

East Lancashire Prostate Cancer Support Group Newsletter



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A Happy New Year to All
Our Friends & Members &
A toast to Better Times To
Come. "Cheers"



Everything You Need To Know About Natural Prostate Health And Prostate Supplements

Learn The Dirty Little Secrets on Saw Palmetto, Lycopene and Other Scams They Hope You Never Find Out About! If you have prostate health concerns and want to maintain a healthy prostate and start living like a real man again ... you have come to the right place! This is the only website in the world to test over 172 different prostate supplements in a clinical laboratory to see what is

really inside these pills. Unbiased lab tests are the only way you know which products really work and which ones don't. There are so many fake ads and scams in the prostate industry. Advertising can lie and mislead...but **LAB TESTS DON'T LIE!** So we tested them all. We spent over \$257,000 to have these products tested by four different laboratories in America. The primary labora-

tory we teamed up with was **Covance**, a company with sales of over \$2 billion a year and over 12,000 employees. They are **America's number one testing laboratory** – so these test results are the **REAL DEAL**. No other website or organization has done this kind of testing on prostate supplements. Not one! That is why you are going to get the **REAL INFORMATION** you need to

know on which products work and which ones don't. This website has changed the life of **Larry King** and tens of thousands of men all over the country. Including Hall of Fame athletes, famous movie stars, Grammy winners, famous businessmen, politicians and even two Academy Award winners! **It will change your life too.**

Super Prostate Health is Actually Very Simple

It's very simple. Science shows there is one key compound – *Beta-Sitosterol* – that has been proven in multiple, published human clinical studies. (See clinical study list and citations at bottom of page.) These studies show that by taking *Beta-Sitosterol*, men improve their prostate health by over 52% – including improved bladder emptying, fewer nighttime bathroom trips, stronger urinary flow, and many other dramatic improvements to men with bloated and irritated prostates. It is truly a sensational product for your prostate health, as you will learn. The problem has been finding the best source of *Beta-Sitosterol*, and finding out which products REALLY contain it...because as our lab testing revealed, many of the companies LIE about what their pills really contain. Plus many companies use cheap imitation "*Beta-Sitosterol*" from China and India that is worthless. But now you have all the answers right here with lab test results on our incredible website.

See the full report on all products below

[Larry King's Top Prostate Pill Reviews & Lab Reports - ProstateReport.com](#)

“Thank You Darwen Rotary Club For Your Donation’s Which Have Helped Us To Purchase Equipment For Our Outside Events”

**EAST LANCASHIRE PROSTATE CANCER
SUPPORT GROUP**

www.elpcsg.com Tel:07548 033930

Meet: First Thursday every month @ Burnley Gen. Hospital, 2-4pm

**Darwen Rotary Club (John Jacklin)
28/12/2020**

Dear John,

Thank you for contacting our Support Group, it was a pleasure talking with you and ‘comparing notes’ about our voluntary interests.

We first started our Prostate Cancer Support Group in November 10 years ago and we had intended having a party / special anniversary meeting in November this year. Unfortunately, it had to be cancelled due to the Corona Virus and we have not been able to have a meeting since February last year, our meetings have always been held at the Burnley General Hospital on the first Thursday of every month.

Our main objective as a Support Group is to help men who have been diagnosed with Prostate Cancer and to offer them and their Wives or Partners the opportunity to speak with others who have been diagnosed or treated for Prostate Cancer.

The average number of men ‘and their wives’ who come to the meetings tend to vary (up to 30). Quite often we have guest speakers, particularly from the Medication profession or other charities. It’s difficult to have any idea how many people will re – attend when we get back to normal. Your Rotary Club’s kind donation of £280 will help greatly, as one thing we will have to do is to promote & advertise our Group again when we are free of this ‘terrible Pandemic’.

Our Support Group are also very proud to have tested thousands of men for Prostate Cancer at Football Clubs, including Blackburn Rovers FC, Burnley, Accrington, Rochdale, Oldham - and we have also carried out testing events for hundreds of Free Masons.

Earlier in the year we received donations from Burnley Rotary Club and the Burnley Pendleside Rotary Club whom we had visited to offer them more 'knowledge' about the dreaded P.C., The donations enabled us to purchase a new Gazebo and Display stand for outside events which we often attend.

As per our conversation, - we would be pleased to visit your Rotary Club in the future when we are able to get back to 'normality'.

Yours sincerely, Stuart Marshall (Sec.) 01282 431465 / stu-mar12@yahoo.com

Prostate cancer treatment approved in England

30 November 2020

Cancer Research UK

Following its [approval in Scotland](#) 2 weeks ago, a new treatment will now be available on the NHS in England for some people with prostate cancer.

Currently, [androgen deprivation therapy \(link is external\)](#) (or ADT) is a cornerstone of prostate cancer treatment as it reduces the level of testosterone (the hormone that helps the growth and spread of the cancer). However, in cases where this treatment doesn't work, there are no alternatives other than to continue.

But the latest decision changes that. The National Institute for Health and Care Excellence (NICE) approved darolutamide with standard hormone therapies for adults whose prostate cancer hasn't spread outside the prostate, has stopped responding to ADT (castration resistant) and are at high risk of developing metastatic disease in the future.

"This decision will be welcome news to patients who until now have had no option but to continue with a treatment that their cancer has stopped responding to." – Kruti Shrotri, head of policy development at Cancer Research UK.

Darolutamide works by blocking the activation of testosterone receptors on cancer cells,

thereby limiting the growth of the cancer.

[Clinical trial\(link is external\)](#) data has shown that individuals taking darolutamide alongside ADT have more time before their cancer spreads outside of the prostate compared to those taking ADT on its own. The data also suggest that this combination increases the length of time people live (overall survival), but the long-term benefits are unclear.

Despite this uncertainty, the treatment is considered to be cost-effective and will now be an option on the NHS in England. NICE decisions are usually adopted by Wales and Northern Ireland, so it's expected the treatment will be available in all 3 nations.

References

[Darolutamide with androgen deprivation therapy for treating hormone-relapsed non-metastatic prostate cancer\(link is external\)](#) - The National Institute for Health and Care Excellence

NEWS RELEASE 5-JAN-2021

New clues to prostate cancer

Why aggressive subtype can resist treatment

FLINDERS UNIVERSITY

Research News

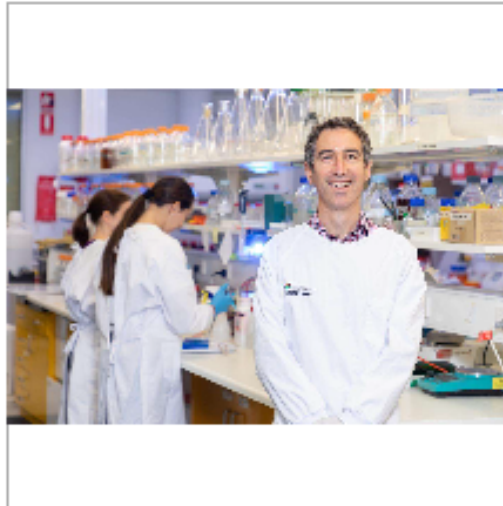


IMAGE: FLINDERS UNIVERSITY ASSOCIATE PROFESSOR LUKE SELTH, FROM THE FLINDERS HEALTH AND MEDICAL RESEARCH INSTITUTE. [view more >](#)

CREDIT: THE HOSPITAL RESEARCH FOUNDATION

Australian research has identified a new mechanism in which prostate cancer cells can 'switch' character and become resistant to therapy.

These findings, just published in *Cell Reports*, are an important development in unravelling how an aggressive subtype of prostate cancer, neuroendocrine prostate cancer (NEPC), develops after hormonal therapies.

It is well established that some tumours show increased cellular 'plasticity' in response to new or stressful conditions, such as cancer therapy, says lead researcher Associate Professor Luke Selth, from the Flinders Health and Medical Research Institute.

This plasticity allows the cancer cells to adapt and continue to grow by evolving into different cell types that no longer respond to the therapy.

"Increased cellular plasticity is increasingly recognised as a key feature by which prostate cancers become resistant to therapy and progress to a lethal stage," he says.

"Our new study reveals that a particular molecule, the microRNA 'miR-194', can enhance this plasticity in prostate cancer, leading to the emergence of NEPC.

Drinking a few cups of coffee every day could keep prostate cancer at bay and increase patients' chances of survival by 16%, study finds

By [RYAN MORRISON FOR MAILONLINE](#)

PUBLISHED: 23:30, 11 January 2021 | UPDATED: 23:43, 11 January 2021

Regular coffee drinkers were 9 per cent less likely to develop prostate cancer

Heavy coffee drinkers were 12 per cent less likely to develop the disease

Researchers 'trawled' through data from 16 relevant studies into coffee drinking

Having a few cups of coffee every day could help keep prostate cancer at bay and improve your chances of survival by 16 per cent, a new study reveals.

The research, by [China](#) Medical University, found that coffee drinkers were 10 per cent less likely to develop prostate cancer than non-regular coffee drinkers.

Prostate cancer is the most commonly diagnosed form of the disease in the UK, with more than 47,500 men diagnosed in the UK alone every year.

While drinking too much coffee can be bad for your health, it has been found to reduce the risk of liver, bowel, and breast cancer - until this study there had not been enough evidence to show it could benefit prostate cancer patients.

Coffee lovers were nine per cent less likely to suffer from prostate cancer, going up to 12 per cent in heavy coffee drinkers compared to non-drinkers.

Those with advanced prostate cancer were 16 per cent less likely to die of the disease if they drank coffee, the team found.

Coffee lovers were nine per cent less likely to suffer from prostate cancer, going up to 12 per cent in heavy coffee drinkers compared to non-drinkers

The study, published in the British Medical Journal (BMJ), was conducted by Dr Kefeng Wang at the China Medical University.

The researchers 'trawled' through data from 16 relevant studies published before September 2020 and found 15 compared high and low coffee consumption with the risk of prostate cancer - 13 measured risks linked to a cup of coffee every day.

Combined, the different studies the team analysed reported on more than a million men of whom 57,732 had developed prostate cancer.

Coffee consumption ranged from none or under two cups on a daily basis, to nine or more brews a day, according to Dr Wang.

'This study suggests that increased coffee consumption may be associated with a reduced risk of prostate cancer,' he said.

There was a nine per cent less chance of developing the cancer when drinking daily coffee and a 12 per cent reduced risk if someone drinks a lot of coffee.

Patients who already had advanced prostate cancer were 16 per cent less likely to die when drinking a cup of coffee every day, the researchers say.

Differences between the studies, which were carried out in North America, Europe and Japan, may have skewed the results.

Dr Wang said: 'Because of the observational design of the included cohort studies, unmeasured or uncontrolled factors in the original studies may have skewed the pooled risk estimate.'

'The amount of coffee drunk may also have been misclassified as it depended on recall. And the type of coffee and brewing methods varied among the studies.'

'The design and methods of the included studies also varied, so caution in interpreting the findings is warranted.'

Urban noise can affect food and beverage experiences and possibly consumption, the multinational team of researchers suggest. Coffee tasted particularly less bitter and was perceived as having less aroma under loud noise, they found

This said, there is a biological explanation for their findings, explained Dr Wang.

Coffee is known to improve blood sugar levels and has anti-inflammatory and antioxidant benefits.

It also affects sex hormone levels, all of which could help protect against the cancer.

Dr Wang added: 'Further research is still warranted to explore the underlying mechanisms and active compounds in coffee.'

'If the association is further proved to be a causal effect, men might be encouraged to increase their coffee consumption to potentially decrease the risk of prostate cancer.'

The findings of this study have been published in the journal [BMJ Open](#).

BENEFITS OF DRINKING COFFEE

Caffeine has been deemed safe for consumption in doses of up to 400 mg per day for the general population.

Studies suggest it can have a variety of health benefits, including combating liver disease and type two diabetes.

Research has even suggested it could even help people live longer.

It is the world's most widely consumed stimulant and reports show it can boost daily energy expenditure by around five per cent.

Researchers have said combining two to four daily coffees with regular exercise would be even more effective at keeping the weight off.

A 2015 study showed just a couple of cups a day could help millions of dieters stay trim once they have achieved their desired weight.

Read more:

doi.org/10.1136/...

Share or comment on this article:

Drinking a few cups of coffee every day could keep prostate cancer at bay

Macmillan Training Sessions Online On Zoom Call

Who is this aimed at?

This is for everyone in our support network - whether a regular or irregular visitor or even a newbie or yet to join us in a support group Zoom call! Please read on.

What's occurring?

As Adrian mentioned at this week's zoom call, MacMillan are developing some online training and need our help in shaping the content and delivery. The training is being focussed on cancer support groups and will be in **Bite Size** sessions of approximately one hour.

How did this come about?

The initiative is a spin out from the late and great Scott Milway's initiative <https://plymouthcancersupport.com/> which Macmillan are continuing to support.

What training is on offer?

In terms of training the session as outlined below and will be offered on line:

1) Listening skills

This will impart the art of active listening, asking good questions to help people to talk and reflect on what they're feeling/experiencing, helping people reflect on their own ability to cope rather than offering solutions... that kind of thing)

2) Bereavement

Sadly in the current circumstances I am sure many of us may have been impacted in one way or another and perhaps wonder what happens when a group member dies? This session will be about managing bereavement in a group where a number of people share the same condition. This can be tricky, so how can you safely have those conversations about how anxieties of your other group members might be raised, and how do you manage it when a group member/leader dies.

3) Managing difficult conversations

e.g. strong emotional reactions within the group, and perhaps between group members, and others that you may be experiencing that for whatever reason are just really difficult to deal with.

How long will the sessions be?

The aim is to provide good online content in about sixty minutes.

!!Call for action!!

Hopefully this has piqued your interest! Please contact Adrian to express your potential interest one

or more of the sessions in order to learn some new skills. And at the same time help develop the above training sessions.

Please contact Adrian at adrian.holmes.uop@gmail.com to express your interest.

Thanks and stay safe,
Adrian

David Squires

events&campaigns

chestnut.events@nhs.net

www.chestnutappeal.org.uk

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://eepurl.com/hdLFfv>

Christamas Wishes to Our Chairman Dave from Jeff Stelling



Merry Christmas, David.

We hope you and your loved ones have a calm and peaceful break. Thank you so much for everything you've done for men this year.

Here's a little message from our friend and ambassador Jeff Stelling, who talks about the things he treasured during a turbulent time. Watch Jeff's message and let us know any #LittleThings you're thankful for in the comments.

WATCH ON FACEBOOK

WATCH ON TWITTER

This Christmas, and always: men, we are with you.



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.

DON'T CALL YOURSELF A GAMER IF YOU HAVEN'T PLAYED "PROSTATE EXAMINATION SIMULATOR 4"



Sponsors

