

East Lancashire Prostate Cancer Support Group Newsletter



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UCLA Researchers find Cryotherapy as an effective treatment for men with intermediate-risk prostate cancer

06/30/2020

FINDINGS

UCLA researchers have found that hemi-gland cryoablation, or cryotherapy, is an effective, primary treatment for men with clinically-significant, or grade 2, prostate cancer. Cryotherapy is a centuries-old technique that uses extremely cold temperatures to freeze and kill cancer cells.

In a group of 61 patients with intermediate-risk prostate cancer, researchers found 80-percent of patients had no signs of cancer at

six months and 18 months after cryotherapy treatment. In 10-percent of cases, there was minor residual cancer and a 10-percent failure rate among those who didn't respond to treatment.

BACKGROUND

According to the American Cancer Society, prostate cancer is the most common cancer diagnosed in men in the United States. In 2020, an estimated 191,930 new cases of prostate cancer will be re-

ported, with about 33,330 deaths. Common treatments of low or intermediate-risk prostate cancer include radical prostatectomy, radiotherapy or brachytherapy. Each of these treatments come with varying side effects, fueling research efforts to find if cryotherapy could be a better option.

Cryotherapy, which emerged as a treatment option at UCLA in 2008, is used to treat only the cancerous portion of the prostate,



eliminating cancerous cells while also minimizing damage to vital areas. Cancers treated with cryoablation are considered to be of intermediate risk, meaning the tumor might be observed for a while, but could progress if not treated. Patients who select cryoablation are opting for preservation of quality of life and are watched and checked for recurrence of cancer.

METHOD

For this research, a team of clinical scientists used MRI-guided biopsy – an accurate method of collecting tissue samples from the prostate gland – uniformly across patients before and after treatment. Partial prostate cryoablation was performed on 61 male patients diagnosed with intermediate-risk prostate cancer. The patients all underwent the MRI-guided biopsy before and after the procedure and had follow-ups for as long as 18-months.

IMPACT

A less invasive option than traditional surgical approaches, prostate cryotherapy offers the patient the potential for cure without common side effects including erectile dysfunction, incontinence, or other problems that are a result of a traditional surgery or radiation therapy. There is also a shorter recovery period, shorter hospital stay, less blood loss and less pain.

While these results are very encouraging, physician-scientists note that research on the use of cryotherapy treatment for prostate cancer is still very preliminary considering the long history of prostate cancer, and more research on its effectiveness must be done.

AUTHORS

Co-first authors are Dr. Ryan Chuang, resident physician at the David Geffen School of Medicine at UCLA and Dr. Adam Kinnaird, a fellow in the urology department at UCLA. The senior author is Dr. Leonard Marks, the Jean B. deKernion Chair in urology, clinical professor and member of the UCLA Jonsson Comprehensive Cancer Center. Other authors are listed in the journal article.

JOURNAL

The research is published in the July issue of Journal of Urology.

FUNDING

Funding came from private philanthropy and a series of grants from the National Cancer Institute.

Media Contact

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PCR Meet the Scientists

I hope you and your family have been keeping well. Feels like a long time since we last spoke at our Meet the Scientists event in London back in January.

My colleagues spoke with our researcher Efi earlier this month and I understand that she is still really interested in speaking with your group at the East Lancashire Prostate Cancer Support Group and is happy to do so virtually. Please do let me know if this would be of interest and we can help arrange a Zoom call for your members.

I also wanted to let you know about a new opportunity that we are offering to people with prostate cancer to get involved in an online patient community study focused on understanding the impact of prostate cancer on quality of life.

We are working with a social research agency called Versiti to set up and run an online research community for prostate cancer patients, which may be of interest to your members. Over the course of 2 weeks in early to mid-August, we aim to understand the experiences of people living with prostate cancer, especially those who may be underserved by existing services. It will all be conducted online and people can drop in and out as suits them.

We want to hear from people who have or have had a diagnosis of prostate cancer about what it is like for them and what could make (or could have made) the experience less difficult. This will help us to develop patient information and education activities that help people with prostate cancer to be more informed and more connected, as well as helping to improve quality of life outcomes, and we will seek input from people with prostate cancer on tools that are in development.

By taking part in the online patient community, men with prostate cancer will have the opportunity to share their experiences and learn from others so that they can help make a difference.

It would be great if you could please let your members know about the study and I can send through further information if this would be of interest and happy to talk it through with them. Alternatively, if they would like to just sign up straightaway, they can do so at the following web-page: <https://www.prostate-cancer-research.org.uk/research-questionnaire/>

If you or any of your members have any questions, please do let me know. Looking forward to hearing from you.

Best wishes,

Peter Harrison

Head of Partnerships

0203 330 0749 Prostate Cancer Research Centre Registered Charity No: 1156027 www.prostate-cancer-research.org.uk 23-24 Great James Street, London, WC1N 3ES Facebook: <https://www.facebook.com/ThePCRC/>

Twitter: @ThePCRC

Prostate Cancer Support Groups

BARROW Furness Prostate Cancer Support Group

Region: North West

Catchment area: The Furness peninsular

Venue: Hawcoat Park Sports Club, Hawcoat Lane, Barrow-in-Furness, Cumbria LA14 4HF

Meeting: 2nd Monday each month at 1-3 pm

Contact:

Telephone: Helpline: 0800 035 5302

Email: fpcsg1@gmail.com

Website: www.furnessprostate.com

Notes: This small group of around 20+ people gives advice and information to newly diagnosed men, families and partners

BOLTON Prostate Cancer Support (PCS) Bolton

Region: North West

Catchment area: Greater Manchester, Bolton & Lancashire

Venue: St Lukes Church, Chorley Old Road, Bolton BL1 3BE

Meeting: 2nd Wednesday each month at 2 pm

Contact: John Burston

Telephone: 07818 005479 Helpline: 0800 035 5302

Website: www.prostatecancersupport.org

BURNLEY East Lancashire Prostate Cancer Support Group

Region: North West

Catchment area: Burnley and surrounding area

Venue: Burnley General Hospital, Mackenzie Medical Centre/Library, Casterton Avenue (or Briercliffe Road), Burnley BB10 2PQ

Meeting: 1st Thursday each month 2-4 pm

Contact: Dave Riley

Telephone: 01282 451852 Helpline: 0800 035 5302

Email: riley.d7@sky.com

website: www.elpcsg.com

Notes: 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. We offer a place for free exchange of information and help for those 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.

CARLISLE North Cumbria Prostate Cancer Support Group

Region: North West

Catchment area: North Cumbria Hospital Trust Area

Venue: Morton Manor, Wigton Road, Carlisle CA2 6JP

Meeting: 1st Tuesday each month from 7-9 pm

Contact: Jim Allan

Telephone: 01228 539510 Helpline: 0800 035 5302

Email: james101@talktalk.net

Website: www.ncpcsg.org

Notes: Family and Friends welcome

CHEADLE (STOCKPORT) Prostate Cancer Support (PCS) Group - Cheadle, Cheshire.

Region: North West

Catchment Area: Cheadle, Stockport

Venue: The Hesketh Tavern, 63 Hulme Hall Road, Cheadle Hulme, Cheshire. SK8 6JZ

Meeting: 2nd Monday each month at 1 pm

Contact: Darrell Baguley

Telephone: 0161 474 8222 Helpline: 0800 035 5302

Email: info@prostatecancersupport.org

Website: www.prostatecancersupport.org

CREWE Leighton Hospital Prostate Cancer Support Group

Region: North West

Catchment area: Cheshire,

Venue: Leighton Hospital, Postgraduate Centre, Crewe CW1 4QJ

Meeting: Usually held January, March, May, July, September and November generally second Saturday from 10 am -12 pm

Contact:

Telephone: 07773 968842 Helpline: 0800 035 5302

Email: chairman@prostateleighton.org.uk

DROYLSDEN Prostate Cancer Support (PCS) Droylsden

Region: North West

Catchment area: Manchester, Lancashire

Venue: Salisbury Conservative Club, 60 Ashton Road, Droylsden, M43 7BW

Meeting: 1st Thursday each month at 6 pm

Contact: Steve Wilson

Telephone: 0161 368 8572 Helpline: 0800 035 5302

Email: DroylsPCS@live.co.uk
Website: www.prostatecancersupport.org

GREATER MANCHESTER Out with Prostate Cancer North West

Region: Greater Manchester
Catchment area: Based in Manchester but keen to work with men from any UK mainland area
Venue: Lesbian and Gay Foundation Community Resource Centre, 5 Richmond Street, Manchester M1 3HF
Meeting: First Saturday of each month 2-4 pm
Contact: Bill/Tony/Dave (please mention Out with Prostate Cancer when calling)
Telephone: 07944886043/078417052163/07941271731 Helpline: 0800 035 5302
Email: info@outwithprostatecancer.org.uk
Website: www.outwithprostatecancer.org.uk
Notes: Provides a safe and confidential environment for men and their partners or supporters to discuss their concerns and experiences with other gay and bisexual men dealing with prostate cancer. Trans women affected by prostate cancer are also welcome.

HIGH PEAK (NW DERBYSHIRE) High Peak Prostate Cancer Support Group

Region: East Midlands
Catchment area: High Peak, Derbyshire and surrounding areas.
Venue: Blythe House, Eccles Fold, Chapel en le Frith, High Peak, SK23 9TJ
Meeting: Last Tuesday each month from 5-7 pm
Contact: Louise Furmston
Telephone: 01298 815388 or 01298 875080 Helpline: 0800 035 5302
Email: info@prostatecancerhighpeak.org
Website: www.prostatecancerhighpeak.org
Notes: This is a very well supported and inter-active patient led group offering a place for free exchange of information and help for those affected by Prostate Cancer. Guest speakers are invited to most meetings. .

LANCASTER The Bay Prostate Cancer Support Group

Region: North West
Catchment area: Lancashire
Venue: CancerCare, Slynedales, Slyne Road, Lancaster LA2 6ST
Meeting: 2nd Tuesday each month at 7 pm
Contact: Den Bray or for general information Cancer Care Lancaster
Telephone: Den 01524 35326 or Group phone 07989 232039 Helpline: 0800 035 5302
Email: denbray@hotmail.com
Website: www.tbpcsg.org
Notes: An active group with 35 members.

LIVERPOOL The Men's Group (South Liverpool Support Group)

Region: North West
Catchment area: Liverpool and surrounding area
Venue: 21 Aigburth Road, Liverpool, L17 4LR
Meeting: Last Wednesday each month except December.
Contact: Emma Squibb
Telephone: 0151 726 8934 Helpline: 0800 035 5302
Email: emma@liverpoolsunflowers.com
Website: www.liverpoolsunflowers.com
Notes: The aim of the group is to provide a safe environment for men who have been diagnosed with prostate cancer
to meet and discuss any issues they have. This may be concerns about treatment, how they feel and what happens
next. They also invite the partners to come along; they are able to talk in our relaxation room about the issues and
concerns they have. Four times each year we offer complimentary therapies to all members.

Liverpool Support Group

Region: North West
Catchment area: Liverpool and surrounding area
Venue: May Logan Centre, 294 Knowsley Road, Bootle, Liverpool L20 1DQ
Meeting: 1st Thursday each month 2-4 pm (not January)
Contact: Melissa Rimmer, Specialist Cancer Nurse
Telephone: 0151 529 3484 Helpline: 0800 035 5302
Email: melissa.rimmer@liverpoolft.nhs.uk

OLDHAM Prostate Cancer Support (PCS) Oldham

Region: North West
Catchment area: Oldham
Venue: Werneth Cricket and Bowling Club, The Pavillion, Chamber Road, Oldham, OL8 1AA
Meetings: Last Thursday each month at 6.30 pm
Contact: Susan Richardson
Telephone: 0161 624 7500 Helpline 0800 035 5302
Email: info@prostatecancersupport.org
Website: www.prostatecancersupport.org

PRESTON The Walnut Group

Region: North West
Catchment area: Lancashire
Venue: Vine House, Cromwell Road, Preston, PR2 6YB
Meeting: 1st Wednesday each month from 6 pm
Contact: Colin Piddington
Telephone: 01254 852555 Helpline: 0800 035 5302

Email: walnutgroup@hotmail.co.uk
Website: www.thewalnutgroup.btck.co.uk
Notes: Preston based Prostate Cancer Support Group. Patients, Carers, Family and Friends welcome.

SALFORD Prostate Cancer Support (PCS) Salford

Region: North West
Catchment area: Eccles, Salford, Manchester
Venue: Elm Bank Eccles Masonic Hall, 46 Half Edge Lane, Eccles, Salford M30 9BA
Meetings: 3rd Wednesday each month from 2 - 4 pm
Contact: Brian Robinson
Telephone: 0161 288 0341 mob: 07930 547769 Helpline 0800 035 5302
Email: brirob@ntlworld.com
Website: www.prostatecancersupport.org

SOUTHPORT Southport and West Lancs Prostate Cancer Support Group

Region: Lancashire
Catchment area: Southport and W Lancs
Venue: Hurlston Hall, Southport Road, Scarisbrick, Lancs L40 8HB
Meeting: First Thursday each month (except August) 7-9 pm
Contact: Bev Lean
Telephone: 01704 807945 Helpline: 0800 035 5302
Email: bevplean@hotmail.com
Notes: This is a new group

STOCKPORT Beechwood Prostate Cancer Support Group

Region: North West
Catchment area: Stockport and local area
Venue: Beechwood Cancer Care Centre, Chelford Grove, Stockport SK3 8LS
Meetings: Second Tuesday each month 6-7.30 pm
Contact: Helpline 0800 035 5302
Contact 1: Stephen Wilson 07940 566604 wil8769@hotmail.co.uk

NORTH STAFFS North Staffs Support Group

Region: West Midlands
Catchment area: North Staffs and Stoke-on-Trent
Venue: The Joiners Square Community Centre, Cornes Street (off Leek Road), Stoke-on-Trent ST1 3JA
Meeting: 3rd Wednesday each month at 6pm
Contact: Clive Stevenson
Telephone: 01782 393623 Helpline 0800 035 5302
Email: clivestevenson19@gmail.com
Notes: This group welcomes all prostate cancer patients and their carers.

WIRRAL AND NORTH CHESHIRE
Cheshire

Prostate Cancer Support (PCS) Wirral & North

Region: North West

Catchment area: Wirral, North Cheshire, Liverpool and North Wales

Venue: Trinity Methodist Church, Whitby road, Ellesmere Port, CH65 0AE

Meeting: Last Saturday each month (excl. summer break) at 10 am

Contact: David Powell Tel: 01244 322272 or Jenny Stanger – 0151 384 6387

Telephone: Helpline 0800 035 5302

Email: David.epowell@btinternet.com or jennystanger@live.co.uk

Website: www.wirralprostate.org

Notes: They have 150 members and around 60-70 turn for each meeting. Families and partners are welcome

SOUTH LAKES The Bay Prostate Cancer Support Group

Region: South Lakes

Catchment area: South Lakes

Venue; Cancercare, Blackhall road, Kendal, LA9 4BT

Meeting: 1st Friday each month 9.30- lunchtime

Contact: Den Bray

Telephone 01524 35326

Email: denbray@hotmail.com

Notes: Support, advice and understanding. A friendly group for those affected by Prostate Cancer and their families

BURNLEY Shaping Prostate Cancer Literacy Support Groups

Region: North West, UK-wide and English speaking worldwide.

Catchment: Burnley, but keen to work with men from any English-speaking area

Venue: Zoon, Skye, Facetime, WhatsApp and occasional face-to-face

Meeting : Once a month (more frequent and ad-hoc depending on demands of projects)

Contact: Martin Wells

Telephone: 07764 741366 Helpline: 0800 035 5302

Email: martinuptonwells@talktalk.net

Website: www.shapingpcl.club

Notes: Helping to shape PC Literacy, uncovering, discussing, presenting life-changing info about effects of

PC. Challenging how people access, perceive and use that info. Small group of info explorers. Some

have PC. Use skills and knowledge to help others become more PC literate. Get in touch if you would

like to join a unique group who wish to live happily with a cancer diagnosis.

25 Aug 2020

Tackle 2020 AGM and Conference: “Prostate Cancer Screening and Early Diagnosis” – Tuesday 8 September

This is a reminder that, if you haven't already registered, there are just two weeks to go until our annual AGM and Conference by Zoom. We have an [excellent programme for you](#) with guest speakers followed by a Q&A session. Anybody may attend the Conference - the more the merrier! But... you will need to [register here](#).

Registration for the AGM is different and [can be found here](#). We regret that only one member per group may attend this virtual meeting. Please remember that if you wish to attend both the AGM and Conference, you need to register separately for each event.

We hope we will see you virtually on the day.

Best regards
Ken Mastris



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.

Burnley prostate cancer charity launches home testing kit

Burnley Express By John Deehan

Tuesday, 18th August 2020, 3:45 pm

A Burnley prostate cancer charity has launched a home testing kit following calls from anxious men unable to see their GP.

The PSA home test kit can be ordered through the BKPCA website

Barry Kilby Prostate Cancer Appeal made the decision to cancel all test events planned for this year at the start of Covid-19 pandemic.

This led to a number of men contacting the charity concerned they were unable to continue with their surveillance.

So, in conjunction with the Graham Fulford Charitable Trust, BKPCA has now launched a PSA home test kit.

The small finger prick test can be ordered online and performed in the comfort of a person's home.

A spokesman for BKPCA said "We were really disappointed we had to make this decision but we thought it was the most sensible and responsible course of action to take due to the Covid-19 pandemic.

"However, during the last few months we have been contacted by men who have found

that due to Covid-19 their own GP's and hospitals weren't carrying out tests.

"They were unable to continue with their surveillance and were insisting they needed help.

"These men were very anxious and needed a solution to their problem."

Anybody who requires a test should visit <https://bkpca.mypsatests.org.uk/> Those already registered on the website from previous test events can log in and order a kit.

The kit will arrive in a few days with full instructions and a pre-paid envelope to send samples for testing.

Participants will receive an email a few days later notifying them that the results are ready to access.

The charity is hoping to announce the recommencement of testing events soon.

Keep up to date through www.thebkpca.com as well as social media sites www.facebook.com/BKPCA www.twitter.com/BKPCAappeal

Afternoon Tea Invitation

At The Kettledrum

Red Lees Road

Cliviger

Dear all, due to fact that this November it will be our groups 10th anniversary . But due to the current Corvid19 situation it is very unlikely that we will be able to meet in our usual venue the hospital's Mackenzie Suite. We have made enquiries at the Kettledrum (Red Lees road Cliviger) for an 'afternoon tea ' 2-4pm on Thursday 5th November. Social distancing will be of course be observed. However this will have to be booked beforehand along with exact numbers .

There will be no cost to members who attend on the day.

Sage 1. What we therefore require at this moment in time are the names, number of places needed along with their contact phone number and email address from all those that are interested.

Please send to. riley.d7@sky.com

to book your place/ places.

Stage 2 . Nearer the date we would like a cheque for £10 per person made out to the group E.L.P.C.S.G. posting to Stuart (Group Sec.).

Details and address supplied later.

Please note, it is our intention to return the cheques back on the day to all that attend .

Kind regards, Dave R.