

East Lancashire Prostate Cancer Support Group Newsletter



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May 2022



**Prostate cancer
screening is better
than originally
thought, especially
for Black men, study
says**



By **Jen Christensen, CNN**

Updated 2147 GMT (0547 HKT) May 19, 2022

What is prostate cancer? 01:21

(CNN) A blood test to screen for prostate cancer may be better at doing so than experts originally thought, particularly among Black men, according to a new study.

There's no standard test for prostate cancer, according to the [US Centers for Disease Control and Prevention](#). Two of the more commonly used tests are a digital rectal exam and a blood test for prostate specific antigen (PSA), an enzyme that is typically higher in men with prostate cancer.



Experimental prostate cancer therapy delays disease in 'landmark' trial

A study published Sunday in the [New England Journal of Medicine Evidence](#) looked at how successful the blood tests were for all races, and specifically for Black men, by estimating how often these tests led to overdiagnosis and overtreatment. The researchers looked at three decades of records through 2016, the last year records were available.

Not only was the test more effective than scientists originally thought, the study determined that the net benefit is even better for Black men than for the general population.

One death was prevented for every 11 to 14 men of all races diagnosed with cancer, the study says. Among Black men, the test prevented 1 death for every 8 to 12 men diagnosed and 1 death for every 5 to 9 men treated for prostate cancer.

Previous studies found that the tests prevented 1 death for every 23 men diagnosed, and that resulted in overtreatment.

Prostate cancer is [ubiquitous](#). With the rise in testing in the late 1980s, there was a trend to treat tumors that weren't a real threat like the ones that were, according to the [American Society of Clinical Oncology](#). But more recently, for tumors that don't show a risk of progression, doctors have taken more of an active surveillance approach.



Prostate cancer diagnoses, deaths decreasing worldwide, study says

Prostate cancer is the second leading cause of cancer death in American men, behind lung cancer, according to the [American Cancer Society](#). Out of every 100 American men, about 13 will get prostate cancer during their lifetime, according to the CDC, and 2 or 3 men will die from prostate cancer.

Black men have nearly double the risk of prostate cancer death than the general population. They also get prostate cancer more often. But Black men have been historically underrepresented in clinical trials that look at the success rate of tests and other diagnostic tools.

"These data should prompt policymakers to reconsider the utility of PSA based prostate cancer screening, particularly for Black men," the study concluded. "The potential for overdiagnosis and overtreatment remains, although these harms may be mitigated by contemporary protocols for triaging men before biopsy and active surveillance for men with low-risk disease."

In 2012 the United States Preventive Services Task Force issued a recommendation against PSA screening. "It was really sort of on the rocks," said study co-author Dr. Jonathan Shoag. Shoag is an assistant professor of urology at [University Hospitals Cleveland Medical Center](#), Case Western Reserve University School of Medicine.

Shoag published a [study in 2016](#), though, that showed that the decision was based on some studies that didn't fully capture the benefit of screening. The USPSTF updated their recommendation to a grade C, meaning that patients should discuss such screening with their doctors. Many of the other guidelines have been unclear about whether a patient should go through PSA screening, Shoag said and it had fallen out of favor. "There are many men who are not screened a lot and we're seeing men diagnosed with more aggressive disease because they weren't screened," Shoag said.

Shoag hopes this latest study will get more doctors on board with this screening.

"The story of PSA screening has been controversial, it should not be controversial. This study shows that the trade offs of screening are really beneficial," Shoag said. "We have a test that can save men's lives and find their cancers early."



More men with low-risk prostate cancer are forgoing treatment, study finds

The study is partially funded by the Bristol Myers Squibb Foundation, which has prostate cancer drugs in development.

[Dr. William Dahut](#), chief science officer for the American Cancer Society, said the findings are "very important. That's not something I actually say commonly." He was not involved in the research.

However, Dahut noted that a few practices are a little different now than when these records were collected. Doctors can also screen for prostate cancer with an MRI, for example, and a cancer diagnosis does not lead to treatment as often.

This used to be called "watchful waiting," but Dahut said it's actually more active than it sounds.

Depending on a person's risk that the cancer could spread, they may be monitored closely with regular MRIs and biopsies rather than getting treatments like [surgery and radiation](#). They will have an ongoing conversation with their doctor about how to manage the disease.

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"This study should actually encourage more folks to be screened," Dahut said. "These days, you have a lot more ability to make a more nuanced and thoughtful decision with your doctor about whether you will be treated or not for prostate cancer.

"Ultimately," he added, "what this means is, if you find the disease and you treat it appropriately, outcomes can actually be impacted in a significant and positive way."

WATCH: Celebrating our Specialist Nurses



**PROSTATE
CANCER UK**

Friends, family and dogs welcome.

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To celebrate International Nurses Day, we sat down with our Specialist Nurses to hear the brilliant work they do helping men and their families affected by prostate cancer.

We want to say a HUGE thanks to our amazing Specialist Nurses who have over 15,000 conversations a year, offering free, confidential support and information to anyone affected by prostate cancer.

But what exactly does a Specialist Nurse do, and who is on the other end of the line? Meet Emma, John, Meg and Lisa as they share what it means to be a Specialist Nurse and how, thanks to your support, they help thousands of men and their families each year.

Meet our Specialist Nurses

Being diagnosed and living with prostate cancer can create worry, stress, anxiety and lots of questions. Our Specialist Nurses are here to help. You can call the team on 0800 074 8383, Monday to Friday 9am – 5pm and Wednesdays 10am – 5pm. You can also get in touch via live chat or email.

Go Online at the Link Below to watch the video

https://prostatecanceruk.org/about-us/news-and-views/2022/05/international-nurses-day?utm_source=Adestra&utm_medium=email&utm_content=MEET%20THE%20TEAM&utm_campaign=12%2F05%2F22%20-%20Int%20Nurses%20Day



PROSTATE CANCER UK

Friends, family and dogs welcome.

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There are over 400,000 men living with prostate cancer in the UK. In June, we March for them.

David, are you joining thousands of others affected by prostate cancer in four locations across the UK?

We're all putting on our [March for Men](#) t-shirts and going on a big, beautiful walk in Birmingham, Glasgow, Leeds and London - for men like Adam.

Adam was diagnosed with prostate cancer in 2019 and took part in the Birmingham March for Men one day before his scheduled surgery. He was joined by a number of his closest friends and family, who raised over £1,000 for Prostate Cancer UK in his honour.

Adam said: "I was so touched seeing all my friends and family support me on the day. Both of my sons were there, as well as my grandchildren, all wearing a t-shirt that said: 'I'm marching for Adam'.



The day was absolutely brilliant. I never cried when I got my diagnosis, but seeing my grandkids in those t-shirts got me very emotional. I can't wait to walk again this year.

Adam

Bring your friends, family and even your dog to join thousands of others, united in raising money to help beat prostate cancer.

[SIGN UP TO MARCH FOR MEN TODAY](#)

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Hi, East Lancs Prostate Cancer Support Group are returning after a two year layoff due to the Covid situation with another PSA blood testing event. The venue this time is Burnley Cricket Club on Saturday 11th June, time 10am - 2pm . As it is Father's Day the weekend after, our emphasis is on SAVE A DAD ! Any man over 40 is recommended to take the test as early detection is paramount as it is with most other cancers. To have him around longer treat him to a test for Father's Day . There is now a new online booking system , no big queues anymore just apply online for a time slot at

gfct.mypsatests.org.uk

Alternatively go into your search engine with 'My PSA Tests'

Kind regards, Dave Riley chairman

EAST LANCS PROSTATE CANCER SUPPORT GROUP

elpcsg.com 07548 033 930



PSA BLOOD TESTING EVENT

Detecting the early signs of prostate disease

In men over 40

SATURDAY 11th JUNE 2022

BURNLEY CRICKET CLUB

Turf Moor Belvedere Road

Burnley BB10 4BN

10:00hrs-14:00hrs

BY APPOINTMENT ONLY

Book an appointment online at

gfct.mypsatests.org.uk

The cost of the test is only £20

Follow on Twitter @PSATests

Like us on Facebook www.facebook.com/PSATests

Charity Number 1109385



East Lancs Prostate
Cancer Support Group
Will be Having Our
Awareness Stand At
This Event Again So
See You There



 **The Rotary Club of Burnley** 
proudly
presents

**Burnley Classic
Vehicle Show**
at Towneley Park
on Sunday 26th June 2022

Home of Morgan's Yearbook

View the 2019 Show Video

Organised by The Rotary Club of Burnley in conjunction with Burnley Borough Council

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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.

Mother of advertisement

