

East Lancashire Prostate Cancer Support Group Newsletter



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New screening programme proves more reliable than PSA alone in Stockholm

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A new prostate cancer screening programme could significantly reduce unnecessary biopsies and better detect potentially dangerous cancer tumours compared to using the PSA blood test alone, according to the results of the STOCKHOLM-3 (S3M) trial published last night in the Lancet Oncology journal.

Currently, the standard UK clinical practice is to refer any man with a Prostate Specific Antigen (PSA) level of 3ng/ml or over to a urologist for further investigation.

Better blood tests mean fewer biopsies

But in the Swedish trial of 47,688 men aged between 50 and 69, anyone with a recording of 1ng/ml or more was put through a panel of genetic and protein biomarker blood tests that – when combined – would give a reliable indi-

cation of the presence of aggressive prostate cancer. Those that scored highly on these tests, together with those who recorded 3ng/ml or more on the original PSA test, would then be referred to a urologist for a Digital Rectal Examination and prostate volume check – only then having a biopsy if abnormalities were found.

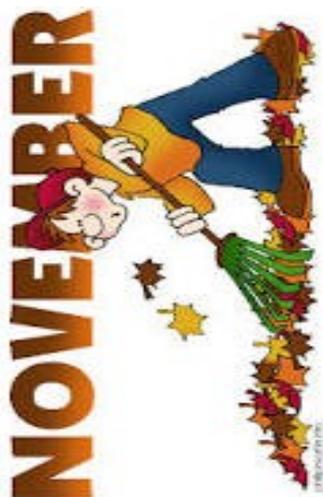
In the end, only 4,947 of the men in the trial were biopsied – 27 per cent fewer than if the procedure had been based solely on a PSA level of 3ng/ml or more, with the instance of negative biopsies down by 38 per cent overall. Together, these results give compelling evidence that the S3M risk assessment model can dramatically reduce the number of men undergoing unnecessary biopsies, without compromising the safety of men who do have an

aggressive form of prostate cancer.

Results need to be validated in UK

But while these results are extremely promising, the men studied in Stockholm were from quite a narrow background and further research is needed to prove the tests could work with a more diverse ethnic and socio-economic population like the UK's. There are also questions about whether the NHS could justify the costs and practicalities of administering such a rigorous screening programme.

Prostate Cancer UK has been working with the trial's Swedish research team since December to come up with a plan to address these issues, with a funding scheme for research to validate the trial's findings in the UK to be announced in the next couple of months.



**"It's Christmas
Party Time"**



*It's the Christmas Bash Again, Lots to Eat & Enjoy:
A Selection of Pies, Pastries, Sandwiches, Salads & Condi-
ments for Your Delectation.*

*Thursday 3rd December 14:00—16:00 Mackenzie
Building Burnley General Hospital*

Minutes of meeting Thurs. 1st October 2015
Venue: Burnley Gen Hospital, 2-4pm

Present 26 people including our 2 specialist nurses who introduced a 3rd member of their team – and wives or partners of some of the people present. Apologies were received from John & Hazel, Eddie & Moira & Glenn.

Dave, Chairman, opened the meeting by announcing that we are not publishing the Minutes on the website any more as we feel that people are not coming to the meetings because they can find out all information as to what went on without attending. A copy of the Minutes will be on the tables for all participating members and a copy will be sent to our overseas members.

Dave read the minutes and matters arising: The stand at Burnley Beer Festival – not manned, looked very dark and he suggested that we put lights on it for future events when it is sited in a dark area, preferably battery operated.

Trip to the Sanctuary of healing for afternoon tea. - Thursday, 22nd October 2015, needs a £5 refundable deposit to secure the place. A sheet was sent round for people to put their names on and then pay £5 deposit for each person.

When the open day is announced at Blackburn Hospital for the Scanner it was suggested that the Support Group stand could be displayed and wanted volunteers to man it for a few hours.

The grant that is available of £1,000 is great value but we have not found anything yet to spend the money on.

Gary Steele reported to the last meeting of the PSA testing he is involved with in the next few months and at the present time he is booked up every weekend until next year. It is to be discussed as to whether or not a PSA testing will be carried out again at Burnley Football Club with the money raised by Barry Kilby. Further discussion will take place at the next meeting after Stuart has spoken to him when and more information is available.



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.

“Christmas Wishes to all Our Friends & Members Wherever & Whenever You are”.

The Crew

***It's good to have friends
Friends who care,
Friends who you know
Will always be there
When you need them,
And never complain,
When you tell the same story
Again and again.***

***I've said it before
And I'll say it again***

Have a very Merry Christmas

The Urology Directorate at East Lancashire Hospitals NHS Trust would like to invite you to a 'ROBOTIC OPEN EVENING' to be held on Thursday November 19th at Royal Blackburn Hospital.

This gives the Directorate an opportunity to demonstrate its state of the art '*Da Vinci robot*' and its utility in surgery for prostate cancer. The robot has been operational in our Trust since the beginning of June 2015. All patients in the Lancashire and South Cumbria Cancer Network requiring a radical prostatectomy will be offered this cutting edge technology with all of its proven benefits.

This is a fantastic opportunity to see the Da Vinci robot in action, to meet the robotic surgery team and find out more about this exciting opportunity for our patients.

We are grateful for your support and hope to see you all at what promises to be a very exciting evening.

Kevin McGee, Chief Executive, East Lancashire Hospitals NHS Trust

Shahid Islam, Clinical Director for Urology, East Lancashire Hospitals NHS Trust

Maire Morton, Divisional Director for Surgery, East Lancashire Hospitals NHS Trust

Natalie Brockie, Divisional Manager for Surgery, East Lancashire Hospitals NHS Trust

DETAILS:

Date: Thursday 19th November 2015

Time: 4 – 8pm (please feel free to attend at any time)

Venue: Anaesthetic Seminar Room, Level 1, Royal Blackburn Hospital,

Haslingden Road, Blackburn, BB2 3HH

A buffet dinner will be available from 5pm and served in the seminar room

RSVP: By Friday 23rd October

Please email Jeanette.livings@elht.nhs.uk or call 01254 732867