

# East Lancashire Prostate Cancer Support Group Newsletter



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# As a black man I need to speak out about prostate cancer

Chuka Umunna Wednesday 3 August 2016 08.45 BST

I was only recently made aware of some startling statistics: [one in four black men will be diagnosed with prostate cancer in his lifetime](#); one in 12 will die from the disease. This is double the risk faced by white men in the UK.

Perhaps even more concerning is the fact that 86% of black men are oblivious to the heightened threat prostate cancer poses to their health, putting thousands in danger of being diagnosed at a late stage when treatment options are limited.

The prostate gland is an important component of the male sex system, but 92% of black men don't know what it does, 62% don't know where it is and [nearly one in five is unaware he even has a prostate](#).

As a black man, I find these statistics worrying, especially as prostate cancer is a disease that can be successfully treated if caught early enough. Men over 50 and men with a family history of prostate cancer also face a higher than average risk of the disease.

***What 12 Years a Slave tells us about 21st century***

### ***black mental health***

The film could be used as a resource on cultural identity and diversity for healthcare workers, writes

What can we do to make sure more black men understand the added danger they face and take the necessary action that could save their lives?

Although increasing awareness is obviously a vital priority, health professionals can play a crucial role as well. Black men not only face an increased risk of prostate cancer, they are also more likely to develop the dis-



ease at a younger age. The PSA blood test is the first step men can take to identify whether anything might be wrong with their prostate; however the test is riddled with complexities and there is still a lot of confusion among [GPs](#) as to who is entitled to the test and from what age. Some remain unaware that black men face a higher than average risk and there are a number of black men who report being denied a PSA test from their GP.

The charity Prostate Cancer UK has recently produced a set of [consensus statements](#) from a panel of independent clinical experts to help GPs use the PSA test more effectively. As part of this, experts recommend that [all men should be able to access PSA testing from the age of 50](#), but men at higher than average risk of prostate cancer (including black men) should be able to access the test from age 45.

### ***Black men face inequalities in cancer care***

Report highlights that black men are more likely to get cancer at a younger age and calls for action to improve screening and detection, writes Patrick Vernon

My constituency, Streatham in Lambeth, has one of the highest black populations in the country, which is why this issue is so important to me as their MP. I want to make sure that all GPs, not only in my constituency but across the UK, help to raise awareness of the increased risk of prostate cancer in black men and have the knowledge to initiate these important conversations with the community.

Although we still don't know why black men face a higher than average risk, my message is clear: with one in four black men being diagnosed with prostate cancer, it is up to us in the community to act. Please speak to your dads, uncles, brothers and friends and make sure every black man over the age of 45 is wise to the risk we face. Don't let people die from embarrassment. Ignoring prostate cancer won't beat it.

[Join the Healthcare Professionals Network](#) to read more pieces like this. And follow us on Twitter ([@GdnHealthcare](#)) to keep up with the latest healthcare news and views.



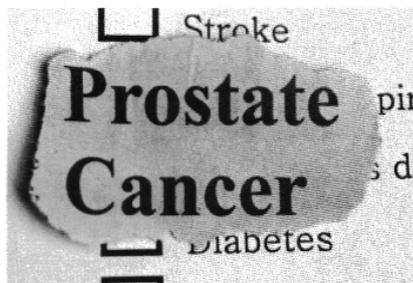
## 98 percent cure rate for prostate cancer using stereotactic body radiation therapy, research shows

*Date:* April 18, 2016

*Source:* UT Southwestern Medical Center

*Summary:* A new study -- the first trial to publish five-year results from SBRT treatment for prostate cancer -- found a 98.6 percent cure rate with SBRT, a noninvasive form of radiation treatment that involves high-dose radiation beams entering the body through various angles and intersecting at the desired target.

### FULL STORY



SBRT is a noninvasive form of radiation treatment that involves high-dose radiation beams entering the body through various angles and intersecting at the desired target. It is a state-of-the-art technology that allows for a concentrated dose to reach the tumor while limiting the radiation dose to surrounding healthy tissue.

*Credit: © Marzky Ragsac Jr. / Fotolia*

A five-year study shows that Stereotactic Body Radiation Therapy (SBRT) to treat prostate cancer offers a higher cure rate than more traditional approaches, according to researchers at UT Southwestern Medical Center Harold C. Simmons Comprehensive Cancer Center.

The study -- the first trial to publish five-year results from SBRT treatment for prostate cancer -- found a 98.6 percent cure rate with SBRT, a noninvasive form of radiation treatment that involves high-dose radiation beams entering the body through various angles and intersecting at the desired target. It is a state-of-the-art technology that allows for a concentrated dose to reach the tumor while limiting the radiation dose to surrounding healthy tissue.

"The high cure rate is striking when compared to the reported five-year cure rates from other approaches like surgery or conventional radiation, which range between 80 to 90 percent, while the side effects of this treatment are comparable to other types of treatment," said Dr. Raquibul Hannan, Assistant Professor of Radiation Oncology and lead author for the study. "What we now have is a more potent and effective form of completely noninvasive treatment for prostate cancer, conveniently completed in five treatments."

Conventional treatment options for early stage prostate cancer include:

- Prostatectomy, the surgical removal of the prostate gland, which can be done with minimally invasive techniques and robotic assistance;
- Brachytherapy, in which doctors implant numerous small radioactive seeds about the size of a grain of rice into the prostate gland using multiple large needles inserted through the skin in the operating room. Once implanted, the seeds release their radioactivity directly into the prostate gland; and
- External beam radiation, which involves 42 to 45 treatments administered over two or more months, five days a week.

"The current form of radiation is 44 treatments given over nine weeks. In contrast, the SBRT therapy we used allows the delivery of highly focused radiation in only five treatments, allowing patients to return to their normal lives more quickly," said senior author Dr. Robert Timmerman, Director of the Annette Simmons Stereotactic Treatment Center at UT Southwestern, and Professor and Vice Chairman of the Department of Radiation Oncology. "SBRT is both more convenient and has increased potency."

UT Southwestern served as the lead site for the multi-institutional clinical trial, which involved first-time prostate cancer patients diagnosed with stage I or stage II (low and intermediate risk) prostate cancer. A total of 91 patients were treated prospectively and followed for five years, with only one patient experiencing a recurrence of his cancer. The findings are published in the *European Journal of Cancer*.

Terry Martin of McKinney, Texas, -- about an hour outside Dallas -- said the fewer number of treatments was a compelling advantage when he was evaluating treatment options.

"I live 45 minutes away from UT Southwestern. The difference between being treated five times versus 44 times is enormous," said Mr. Martin, a retired airline pilot. "I felt that I was back to normal just 10 days after finishing treatment."

In addition to shorter treatment times, researchers found that side effects were not necessarily different compared to other forms of prostate cancer treatment. In the short term, the side effects of SBRT can include urinary issues (urgency, frequency and burning) and rectal irritation, which are often temporary and reverse within four weeks of treatment. Researchers found a small risk of longer-term urinary and rectal complications, which is also comparable to conventional treatments. Decrease in erectile function was seen in 25 percent of patients, fewer than with conventional radiation or surgery, said Dr. Hannan.

To reduce the side effects associated with SBRT, current clinical trials at UTSW are using a unique and biodegradable rectal spacer gel to protect the rectum. UTSW is currently the only accredited site in Texas at which this spacer gel can be used.

Other clinical trials at the UTSW Department of Radiation Oncology are seeking to expand the application of SBRT to high-risk (Stage III) prostate cancer patients. "Our hope is that the high potency of this form of treatment will significantly improve treatment of these patients," says Dr. Hannan, the principal investigator of the high-risk prostate SBRT trial.

UT Southwestern has been a leader in pioneering use of SBRT. Dr. Timmerman, Director of Image-Guided Stereotactic Radiation Therapy, Medical Director of Radiation Oncology, and holder of the Effie Marie Cain Distinguished Chair in Cancer Therapy Research, has served as the lead investigator in several national trials designed to evaluate the efficacy and safety of SBRT to treat other types of cancer, including cancer in the lung, liver, and spine. A range of clinical trials of SBRT therapy are under way at Simmons Cancer Center, including new investigations evaluating use of SBRT for cancers in the breast and larynx.

Since 2009, UT Southwestern has trained more than 300 physicians and peers interested in implementing SBRT in their clinical practice. Simmons Cancer Center's arsenal of stereotactic radiotherapy technology includes the cutting-edge Gamma Knife, CyberKnife, Agility, Vero SBRT and TrueBeam technologies.

#### Story Source:

The above post is reprinted from materials provided by **UT Southwestern Medical Center**. *Note: Content may be edited for style and length.*

#### Journal Reference:

1. Raquibul Hannan, Vasu Tumati, Xian-Jin Xie, L. Chinsoo Cho, Brian D. Kavanagh, Jeffrey Brindle, David Raben, Akash Nanda, Susan Cooley, D.W. Nathan Kim, David Pistenmaa, Yair Lotan, Robert Timmerman. **Stereotactic body radiation therapy for low and intermediate risk prostate cancer—Results from a multi-institutional clinical trial.** *European Journal of Cancer*, 2016; 59: 142 DOI: 10.1016/j.ejca.2016.02.014

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<[www.sciencedaily.com/releases/2016/04/160418145458.htm](http://www.sciencedaily.com/releases/2016/04/160418145458.htm)>.

### Recommended Articles

98 percent cure rate for prostate cancer using stereotactic body radiation therapy, research shows  
UT Southwestern Medical Center, ScienceDaily, 2016

Stereotactic body radiation therapy plus chemotherapy improves survival among stage 4 lung cancer patients  
UT Southwestern Medical Center, ScienceDaily, 2014

Radiation Therapy Technique Reduces Length Of Prostate Cancer Treatment  
UT Southwestern Medical Center, ScienceDaily, 2007

Physicians pioneer the use of stereotactic body radiation for deadly kidney cancer complication  
UT Southwestern Medical Center, ScienceDaily, 2015

Higher doses of radiation in fewer treatments proved safe, effective for low-risk prostate cancer, study finds  
UT Southwestern Medical Center, ScienceDaily, 2011

Stereotactic Body Radiation Boosts Lung Cancer Survival

By: Neil Osterweil, Oncology Practice Digital Network, The Oncology Practice, 2012

Radiation Oncologists Say Medicare Cuts Could Shutter Practices

By: Alicia Ault, Oncology Practice Digital Network, The Oncology Practice, 2012

Newer Radiotherapy for Prostate Cancer Less Harmful to Rectum

By: Sharon Worcester, Oncology Practice Digital Network, The Oncology Practice, 2011

VIDEO: Wedge resection beats SBRT for stage I lung cancer treatment

RICHARD PIZZI, The Oncology Practice, 2016

Hypofractionated Radiation Compares to Conventional Course for Prostate Cancer

By: SHARON WORCESTER, Oncology Practice Digital Network, The Oncology Practice, 2011



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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.

## *Next Meeting*

*1st September 2016*

*The Guest Speaker is*

*Shalom Sriringam*

*A Urologist at our local Hospitals*

*Doors open 2pm till 4pm*

Sponsors



## MINUTES OF MEETING No 67 THURSDAY 7th JULY 2016

### VENUE MZCKENZIE CENTRE BURNLEY GENERAL HOSPITAL 2.00 - 4 p.m.

Present: 26 people including Debbie our Specialist Nurse and our speaker Abdul Aziz.  
Apologies were received from Denise and Jack.

Dave opened the meeting by welcoming all the new people (the Hargreaves family). He spoke about the trip to the Detector Dogs. Information will go on the Minutes next month for anyone who might be interested it will be on Wednesday, 21st September 2016 and Kings Mini Bus firm will charge £200 at cost if we have a picture with the group and put it in the Burnley Express. The proposed time is 9.00 a.m. at Burnley Bus Station confirmation will be at the next meeting. Someone asked about the success rate of the Detector Dogs and Dave reported that they are 92% accurate which is quite extraordinary!

The awareness Stand was taken to the Classic Car Show at Towneley Park on 26th June. There was a really good response indeed and whilst there the helpers - Stuart, Dave, John & Leon were approached by a gentleman from Great Harwood who was supporting a young girl with cancer and organising a fund raising event. He asked if the volunteers could take the stand to a fund raising event at Great Harwood. This they agreed to do. It created much hilarity when pictures were produced of a bedraggled, wet bunch of volunteers looking thoroughly fed up.

Gary Steel was on Radio Lancashire Wednesday, 6th July at 8.30 a.m. Radio Lancashire are keen to do something helpful for Prostate Cancer so Dave has sent an e-mail asking if Graham Liver can introduce us to someone at Blackburn Rover's Football Club explaining that 1,240 men took the test at Burnley over the 3 events and this is how he could help. We await with bated breath for the results!

**VIDEO FEATURING RAY WINSTONE** At this point a 20 minutes video was shown; put together by Prostate Cancer UK. It featured Ray Winstone and quite a lot of well-known actors. It was called "Father's Day". It spoke of feelings after a diagnosis of Prostate Cancer in a **Docudrama** sort of way. We hope our members got something out of it. A general discussion took place about the video and what people thought about it. Some people thought it was scaremongering others thought it slow to get started but it had a good end message. It was thought provoking and certainly got a discussion going.

At this point Stuart introduced the Hargreaves family, dad, mum, daughter, niece and grandma. Jessica was the daughter and she had put together a video of the fund raising event that they had undertaken for her dad, Martin. Stuart explained that Martin had been diagnosed after the February blood testing event at Turf Moor which had shown an abnormal blood test result. They had a fund raising event at Yarn Spinners in Nelson to which John and Stuart took the Prostate Stand. They raised an amazing £2,380 which they would like to go to Prostate Cancer Research and some to our very own Support Group. The

video was very enjoyable and even featured John & Stuart proudly wearing their Prostate Tee Shirts. They then proceeded to donate another £320 to the Prostate Cancer Support Group. The family were warmly thanked and a round of applause accompanied the thanks for a great effort. A discussion took place about Prostate Cancer and Martin was asked if he would like to know anything about chemotherapy and they were able to put him in touch with someone who knew about it.

This was when Colin spoke about the current drugs that are available to prostate cancer sufferers and gave a general update of the current procedures. He spoke to Francis about Francis' medication and told of the results of 2 trials that are being conducted. If anyone would like to know more about these if they contact the Chairman or Secretary they will get the information from Colin on the latest update.

#### BREAK FOR BREW

In the 2nd half of the meeting we had a short talk by Abdul Aziz a local Asian Councillor. He spoke about his life in England and about his business. This was a little different than usual but interesting and part of our effort to give people distractions to think about. Twofold, we hope we are making small inroads into the Asian community. Mr Aziz was keen to spread the word about the Prostate Cancer Support Group and to get the Asian community to become Prostate Cancer aware.

The Raffle made £28

Dave closed the meeting with one of his famous prostate jokes and a reminder that the next meeting will be Thursday, 4th August at Mackenzie suite at 2.00pm