

East Lancashire Prostate Cancer Support Group Newsletter



Volume 9

Issue 1

Date January 2020



Viewpoint: Prostate cancer screening test 'in sight'

*BBC News Health, By Prof Mark Emberton Professor of Interventional Oncology, UCL
17 December 2019*

What's Inside

In Sight P1 P2

Surgical Robot Demo P3 P4

Research Appeal P5

Prostate Cancer Study P6

A large new trial is testing whether MRI scans could be an effective way to screen men for prostate cancer, in a similar way to mammograms offered to women to check for breast cancer.

In this article for the BBC, leading expert Prof Mark Emberton explains why finding a suitable screening method for this common male cancer is vital but has proved difficult so far.

"Prostate cancer is the most common form of cancer in men, with around 130 new cases diagnosed in the UK every day and more than 10,000 men a year dying from the disease.

"Unfortunately, the way we currently spot the disease is not very precise.

"Traditionally, we have used a blood test looking for raised levels of prostate-specific antigen (PSA) and then carried out a biopsy which means taking some tissue from the prostate gland to examine under the microscope.

"But PSA levels are not a reliable indicator of prostate cancer - about 75% of men who get a positive result are not found to have cancer, while it misses the cancer in about 15% of men with prostate cancer.

"So we currently diagnose cancers that are harmless, leading to unnecessary investigations and operations, and we miss cancers that are harmful, leaving the disease to multiply and move around the body unchecked."



Is imaging the answer?

The ReIMAGINE project, which Prof Emberton is part of, is being led by University College London and includes researchers at Imperial College, Kings College London and clinicians at UCLH.

Prof Emberton says: "By using magnetic resonance imaging (MRI), we hope to change how **prostate cancer** is diagnosed and then treated.

"We know from international research that MRI can markedly and safely reduce the numbers of men needing an invasive biopsy.

"This research recently led to changes in official health guidelines, with MRI now recommended as the first test for men referred to hospital by their GP with suspected prostate cancer.

Scientists seek clues to 'birth of cancer'

'Fry and Turnbull' prostate cancer effect

Prostate cancer: New urine test hope

"As part of the project, we want to see if MRI could also be an effective tool for screening healthy men, in the same way there are national NHS screening programmes to detect signs of breast or cervical cancer."

How is it being trialled?

From this month, 300 men, aged between 50 to 75 years old, will be randomly selected from London GPs and sent a letter explaining that they can join the trial.

Each patient will be given a PSA blood test and a 10-minute MRI scan.

Image caption Hundreds of men will be involved in the trial using MRI scans

By combining the results of the PSA test and analysing the MRI images, radiologists and urologists will work together to more accurately diagnose whether a man has signs of prostate cancer or not.

Why is this important?

Prof Emberton explains: "Capturing harmful cancer at the earliest opportunity will lead to quicker treatments, significantly better outcomes for those men affected and ultimately save lives.

"It will also reduce the numbers of men undergoing biopsy, which in turn will reduce NHS costs and free up staff time.

"The other important aspect of the study will be to examine whether, combined with cutting-edge techniques such as genomics and machine learning, MRI scans can replace prostate biopsies.

"Prostate cancer patient groups are a hugely important part of the study, and the prospect of achieving a large reduction in biopsies is a significant wish - as they can have serious side effects in patients, including pain, bleeding and infections.

"Our team aims to recruit 1,000 men with medium to high risk cancers to find out if MRI can be combined

with other high-tech diagnostic tests to predict cancer progression.

"The ultimate aim is to develop tests that are better than biopsies for targeting the right cancer treatment to the right person - including determining if they don't need treatment.

"We are hopeful that, as a result of our study, we might be in a position to get rid of the biopsy and advise men on their risk based on and MRI and a blood test alone.

"Targeting and treating prostate cancer using advanced imaging is one of the most disruptive discoveries I can recall in men's health and draws on multi-disciplinary expertise from university researchers and clinicians across the globe.

"By working together, we can and will continue to make significant breakthroughs in tackling cancer."

Surgical Robot Demonstration At Burnley General Hospital

By Dominic Collis November 2019 Burnley Express

Pictures by Dave Riley Chairman ELPCSG

Burnley General Teaching Hospital's new Fairhurst building is about to play host to its first surgical robot.

A demonstration of the amazing Da Vinci™ surgical robot will be held at a drop-in event at the hospital on Friday November 8th from 10am to 3pm.

Kevin McGee, chief executive of East Lancashire Hospitals NHS Trust, said: "Ever since the Trust first introduced robot assisted surgery at the Royal Blackburn Teaching Hospital back in 2015, our robot has become more and more popular with surgeons, theatre staff and patients.

"We are confident of installing a new robot on our Burnley site in the very near future, and expanding to become recognised as a 'Robotic Centre'. This will enable us to treat more people with different types of cancer, more effectively, with the best technology available."

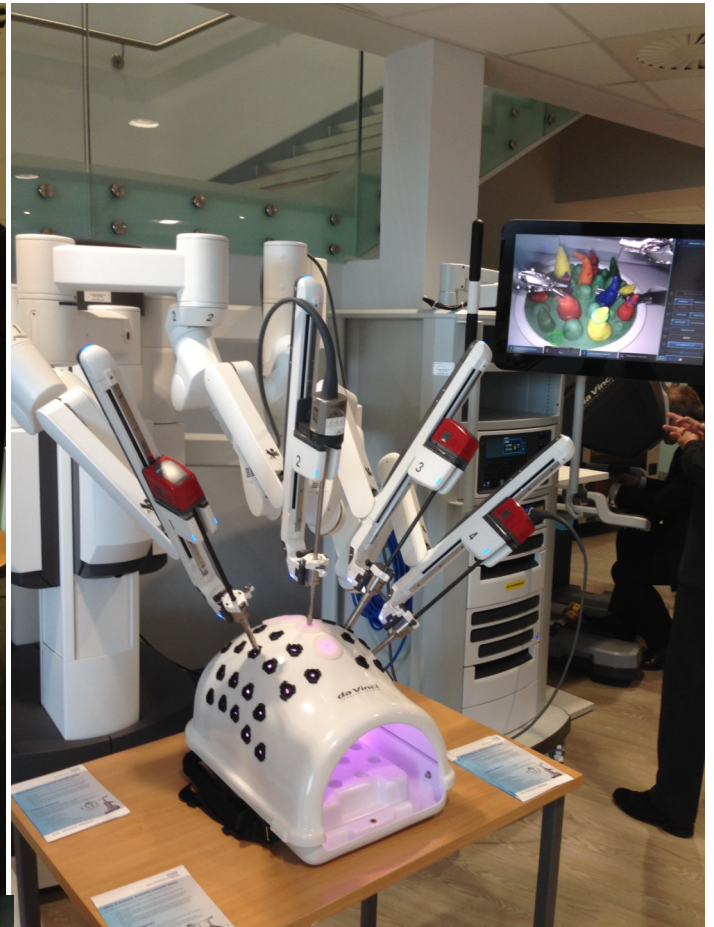
East Lancashire already has the largest and most comprehensive programme of robot assisted surgery in the North-West, with the region's leading surgeons removing head and neck, urological and colorectal cancers at the Royal Blackburn Teaching Hospital.

Adding a second robot in the near future at Burnley General Hospital means surgeons will perform robot assisted surgery for gynaecological and Hepato-biliary cancers for the first time. The extra capacity will also allow the Trust to perform more robot assisted surgery to remove urology, colorectal and head/neck cancers.

"Traditional surgery is hugely invasive and takes a much longer amount of time, meaning an extended recovery period and substantial scarring for the patient," explained Mr Shahid Islam, East Lancashire Hospitals' Clinical Director for Surgery.

"Minimal invasive surgery using the robot has a number of benefits, most importantly for

the patient. They experience less pain, recover quicker, have less need for additional treatments or therapies and consequently leave hospital sooner."



Research Appeal

On 16 Jan 2020, at 17:25, chelsea grayshon <chelsea_grayshon@msn.com> wrote:

Good evening,

I'm currently studying my Masters Degree in Health Psychology at Teesside University. For my dissertation I'm looking to do some research which investigates the experiences of those living with and beyond prostate cancer that live alone.

I am looking to seek permission from you to engage with members of the support group (East Lancashire Prostate Cancer Support Group) once my project is finalized and I have received the ethics approval required through the university process to recruit participants that would fall into the inclusion category for this research.

The research will be aimed at obtaining the experiences of men living with and beyond prostate cancer of whom live alone. Research in this area could potentially identify barriers in the care provided and highlight what further support may need to be considered in order to strengthen support services in this area. These experiences will ideally be collated in a written format (email or even post- which ever method is preferred by those participating).

Please can you confirm if you would be in agreement for me to engage with this group at a later date to advertise the research project in order to recruit participants? The study will be overlooked by my dissertation supervisor and both mine and their details will be provided to all participants in the initial stages.

I look forward to hearing from you shortly.

Many thanks,
Chelsea Grayshon

Prostate Cancer Study

Visit www.global-patients.com to become a Global Patient!

From: juan@global-patients.com
Date: 13 January 2020 at 16:36:21 GMT
To: riley.d7@sky.com
Subject: Prostate Cancer Study

Dear sir/madam,

Let me introduce myself, my name is Juan Oriyes and I work at Global Patients, where we engage patients in scientific studies. We are seeking collaboration and I was wondering if you would be able to assist us here.

We are currently working on a prostate cancer study in UK along with RTI International, a non-profit research organization, and looking for patients who are suffering from non-metastatic castration-resistant prostate cancer.

Eligible participants will be asked to complete a 60-minute telephone interview, ideally this week. Those who complete the interview will be rewarded with 70£ as appreciation for their help and time. This is an important non-medication study and an exciting opportunity for the voice of prostate cancer patients to be heard. Participation is entirely voluntary, and participants' personal information will be kept confidential.

If you would like to collaborate by transferring this information to those who might be interested, we will be very grateful and happy to make a small donation to your community once the patients do complete the study.

If you need any further information, please do not hesitate to contact me. Please feel free to visit www.rti.org if you want more information about their work.

Sincerely,
Juan

riley.d7@sky.com Juan Oriyés González | Patient Supporter | Global Patients
| +34 722 10 90 70 | juan@global-patients.com | www.global-patients.com |



The information in this message may be confidential and exempt from disclosure under applicable law. If you are not the intended recipient, any use, distribution or copying is strictly prohibited. If you have received this in error, or you have any problems with the transmission, please notify the sender. Global Perspectives™ is a trade name of LH Perspectives Ltd, reg. in England and Wales, co. no 07032641. VAT no. UK 981 4008 24



To **unsubscribe** as a Global Patient please email contact@global-patients.com and type UN-



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.

Next Meeting
Thursday 6th Feb
2020
2pm—4pm

Sponsors

