, not causing any further harm. The receptors on the 'docking station', or the protein in bone, act like a magnet for the receptors on the stem cells of the cancer and once it is 'docked', getting rid of the cancer becomes much harder.' Replicating this 'docking process' in human prostate cancer cells, the team were able to identify the signal going into the nucleus of the cancer cell and blocked it with a non-toxic drug – known as AS1517499 – that has previously been tested for treatment of allergic asthma.



They found that the drug inhibits the signal, allowing the cancer cell to survive, but ultimately disabling its ability to spread. This could mean that cancer spread can be slowed down or be made more receptive to cell death following traditional treatments such as chemotherapy.

# *Testosterone Patterns Predict Prostate Cancer Risk*

*Natasha Persaud September 27 2017 Renal & Urology News*

Prostate cancer (PCa) may be more likely to develop in men who experience large drops or fluctuations in testosterone levels, especially earlier in life, according to researchers.

In a study of 376 untreated [hypogonadal men](#) aged 45 to 74 years, PCa developed in 26 men during 2 to 11 years of follow-up, according to findings published in the Journal of Urology. The older a man was when his total testosterone fell to 12.1 nmol/L or below, the lower his lifetime risk of PCa. The risk declined by 32% for each 1-year increase in age at diagnosis.

Experiencing any further swings or drops in testosterone following the hypogonadism diagnosis also was associated with greater [PCa risk](#). A man with a high versus low coefficient of variation, a measure of testosterone fluctuation over time, had 4.9 times the risk. A man with a maximum drop in testosterone that differed by 20% or more from his average or with a relatively large median drop within 2 years had 8.5 and 2.7 times greater risks, respectively. Models incorporated major confounders including family history of PCa, alcohol use, smoking status, and body mass index (BMI).

“Our study is the first to provide evidence of the association between dynamic patterns of T and PCa development and may have substantial clinical impacts on PCa prevention,” Xiaohui Xu, PhD, of Texas A&M University in College Station, Texas, and collaborators wrote.

The investigators speculated that normal prostate cells have a normal range of testosterone level that differs from man to man. Abnormal testosterone drops within an individual might disrupt the stable environment within the prostate and lead to cellular adaptations that possibly give rise to PCa, they explained.



# *Psa Testing Events Preliminary Results!*



The results as follows from 480  
tested at Burnley FC.

20 Red. With a reading of 101  
and a 69year old with 231

22 Orange

The results from 130 tested at  
Blackburn Rovers FC

|     |   |
|-----|---|
| Red | 4 |
|-----|---|

|       |   |
|-------|---|
| Amber | 4 |
|-------|---|

|       |     |
|-------|-----|
| Green | 139 |
|-------|-----|

|       |     |
|-------|-----|
| Total | 147 |
|-------|-----|



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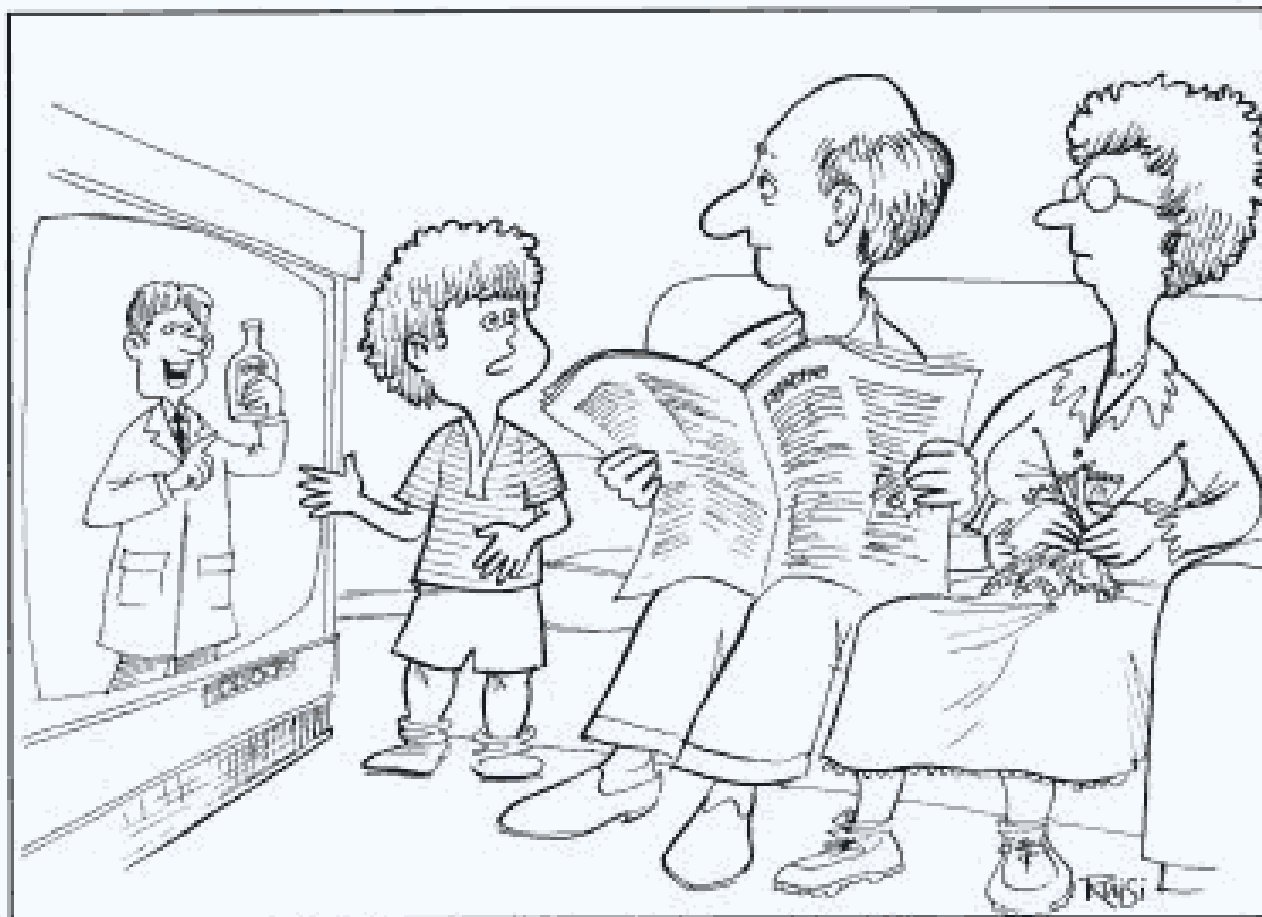
From Left to Right Hazel Goulding (Treasurer) Leon D Wright (IT Admin) Stuart Marshall (Secretary) Steve Laird (Vice Chairman) Dave Riley (Chairman)

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

## Erectile Dysfunction



WHAT'S "A REPTILE DYSFUNCTION" ?

## Minutes of meeting No. 80, 7<sup>th</sup> Sept. 2017

Venue: Burnley Gen. Hospital, Mackenzie Theatre 2 - 4pm

Present: 22 people. Today we had no specialist nurse. Apologies from C. Stott & David J. We had one new member Andrew B.

Dave, Chairman, opened the meeting by explaining that there had not been a Support Group meeting in August due to the fact that the room at the hospital was unavailable. We did, however, have afternoon tea at Richester Arms where 4 people joined us from the Bay Support Group of Lancaster who came with us for our afternoon tea.

Dave gave details of various meetings and trials that are about to take place on Prostate Cancer. He told the assembled support group that if anyone wanted further details they could contact him and he would give them information.

Dave reported on the proposed blood testing event to be held at Burnley Football Club on Saturday, 30<sup>th</sup> September 2017. Stuart would send a list around for people who could help on the day. The blood testing event would be co-ordinated by Graham Fulford's Charity. He was coming from Warwick with 4 phlebotomists for the morning of 30<sup>th</sup> September and Dave had got a further 4 phlebotomists to help on the day. It is hoped that more meetings between Barry Kilby and Graham Fulford together with Dave and Stuart would finalize the details as the new blood testing event would be run slightly different to the one run by Gary Steele MBE. The General public will only pay £5 for the blood test (it actually costs £17.50) as each blood test is being subsidised by Barry Kilby's charity. Stuart will contact the Federation to make sure we are adequately insured for the blood testing event.

A meeting took place at Royal Blackburn Hospital with hospital management. 5 of them were present and they wanted to know how many people they could expect to see with diagnosis of raised PSA after the blood testing event. Dave & Stuart gave them the number which is approximately 8 - 10% of the people tested.

The organisers of the Fete at Read presented the support group with a cheque for £1,250. Dave, Stuart, Alan and Sandra were at the presentation on Sunday 3<sup>rd</sup> September.

## BREAK FOR BREW

The raffle made £32.

Stuart gave details of the 50<sup>th</sup> Anniversary dinner of the Pendle Charity League. This is to be held on Friday 1<sup>st</sup> June 2018. As Prostate Cancer is one of the charities to be supported it is proposed that we take a table for 10 people. We will display our stand and give people as much information on Prostate Cancer as possible.

Dave had arranged a speaker from McMillan nurses to give us a short resume about her work, but unfortunately she did not make an appearance. It is hoped that we can contact her again and that she can make the next meeting. Therefore in the absence of this speaker one of our new members, Barry gave a short speech about his treatment: Prostatectomy and Radiotherapy and a discussion then took place.

Dave closed the meeting with one of his famous prostate jokes and a reminder that the next meeting will be on Thursday, 5<sup>th</sup> October at **THE MCKENZIE LECTURE THEATRE 2.00 – 4.00 p.m.**



**Minutes of meeting No 81 Thursday 2<sup>nd</sup> October 2017**  
**Mackenzie Centre, Burnley Gen Hospital 2 -4pm**

Present: 26 people. Today we had no specialist nurse. Apologies from C. Stott & P. Chadwick. Today we had 2 new members.

Dave opened the meeting by welcoming everyone to this meeting and reading the Minutes of the previous meeting.

Dave then thanked everyone for their help at the blood testing event held at Turf Moor, Burnley Football Club on Saturday, 30<sup>th</sup> September. He described it as a phenomenal result with 480 men taking the test. He has had advice from Graham Fulford with HIS take on how we could make it even better. A discussion took place as to how **WE** can make it better from our point of view. Some people thought our previous system was better than the new system. Martin S. knew some of the people & timed them in & out and some of them were out after 20 mins – maximum 40 mins. The Blood test goes to the Doctors Laboratory at Salford University and Dave has received the results which were 20 Red and 22 Amber – one of the reds was 231 and another 101. These results show that we are certainly doing a worthwhile and important service. Graham Fulford has public liability insurance for testing events and Stuart informed us that we are insured through the Prostate Federation.

After informing us of the results from the Burnley Blood testing a general discussion took place about the next proposed event. A Blood Testing Event is to be held at Blackburn Rovers Football Club in conjunction with Blackburn Rovers and again subsidised by Barry Kilby's Prostate Cancer Appeal. It is hoped that this will take place on Saturday 28<sup>th</sup> October. Stuart will send a list around for people who can help at this event and also who can help Friday the day before to set things up at Blackburn Rovers at approximately 4.00 p.m. The members of the Blackburn Rovers commercial team are organising this event with the help of the East Lancs Prostate Cancer Support Group and the team visited Burnley's Blood Testing to find out how they should proceed. Dave is going to order more tabards for our members. It is hoped that the same set up can be arranged at Blackburn Rovers with tea & coffee (normally a charge of £3 and supplied by Northcote Manor) being waived and biscuits being supplied by ELPCSG. More information and results of this event will be given at the next meeting.

Our two new members spoke about their journey with Prostate Cancer after being diagnosed at the previous blood testing event at Burnley Football Club

**BREAK FOR BREW – RAFFLE DRAWN & MADE £28.00**

In the 2<sup>nd</sup> half of the meeting Dave reminded people about the Annual General Meeting of 'Tackle,' National Federation of Prostate Cancer Support Groups to be held at Christies on Saturday, 14<sup>th</sup> October from 1.00 – 3.00 pm. At the present time it will be attended by Dave R. & Jimmy C. but if anyone else is interested Dave can give information to them. This will be reported on at the next meeting.

One of the facts emerging from the Blood Testing Event at Turf Moor is that the cost of the blood testings was £8,400 with £2,400 being collected from the men at the door and £6,000 being subsidised by Barry Kilbys Prostate Cancer Charity.

In the absence of a speaker for the 2<sup>nd</sup> half of this meeting, having been again let down by



the McMillan nurse, Leon showed a video that has been made by Bury Prostate Cancer Support Group. This was very informative and we hope, helpful for our members.

Dave closed the meeting with one of his famous Prostate Cancer jokes and a reminder that the next meeting will be in our old venue upstairs i the McKenzie Medical Centre Lounge Bar at 2-4 pm. on Thursday, 2<sup>nd</sup> November and it is hoped that arrangements can be made for our usual Christmas Jacobs Join.