

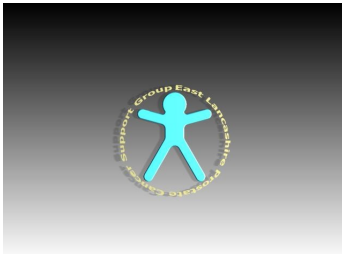
East Lancashire Prostate Cancer Support Group Newsletter



Volume6

Issue 2

Date February 2017



What's Inside

Social Event P1 P2 P3

“ELPCSG Social Event At The Ribches- ter Arms”



What a pleasant way to spend a wet winters afternoon, having a wonderful afternoon tea with friends and colleagues at the Ribchester arms on Tuesday 21st February.

Also present was a representative group from the Bay Group (Lancaster Area). Comments from the Bay Group & pictures of the event follow.

February



Good evening Leon,

On behalf of myself, Eileen and Den, I should like to say thanks for inviting us to the Ribchester Arms afternoon tea. It was a good venue and an excellent tea. It was good to meet yourself and members of your

group along with some from Oldham. Making friends and exchanging

information like this is so important for the success of our respective support groups.

Thank you again,

Graham

Thoroughly enjoyed the afternoon a great very friendly group the finger food was to die for and provision of doggie bags was icing on the cake.

Our journey was not too good with motorway spray making driving unpleasant never the less the driver Graham and his spouse acting navigator Eileen delivered us safely only having to resort to asking a passing rain sodden peasant for directions to the Ribchester Arms. I was impressed with our drivers linguistic skills obtaining the location within seconds. A rough translation of the encounter as follows

Graham "Hello my good peasant woman, can you please direct me to the local hostelry the Ribchester arms "

Damp Peasant Woman " You daft old gobbin its yonder--- no more than a chain hence You should have gone to specsavers

Thanks again for an winters afternoon outing Den





Metastatic Prostate Cancer Death Rates Declining



[Jody A. Charnow, Editor](#)

Renal and Urology News February 16, 2017

Mortality rates from metastatic [prostate cancer](#) (mPCa) are declining, researchers concluded in a poster presentation at the 2017 Genitourinary Cancers Symposium in Orlando, Florida.

The trend may be due to the new and improved treatment options for advanced PCa that have come along in recent years, although lead time introduced by increased use of PSA testing likely is contributing, said lead investigator Thomas Helgstrand, MD, of the University of Copenhagen in Denmark.

Using the Danish Prostate Cancer Registry, Dr Helgstrand and colleagues identified 6874 men diagnosed with de novo metastatic PCa from 1995 to 2011 and stratified them into 3 groups according to the period during which the men were diagnosed: 1995–2000, 2001–2005, and 2006–2011. The PCa-specific mortality rate decreased from 72.8% in 1995–2000 to 63.3% in 2001–2005 and 55.8% in 1995–2011. Other-cause mortality during these periods increased from 11.4% to 15.2% and 17.1%, respectively, the investigators reported.

In addition, results showed that the age at diagnosis significantly decreased by 1 year and mean PSA level at diagnosis decreased significant from 276 to 142 ng/mL.

Compared with patients diagnosed with mPCa in 1995–2000, those diagnosed in 2001–2005 and 2006–2011 had a significant 31% and 47% lower risk of PCa-specific mortality, respectively, in multivariate analysis, according to the researchers.

See more coverage from the [Genitourinary Cancers Symposium](#).

Related Articles

[Skeletal-Related Events Predict Higher Mortality in mCRPC](#)

[Radium-223 With Concomitant Therapy May Prolong Life With mCRPC](#)

[Radiographic Progression of mCRPC Without Rising PSA](#)

[Prostate Cancer](#)

Reference

1. Helgstrand JT, Klemann N, Toft BG, et al. [Survival trends in patients diagnosed with metastatic prostate cancer – a nationwide analysis](#). Data presented in poster format the 2017 Genitourinary Cancers Symposium in Orlando, Florida. Poster Session A Board #F25. Abstract 171.



From Left to Right Hazel Goulding (Treasurer) Leon D Wright (IT Admin) Stuart Marshall (Secretary) Steve Laird (Vice Chairman) Dave Riley (Chairman)

Contact Information

Tel: 07548 033930
E Mail leondwright4@gmail.com

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.

Humour and the doctor-patient interaction: thoughts from a urological perspective

Patient-generated humour can be the most bonding of all in its ability to empower the patient and unite a medical team. ' Nota bene dic doc ' a recent article published in the Canadian Urological Association Journal by Associate Professor Nathan Lawrentshuck describes a patient who strategically placed a poem in his underpants for the team to see prior to his prostatectomy. This is well worth accessing for the full read however ends along the lines of; " But my sex life is on the upwards curve, So hey there buddy can you spare a nerve? " This had the effect of uniting the team to achieve the best outcome for the patient, who was rapt with the positive response from the staff.

Prostate cancer laser treatment 'truly transformative'

By James Gallagher Health and science reporter, BBC News website

20 December 2016

[Health](#)

Professor Mark Emberton explains on Radio 4's Today the significance of new cancer treatment

Exit player

Media caption Professor Mark Emberton explains on Radio 4's Today the significance of new cancer treatment

Surgeons have described a new treatment for early stage prostate cancer as "truly transformative".

The approach, tested across Europe, uses lasers and a drug made from deep sea bacteria to eliminate tumours, but without causing severe side effects.

Trials on 413 men - published in The Lancet Oncology - showed nearly half of them had no remaining trace of cancer.

Lifelong impotence and incontinence are often the price of treating prostate cancer with surgery or radiotherapy.

[Up to nine-in-10 patients develop erectile problems](#) and up to a fifth struggle to control their bladders.

That is why many men with an early stage tumour choose to "wait and see" and have treatment only when it starts growing aggressively.

"This changes everything," said Prof Mark Emberton, who tested the technique at University College London.

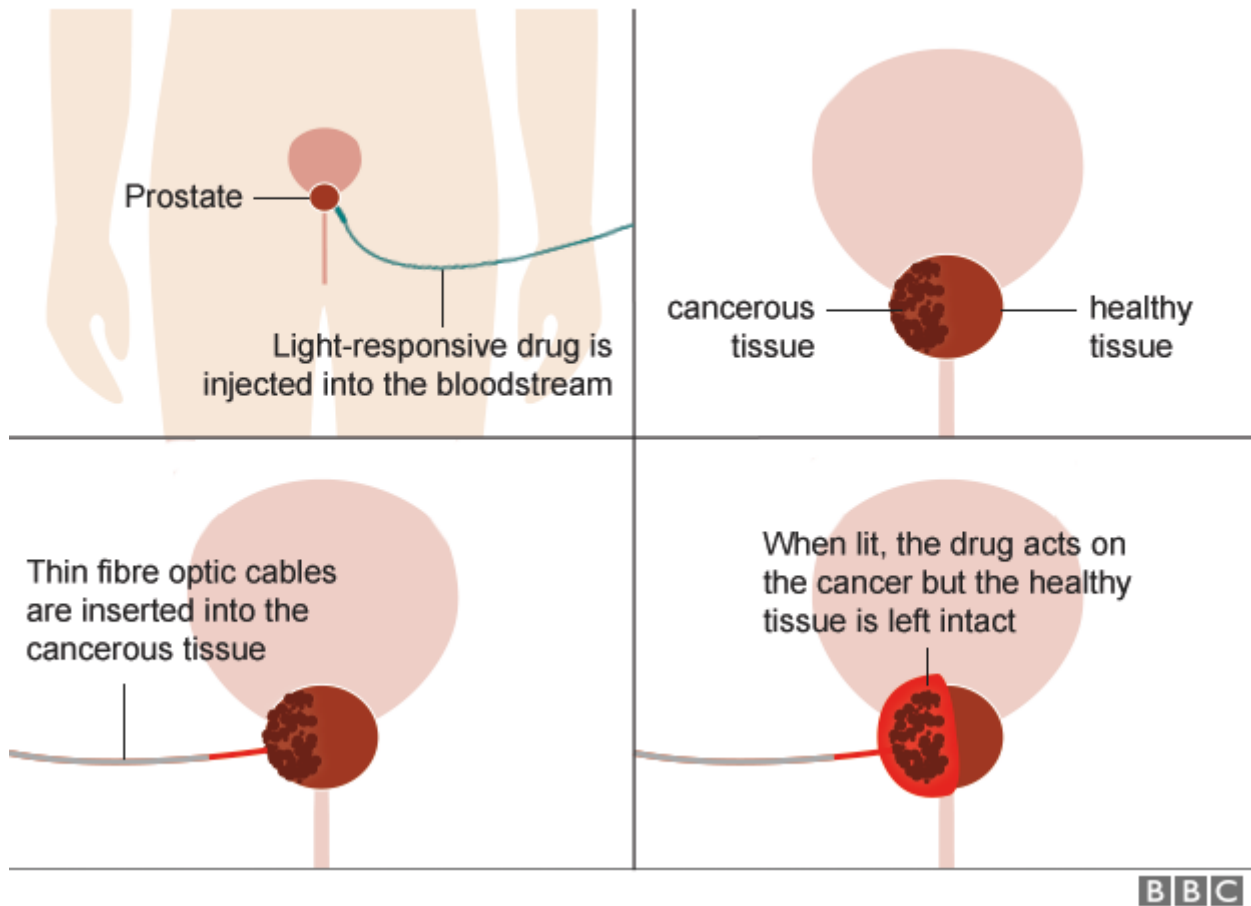
Triggered to kill

The new treatment uses a drug, made from bacteria that live in the almost total darkness of the seafloor and which become toxic only when exposed to light.

Ten fibre optic lasers are inserted through the perineum - the gap between the anus and the testes - and into the cancerous prostate gland.

When the red laser is switched on, it activates the drug to kill the cancer and leaves the healthy prostate behind.

Prostate cancer laser therapy



The trial - at 47 hospitals across Europe - showed 49% of patients went into complete remission. And during the follow-up, only 6% of patients needed to have the prostate removed, compared with 30% of patients that did not have the new therapy.

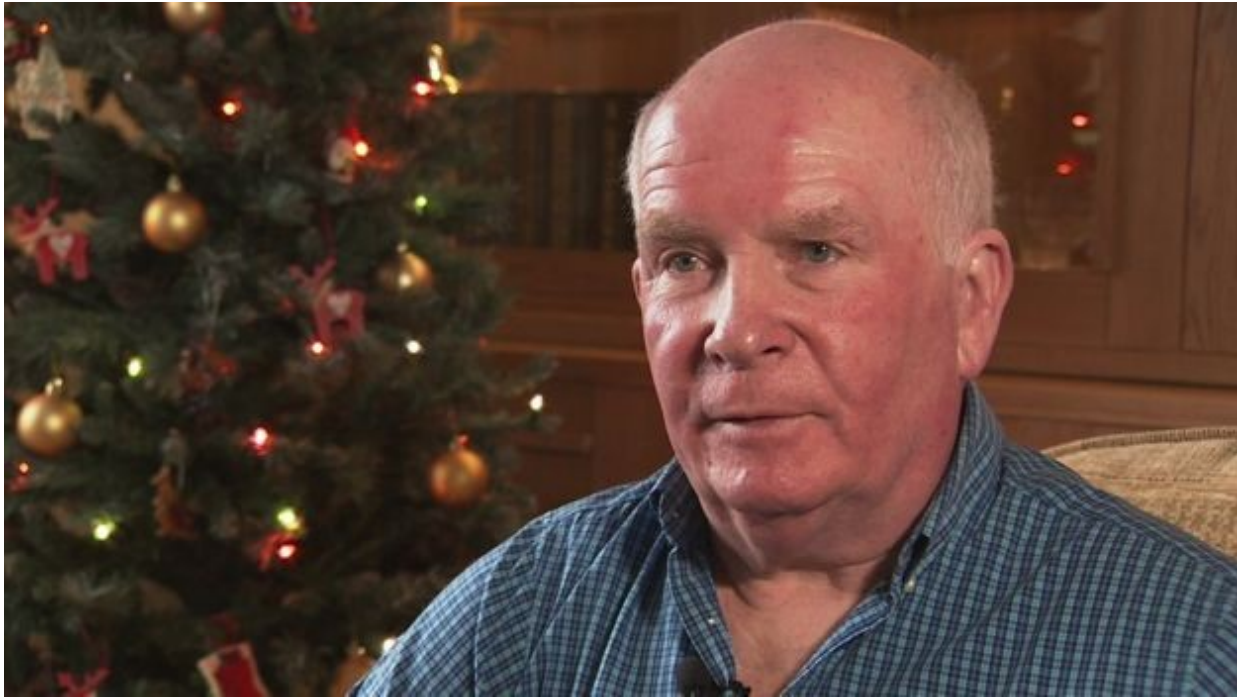
Crucially, the impact on sexual activity and urination lasted no more than three months.

No men had significant side effects after two years.

Gerald Capon, 68 and from West Sussex, told the BBC: "I'm totally cured and free of the cancer.

"I feel incredibly lucky that I was accepted for the trial... I feel that my life ahead is worry free."

He was out of hospital the day after the treatment.



Patient Gerald Capon says he feels incredibly lucky

Prof Emberton said the technology could be as significant for men as the move from removing the whole breast to just the lump in women with breast cancer.

He said: "Traditionally the decision to have treatment has always been a balance of benefits and harms.

"The harms have always been the side effects - urinary incontinence and sexual difficulties in the majority of men.

"To have a new treatment now that we can administer, to men who are eligible, that is virtually free of those side effects, is truly transformative."

11,000 deaths

More than 46,000 men are diagnosed with prostate cancer in the UK each year.

The tumours tend to grow slowly, but still around 11,000 men die from the disease.

However, the new treatment is not yet available for patients. It will be assessed by regulators at the beginning of next year.

Other therapies to kill prostate cancers, such as very focused ultrasound - known as focal Hifu - have a lower risk of side effects.

But these treatments are not universally available.

Dr Matthew Hobbs, from the charity Prostate Cancer UK, said the technology could help men who face the conundrum of whether or not to have treatment.

"Focal therapy treatments like this one have the potential to offer a middle ground option for some men with cancer that has not spread outside the prostate," he said.

Caution urged

He said the next challenge would be to find out which patients should still wait and see, which ones should have this type of therapy, and which should have more invasive treatments.

"Until we know the answer to this question, it is important that these results do not lead to the over-treatment of men with low risk cancer, or the under treatment of men at higher risk."

The technology was developed at the Weizmann Institute of Science in Israel alongside Steba Biotech.