

East Lancashire Prostate Cancer Support Group Newsletter



Volume 9

Issue 11

Date November 2020



This Christmas, you can help give men the cures they deserve.

3rd November 2020

**PROSTATE
CANCER UK**

What's Inside

This Christmas P1 P2

Cancer Survivorship P3

Tackle Appeal P4

Chestnut Appeal P5

Help us raise £2 million this Christmas for men like David, who struggled with being apart from his family during lockdown after his cancer had returned. 3 Nov 2020

In a year that's been challenging for so many of us in terms of relationships, work, finances and health - we also revealed the total number of deaths from prostate cancer passed 12,000 for the first time in a single year. That's 12,000 partners, dads, brothers, sons and friends who won't be here this Christmas.

We need your help to give thousands of men the life-saving cures they so desperately need. Men like David Hadley-Smith, who struggled with being apart from his family during lockdown after his cancer had returned.

If a man's prostate cancer is caught early while it is still localised and contained within the prostate, it's still possible to cure. But a cure isn't guaranteed. We have limited treatment options available for men, and not enough understanding of how each man will respond.

For those with aggressive or more advanced forms of the disease, some experts predict as many as 1 in 2 men will see their disease return. This must change. Men deserve so much more.

To make this change, we're working in partnership with Movember to invest £2 million into pioneering research to give men the cures they deserve. We aim to fund large-scale projects and clinical trials to drive a transformation in treatments, to ultimately save lives. No other charity has a strategic focus on funding research that is dedi-



cated to curing men with localised cancer.

David Hadley-Smith was devastated to be diagnosed with aggressive prostate cancer at just 55. He thought surgery to remove his prostate would allow him to move on with his life, but just before Christmas in 2018, he was given the news his cancer had returned. He would have to endure more treatment. And this time, his chance of a cure was even slimmer. 11/28/2020 This Christmas, you can help give men the cures they deserve. | Prostate Cancer UK <https://prostatecanceruk.org/about-us/news-and-views/2020/11/2020-christmas-appeal> 3/5

It hit me even harder than the first time. I hadn't considered cancer coming back, I thought I'd beaten it. - David Hadley-Smith.

David has two sons and two grandsons who he knows are at higher risk of prostate cancer. So, he wants to help fund research towards better treatments so they don't have to worry about the disease. He's also a keen golfer, and following his initial diagnosis, told his story at his Golf club which led to 11 more men being diagnosed. "I don't want anyone to go through what I have," said David, "Like my two sons, who I know are at higher risk of getting the disease. Or god forbid, one of my grandchildren." DONATE NOW

David's love for his son's and grandkids is a great source of strength, so not being able to see them during lockdown was a real struggle. He says, "during the lockdown, it was just horrendous. I'd gone from seeing my family and cuddling my little grandson all the time to having no contact at all. I felt like I'd lost my way to cope with my prostate cancer."

We need your help to reach our £2 million target to fund pioneering research that will accelerate progress for men like David. 11/28/2020 This Christmas, you can help give men the cures they deserve. | Prostate Cancer UK <https://prostatecanceruk.org/about-us/news-and-views/2020/11/2020-christmas-appeal> 4/5

Professor Ananya Choudhury's research aims to understand how much radiotherapy each man needs to ensure his prostate cancer doesn't return.

"In this exciting final year of our project, we plan to develop and validate our test to help improve radiotherapy treatment for men with prostate cancer. Without the support of Prostate Cancer UK supporters, I couldn't offer hope to the patient sitting in my clinic."

Professor Hash Ahmed is also working on improving treatments for men with localised intermediate-risk disease. He thinks focal therapy might be an alternative to treating the entire gland. It involves just treating the cancerous area of the prostate, and reduces the likelihood of other tissues being damaged.

"If we can confirm focal therapy is an effective treatment for cancer that also minimises side-effects, the potential impact to men will be immense. Supporters who fund research are more than important, they're vital. Without them, we'd never be able to answer these game-changing questions".

"I hope with every fibre of my body that research helps us find a cure." says David. "We seem so close. It would be amazing if we could do it before my grandsons ever have to worry about prostate cancer." 11/28/2020 This Christmas, you can help give men the cures they deserve. | Prostate Cancer UK <https://prostatecanceruk.org/about-us/news-and-views/2020/11/2020-christmas-appeal> 5/5

A small gift this Christmas could make a huge difference for men like David and generations to follow. Help us improve treatments so men can spend more time with the people who love them.

CANCER SURVIVORSHIP RESEARCH INITIATIVES LAUNCHED IN CANADA

Six projects have been launched in October 2020 as part of the inaugural CCS/CIHR Cancer Survivorship Team Grants in partnership with the Alberta Cancer Foundation. With a joint investment of C\$13.4 million, the grants represent the largest, first-of-its-kind cancer survivorship research initiative in Canada.

“Eight in 10 cancer survivors report facing physical and/or emotional challenges after their treatments end,” adds Dr Stuart Edmonds, Executive Vice President, Mission, Research and Advocacy at CCS. “With the support of our donors, these unique pan-Canadian grants will focus on addressing the vital need for improved quality of life for people who are living with and have survived cancer, enabling them to live longer, fuller and healthier lives.”

Each grant is nationwide in scope, bringing together researchers, clinicians, survivors and caregivers to address key questions in cancer survivorship. With integrated strategies for patient engagement and knowledge translation, teams will work collaboratively to deliver results that will make a real difference in the lives of people affected by cancer.

In addition to the metformin clinical trial outlined earlier, the other 5 projects will focus on:

- Developing virtual survivorship clinics for breast and prostate cancer survivors to help more people access the support they need after cancer;
- Creating community-based fitness programs to help survivors living in rural areas exercise more and have a higher quality of life;
- Making cancer rehabilitation more effective and accessible;

From: riley.d7
Sent: 27 November 2020 14:56
To: Leon Wright
Subject: Fwd: Can you help Orchid Male Cancer?

Sent from my iPhone

Begin forwarded message:

From: Ken Mastris <ken.mastris@tackleprostate.org>
Date: 27 November 2020 at 12:28:48 GMT
To: Dave Riley <riley.d7@sky.com>
Subject: Can you help Orchid Male Cancer?
Reply-To: Ken Mastris <ken.mastris@tackleprostate.org>

[View this email in your browser](#)



This email is being sent to all the member groups of Tackle Prostate Cancer and to you as our main contact for East Lancashire Prostate Cancer Support Group (Burnley). Please would you distribute it to your committee and members as you think fit.

27 Nov 2020

Dear Dave

Orchid Male Cancer, one of our Partner Members, has funded an initial study of Circulating Tumour Cells (CTCs) to help prostate cancer diagnosis. CTCs can be detected in blood and can identify men who are at risk of more advanced prostate cancer. You can read more about the research [here](#).

In order to secure more funding from the National Institute for Health Research, Orchid require 3 or 4 prostate cancer patients, relatives or other members of the public without prostate cancer to read a lay summary of their proposal for funding and comment on it. If the funding (for three years) is successful, they would be required to meet once a year to comment on/monitor the performance of the study and review the direction of the project.

If you are interested, please contact Rob Comes at Orchid at robert.comes@orchid-cancer.org.uk.

Best regards
Ken Mastris
Chairman

Zoom In On The Chestnut Appeal

I hope you're all keeping as safe and as well as you can. Due to these unprecedented times we thought we would open our group to everyone across the country, so that access to some support is available, even if it's just logging in and having a chat with that in mind please see below >>

Our online support meetings are now back to weekly for the foreseeable future. Join us this **Thursday, the 5th of November for a coffee and a chat from 13:30**. You don't have to talk about cancer, you can chat about anything you like, we only have specific guests once a month.

Here are the links for the meetings >>> <https://support.chestnutappeal.org.uk/>

All welcome. cancer hasn't stopped because of covid and neither has our support.

Please can you let as many people know as possible.

It's free, it's friendly and it's supportive.

With kindest regards,
Lesley-Ann

Lesley-Ann Simpson
Charity Director
T: 01752 431 579

The Chestnut Appeal will be setting up a regular email newsletter in the coming months to keep in touch, please click here to ensure you are signed up.

<http://eepuri.com/hdLFv>

Twitter: @chestnutappeal

Facebook: <https://www.facebook.com/groups/chestnutappeal/>

CA The Chestnut Appeal
For Men's Health



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.