

East Lancashire Prostate Cancer Support Group Newsletter



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A new treatment for non-cancerous enlargement of the prostate, a very common condition in older men, has been recommended for use by the NHS.

It's called prostate artery embolisation. And it blocks some of the blood supply to the prostate using tiny synthetic beads, causing the troublesome tissue to shrink and die.

Officials say there is good evidence that the non-invasive treatment works.

And it can spare men surgery and side-effects, such as impotence.

Enlarged prostate

More than a third of men over the age of 50 have an enlarged prostate, which can make it difficult for them to pass urine.

Drugs or an operation can help, but the National Institute for Health and Care Excellence says men should now be offered another treatment option.

PAE can be done under local anaesthetic as a day case, meaning patients can go home shortly afterwards without having to be admitted to hospital, unlike conventional prostate surgery.

Doctors pass a small tube into an artery in the groin that can

be guided into the small blood vessels of the prostate.

About 20 centres in the UK have already been offering the treatment as part of a trial.

Dr Nigel Hacking, consultant interventional radiologist at University Hospital Southampton, said: "It is a particularly good option for men who are not yet ready to undergo more invasive prostate surgery. Maintaining sexual function and fertility is one of its main strengths.

"I hope with NICE's recommendations released today, that more centres will be



able to introduce PAE services in the not too distant future."

The NICE advice is for England, but Scotland, Wales and Northern Ireland can choose to implement it too.

In 2016, NICE also recommended [another prostate treatment](#) - a laser therapy that can vaporise the overgrown tissue.

The prostate

The prostate gland is part of a man's reproductive system, and its job is to make the fluid to carry and nurture sperm.

An enlarged prostate - known as BPH (benign prostatic hyperplasia) - is very common, particularly as men get older, and will not always need treating.

Left untreated, it can get in the way of emptying the bladder, meaning you have to go to the toilet more often or need to strain to pass urine.

In the long term, this could potentially cause other problems such as urine infections or damage to the bladder or kidneys.

The Irish Times

By Arlene Harris 25th April 2018

'Prostate cancer now rarely the death sentence that many men would fear'

Recent research has revealed the possibility of a new urine test for prostate cancer

Almost 3,500 men in [Ireland](#) are diagnosed with prostate cancer each year and, while the risk of developing the disease increases with age, prognosis is usually good. This is true for [Brian Herman](#) who developed the male cancer in 2006 and thanks to swift action by his GP, received treatment and has been well ever since.

"I had no symptoms at all apart from the occasional bout of erectile dysfunction which I attributed to my advancing years," says the 79 year old. "I had been having routine blood tests annually since I was 60, with no indications. And at that time a PSA reading in excess of four merited monitoring and above eight required action or intervention.

"I omitted to have the tests in 2005 so in July 2006 my GP and I were shocked to find that my PSA was 71, requiring urgent action."

The Dublin man was referred to a urology consultant who, after tests revealed a malignancy, referred him for a prostatectomy.

"Needless to say, my wife and family were devastated by the news and I was in a state of shock for weeks, although we were assured that treatment would most likely have a positive

outcome,” says the father of three. “I was referred to an oncology consultant and by this stage my PSA had reached 84. So I was put straight on to hormone therapy (HT) to bring it down and in March 2007, commenced nine weeks of daily radiotherapy.

“During the treatment I suffered from insomnia and was put on sleeping pills to which I have unfortunately become addicted and my energy levels dropped significantly, while some foods, including the pint I always enjoyed, developed a bitter taste. But my PSA, which is checked every six months, has reduced significantly and the most recent reading was 0.67. So now, aside from the natural ageing process, I am glad to say that I am fit and well – I walk my dog twice a day and am enjoying life to the full – even the pint tastes much better.

“I would advise other men to go their doctor if they have any difficulty in urinating and have their PSA checked annually once they reach 50. Prostate cancer shouldn’t be anything to worry about as it is curable and compared to other cancers, the treatment is mild.”

Recent research has revealed the possibility of a new urine test for prostate cancer, which as yet is unavailable in Ireland. But [David Galvin](#), Consultant Urologist at the Mater Misericordiae and St Vincent’s Hospitals, says it may be a possibility in the future.

“Select MDx is a commercially available urine test for prostate cancer,” says Galvin, who is also the Principal Investigator on the IPCOR (Irish Prostate Cancer Outcomes Research) study, funded by the [Irish Cancer Society](#) and Movember.

“Expected results suggest that it will be a more accurate test than the PSA test, but it is expensive, at around €600 each. The Irish Society of Urology, the National Cancer Control Programme and the

Prostate cancer breakthrough as UK team develops more accurate test

Robin McKie Science Editor The Guardian 22nd April 2018

Scientists have announced the development of a highly accurate and reliable technique for diagnosing prostate cancer. The Dundee University-based team say they have used an ultrasound process called shear wave elastography (SWE) to detect prostate tumours. The method is non-invasive and cheaper than current detection techniques.

Prostate cancer has become the most common cancer in men in the UK. One in eight men will develop the condition at some point in their lives with more than 47,000 new cases being diagnosed every year. Men aged 50 or over, [men with a family history of prostate cancer, and black men](#) are at greatest risk of developing the condition.

“Current diagnosis of prostate cancer is extremely inefficient, leading to unnecessary treatments for many patients,” said the Dundee University team’s leader, Professor Ghulam Nabi. “Our new method is far more accurate and also allows us to identify the difference between cancerous and benign tissue in the prostate without the need for invasive surgery.”

The prostate is a small gland in the male reproductive system and is normally about the

shape and size of a walnut. Current methods for determining if a prostate has become cancerous include a physical examination of the prostate (known as a digital rectal examination or DRE), [MRI scans, a biopsy or tests](#) to determine levels of the chemical prostate-specific antigen (PSA) in the blood.

Each carries problems. PSA results can be unreliable; a DRE is not good at identifying which cancers are benign and which need treatment; MRI scans cannot always give a definitive answer; while a biopsy carries a risk of infection and is expensive.

The new method aims to get round the problems by targeting the prostate with ultrasound. Cancerous tissue is stiffer than normal tissue so shear waves are slowed as they pass through a tumour.

“We have been able to show a stark difference in results between our technology and existing techniques such as MRI,” added Nabi. “The technique has picked up cancers which MRI did not reveal. We can now see with much greater accuracy what tissue is cancerous, where it is and what level of treatment it needs. This is a significant step forward.”

The trial tests involved around 200 patients. “Now we need to use this on a wider scale to build more data but there is clearly the potential to really change the way we manage prostate cancer,” Nabi said.

SWE technology is already used in diagnosing breast cancer and liver diseases. However, to make it applicable to prostate cancer a special probe had to be developed by the team.

“The technique now needs to be tested in a much larger number of men to confirm just how well it can detect the aggressive cancers, while also ruling out those who do not have prostate cancer,” said Simon Grieveson, head of research funding at Prostate Cancer UK, which funded the Dundee project (with support from the Movember Foundation).

“With an average of one man dying every 45 minutes from prostate cancer in the UK, the need for a more reliable test that can identify dangerous forms of the disease earlier is greater than ever.”

In the past few years, a number of celebrities have revealed that they had been diagnosed with prostate cancer and have joined campaigns to raise awareness of the disease, including Michael Parkinson, Ian McKellen and most recently [Stephen Fry](#), the comedian and former rector of Dundee University, who this year described how he had surgery to deal with a prostate tumour.

“This breakthrough comes at a time when prostate cancer is being pushed to the forefront of our consciousness in the UK, not least because of the disturbing upward trend in its prevalence,” said Fry. “It is therefore doubly exciting to hear of the new techniques in diagnostic imaging.

Theresa May announces £75m funding boost for prostate cancer

Funding will enrol 40,000 men in trials for new treatments of disease which kills 10,000 a year

[Alex Matthews-King](#) Health Correspondent The Independent
Monday 9 April 2018 22:18 BST

Prime minister [Theresa May](#) has announced an additional £75m in funding for “earlier and faster” diagnosis and treatment of [prostate cancer](#), which kills more than 10,000 men each year.

The funding, announced to coincide with [Male Cancer Awareness Week](#), will support 40,000 men to enrol studies of cutting edge treatment and new screening tools over the next five years.

It comes as a report by the charity Orchid revealed four out of ten cases are diagnosed late, at stage three or four where the cancer has already spread to other parts of the body.

The charity warned of a “ticking timebomb” in prostate cancer care, with stretched diagnostic and treatment services likely to be overwhelmed by a growing number of cases.

“Too many people endure the loss of a loved one because cancer diagnosis comes too late in the day,” the prime minister said. “Our cancer treatments are world class and survival rates are at a record high, but prostate cancer still claims thousands of lives every year.

“I know we can do more. That’s why I am setting out new plans to help thousands of men get treated earlier and faster.”

Prostate cancer affects one man in eight and is currently the [third biggest cause of cancer death](#) in the UK, it has overtaken breast cancer and on current trends is predicted to become the biggest killer by 2030.

The new funding will be focused on the groups at highest risk of prostate cancer, including black men, men over the age of 50 and those with a family history of the disease.

Further details are expected to come out during a trip to Cambridgeshire on Tuesday, where Mrs May will talk with NHS staff about a long-term funding deal for the NHS.

Since 2010 NHS funding has averaged just 1 per cent growth a year as result of Tory austerity policies, which have heaped on further pressure with cuts to public health and social care.

Throughout the NHS’s history it has averaged a budget growth of around 4 per cent each year to keep up with demand.

Commenting on the news, Dr Iain Frame, director of research at the charity Prostate Cancer UK said: “Prostate cancer is the most common cancer in men and it is now the third most

common cause of cancer deaths in the UK.

“However, with increased research investment used wisely, over the next few years we can turn this around and make prostate cancer a disease men no longer need to fear. This is what Prostate Cancer UK is striving for through our ambitious research programme.

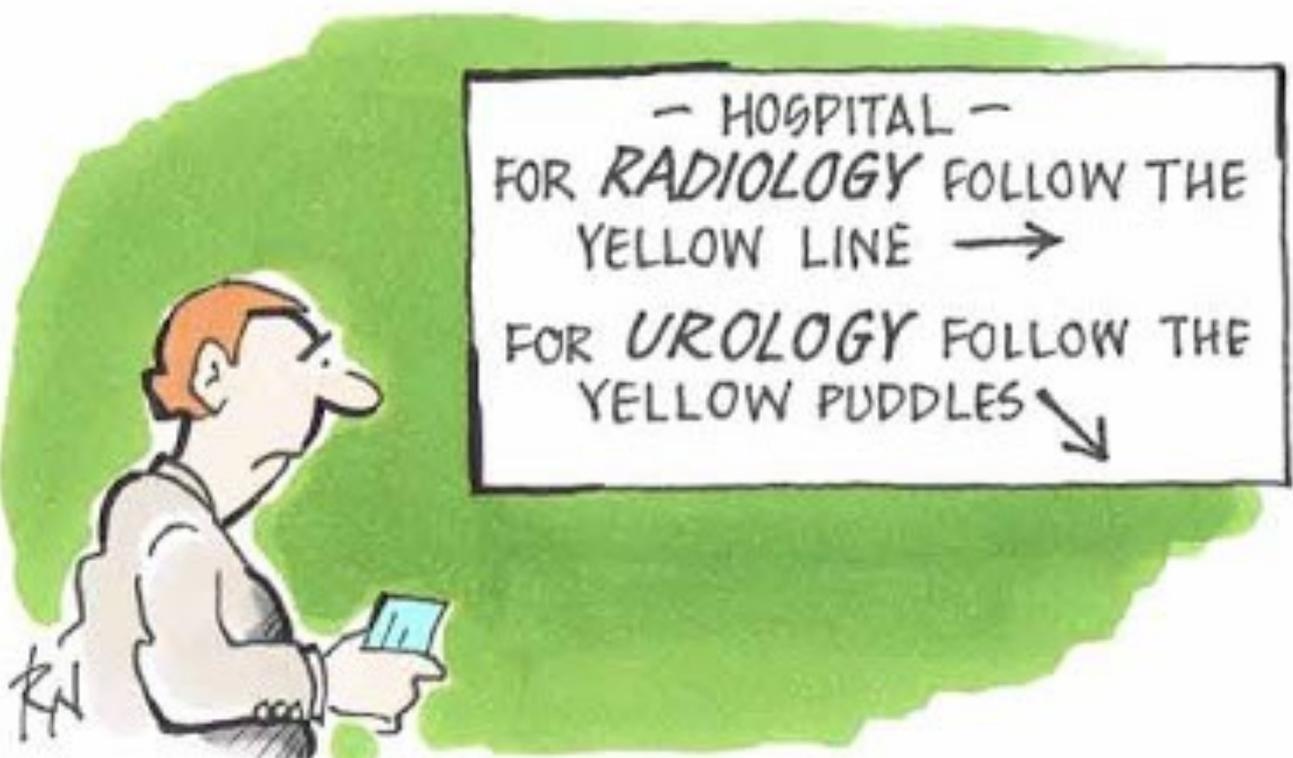
“Today’s announcement shows a very welcome and positive commitment from the Government to play a key role in getting men the early and accurate diagnosis and treatments for prostate cancer they deserve.

“It at last shows recognition of what a huge issue prostate cancer is and the focus needed to stop it being a killer.”

Prostate cancer does not normally cause symptoms until the malignancy has grown large enough to put pressure on the urethra, this normally results in problems associated with urination.

This makes proactive screening in at risk but symptom-free men crucial.

Urology Going In The Right Direction





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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