

East Lancashire Prostate Cancer Support Group Newsletter



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Inflammatory bowel disease linked to prostate cancer

Men with inflamed guts are four to five times at risk for prostate cancer

Date: December 7, 2018 Source: Northwestern University

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Men with inflammatory bowel disease have four to five times higher risk of being diagnosed with prostate cancer, reports a 20-year study from Northwestern Medicine.

This is the first report to show men with inflammatory bowel disease have higher than average PSA (prostate-specific

antigen) values, and this group also has a significantly higher risk of potentially dangerous prostate cancer.

About 1 million men have inflammatory bowel disease in the U.S. Inflammatory bowel disease is a common chronic condition that includes Crohn's disease and ulcerative colitis.

"These patients may need to be screened more carefully than a man without inflammatory bowel disease," said lead study author Dr. Shilajit Kundu. "If a man with inflammatory bowel disease has an elevated PSA, it may be an indicator of prostate cancer."

Kundu is an associate professor of urology at Northwestern Uni-

March



versity Feinberg School of Medicine and a Northwestern Medicine physician. He also is a member of the Robert H. Lurie Comprehensive Cancer Center of Northwestern University.

The study was published in *European Urology* this week.

In his practice, Kundu sees many men with inflammatory bowel disease who have elevated PSA tests.

"Many doctors think their PSA is elevated just because they have an inflammatory condition," Kundu said. "There is no data to guide how we should treat these men."

For the extensive study, researchers looked at 1,033 men with inflammatory bowel disease and a control group of 9,306 men without the disease. They followed the two groups of men for 18 years and found those with inflammatory bowel disease were much more likely to have prostate cancer and higher PSA levels.

Northwestern scientists are now working to understand the mechanism of how gut inflammation leads to prostate cancer.

Story Source:

Materials provided by [Northwestern University](#). *Note: Content may be edited for style and length.*

Journal Reference:

Jacob A. Burns, Adam B. Weiner, William J. Catalona, Eric V. Li, Edward M. Schaeffer, Stephen B. Hanauer, Scott Strong, James Burns, Maha H.A. Hussain, Shilajit D. Kundu. **Inflammatory Bowel Disease and the Risk of Prostate Cancer**. *European Urology*, 2018; DOI: [10.1016/j.eururo.2018.11.039](https://doi.org/10.1016/j.eururo.2018.11.039)

Danny John-Jules on stripping, dancing, biking and crashing our website to raise awareness

19 Feb 2019 <https://prostatecanceruk.org/about-us/news-and-views/2019/2/danny-john-jules>



Best known for his roles in cult comedy classic *Red Dwarf* and drama *Death in Paradise*, actor Danny John-Jules tells us how being an ambassador for our Stronger Knowing More awareness campaign led to stripping off and dancing on national television, and why he's been riding motorbikes across the Caribbean to raise awareness of prostate cancer.

Before getting involved with Stronger Knowing More, were you aware that 1 in 4 black men – compared to 1 in 8 men generally – will get prostate cancer in the UK?

Danny: Not in the slightest! The first person I heard talking about prostate cancer was Benjamin Zephaniah [who is also a [Stronger Knowing More](#) ambassador]. He's a Rastafarian talking about stuff that Rastas don't usually talk about. He kind of broke the stigma; he went into mainstream media and was reaching the black community. But it wasn't until I heard a prostate cancer survivor tell his story at the Stronger Knowing More campaign launch event that it really hit home. It was a rude awakening for all the black people in

the room – both men and women. You could literally hear a pin drop. Despite the fact it can often be successfully treated if caught early, awareness in black communities remains relatively low.

Since then, you've been stripping and dancing on TV to raise awareness of the disease. How did that happen?

Danny: I was approached to take part in the first series of ITV's [The Real Full Monty](#) because of the work I was doing for Prostate Cancer UK. It was a great laugh, and the night it aired, your website crashed because people wanted more information. The show was also nominated for a TV Bafta, and it was while [Wayne Sleep](#) and I were dancing down the red

carpet at the awards ceremony that I met one of the producers of Strictly Come Dancing.

You also rode a motorbike around the Caribbean raising awareness.

Danny: I've been making motorbike shows with my good friend Steve Keys for many years and we've been all over the world – but never the Caribbean. Which is amazing, considering I filmed seven series of Death in Paradise on the island of Guadeloupe, and both my parents were from neighbouring Dominica.

So after my final series, we decided to do Two Wheels One Love and ride around both countries speaking to men and raising awareness of prostate cancer. As we got chatting, some did reveal they either had prostate cancer or knew someone who'd had it. One of the French-speaking producers working on Death in Paradise revealed he'd been diagnosed.

How about back in the UK? Are things beginning to change?

Danny: We probably all hear the word 'cancer' every day. But it isn't until someone well-known, like [Bill Turnbull](#), talks about it in the press that men really seem to sit up and listen. Someone who used to be on the TV every day is so familiar to us – like a family member. That's when men take a reality check and stop suffering in silence.

By continuing to raise awareness and funds, we are giving our sons and grandsons a fighting chance of a better diagnostic tool and treatments. My son is 12. Because I work with you, he already has an understanding of what prostate cancer is. I'm not preaching to him, it's just part of our normal everyday conversation.

What would your advice be to black men over the age of 45 – particularly with a family history of prostate cancer?

Danny: Some men are still unaware that you can go and get a simple [PSA blood test](#). On the whole, it will start and end with the blood test unless something is seen to indicate there is a problem. It's pretty simple. So my advice would be: go and speak to your GP about whether the PSA blood test is right for you.

Our magazine

Insights gives you all the news from the labs, hot topics, health tips and personal stories. Available as a free monthly email or twice-yearly magazine.

Stronger Knowing More

1 in 4 black men will get prostate cancer at some point in their lives. Find out what we're doing to address it.

Prostate Cancer UK (formerly known as The Prostate Cancer Charity) is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company number 02653887. Registered office: Fourth floor, The Counting House, 53 Tooley Street, London SE1 2QN. VAT Registration Number: 905 9415 18.

Scientists identify compounds in coffee which may inhibit prostate cancer

European Association of Urology

For the first time, scientists have identified compounds found in coffee which may inhibit the growth of prostate cancer. This is a pilot study, carried out on drug-resistant cancer cells in cell culture and in a mouse model; it has not yet been tested in humans. This work is presented at the European Association of Urology congress in Barcelona, after publication in the peer-reviewed journal *The Prostate** (this press release contains additional material).

Coffee is a complex mixture of compounds which has been shown to influence human health in both positive and negative ways. There is increasing evidence that drinking certain types of coffee is associated with a reduction in incidence of some cancers, including prostate cancers**. Now Japanese scientists have studied the effects of two compounds found in coffee, kahweol acetate and cafestol, on prostate cancer cells and in animals, where they were able to inhibit growth in cells which are resistant to common anti-cancer drugs such as Cabazitaxel.

The researchers initially tested six compounds, naturally found in coffee, on the proliferation of human prostate cancers cells in vitro (i.e. in a petri-dish). They found that cells treated with kahweol acetate and cafestol grew more slowly than controls. They then tested these compounds on prostate cancer cells which had been transplanted to mice (16 mice). 4 mice were controls, 4 were treated with kahweol acetate, 4 with cafestol, with the remaining mice being treated with a combination of kahweol acetate and cafestol.

Study leader, Dr Hiroaki Iwamoto (Department of Integrative Cancer Therapy and Urology, Kanazawa University Graduate School of Medical Science, Japan, first author of the study) said:

"We found that kahweol acetate and cafestol inhibited the growth of the cancer cells in mice, but the combination seemed to work synergistically, leading to a significantly slower tumour growth than in untreated mice. After 11 days, the untreated tumours had grown by around 3 and a half times the original volume (342%), whereas the tumours in the mice treated with both com-

pounds had grown by around just over one and a half (167%) times the original size.

It is important to keep these findings in perspective. This is a pilot study, so this work shows that the use of these compounds is scientifically feasible, but needs further investigation; it does not mean that the findings can yet be applied to humans. We also found the growth reduction in transplanted tumour cells, rather than in native tumour cells. What it does show is that these compounds appear to have an effect on drug resistant cells prostate cancer cells in the right circumstances, and that they too need further investigation. We are currently considering how we might test these findings in a larger sample, and then in humans."

Kahweol acetate and cafestol are hydrocarbons, naturally found in Arabica coffee. The coffee-making process has been found to affect whether these compounds remain in coffee after brewing (as with espresso) , or whether they are stripped out (as when filtered) .

Professor Atsushi Mizokami (Department of Integrative Cancer Therapy and Urology, Kanazawa University Graduate School of Medical Science, Japan) added:

"These are promising findings, but they should not make people change their coffee consumption. Coffee can have both positive and negative effects (for example it can increase hypertension) , so we need to find out more about the mechanisms behind these findings before we can think about clinical applications. However, if we can confirm these results, we may have candidates to treat drug-resistant prostate cancer."

In an independent comment, Professor Zoran Culig (Professor of Experimental Urology, Medical University of Innsbruck) said:

"These are interesting findings. I would expect that those initial results will motivate researchers to use more recently developed models, such as patient-derived xenografts which express the androgen receptor. Such experiments will likely provide a definitive answer as to future perspective of this kind of treatment."

Type of study: Peer-reviewed/experimental study/animals



Contact Information

Tel: 07548 033930
E Mail elpcsginfo@virginmedia.com

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.

God's sense of humor

<http://www.theprostatdecision.com/>

Sunday, December 20, 2009

The male's prostate after the child bearing days are over provides no necessary function, much like an appendix. All it does is cause trouble for the aging male. It is something the male does not need, yet it continues to enlarge. The very part of the male anatomy he cannot see and does not need grows, while another part his anatomy that he would prefer to grow, not only doesn't but slowly loses the ability to function

Sponsors



Request by The Institute of Cancer Research for Speeding Up Access To The Latest Cancer Drugs

At the institute of cancer research have just launched a survey that I would love your help promoting to patients.

We have been working to try and improve the policies around drug approvals to speed up access to the newest drugs for cancer patients. We 've launched a quick five minute survey to find out about patients ' experiences and opinions around drug access.

Please could you share it with your network. We want to hear from as many patients as possible so that we can make the biggest impact.

<https://www.icr.ac.uk/drugsurvey>

Let me know if you have any questions at all or if you need any more information.

Thanks so much!

Lydia

Lydia Brain | Cancer Stories Officer

The Institute of Cancer Research | 123 Old Brompton Road | London | SW7 3RP

T +44 (0) 20 7153 5252 | W www.icr.ac.uk |



PROVINCIAL GRAND CHAPTER

The Provincial Grand Chapter meeting is the key event in the Province of East Lancashire's Royal Arch calendar. Held at King George's Hall in Blackburn, the main hall makes a magnificent sight filled with Royal Arch Companions.

It is the desire of the Most Excellent Grand Superintendent that all RA Masters make every effort to attend and most especially the Three Principals from each Chapter.

King George's Hall will be transformed into a colourful and wonderful Chapter. The Provincial Grand Principals will address into Provincial Grand Chapter accompanied by the Leaders of other Provinces and the Acting Officers of the year.

You will witness the new acting officers of the year being installed and companions being honoured or promoted all in a flurry of excellence that East Lancashire consistently performs so very well.

You will also hear the MEGS giving the annual address laying out his vision for the Royal Arch in East Lancashire.

All excited companions are encouraged to attend to make this the greatest Provincial Grand Chapter meeting to date. Your participation will be so welcomed.

Further details will soon be issued to you. So be E on how to book in.

Thursday 21st March 2019.

**King George's Hall,
Blackburn.**



We are pleased to announce that the ELMC has kindly sponsored a Prostate Cancer PSA Testing Facility which will be available to all Companions at the Provincial Grand Chapter meeting on 21st March at King George's Hall Blackburn. This takes the form of a simple and quick blood test and is completely free of charge. Look out for the notices in the building.

Latest Testing Event @ King Georges Hall Blackburn 21/03/2019

The Event today at King George's Hall
(Page 9) totaled approximately 83 Men
tested & was funded by ELMC

