

# East Lancashire Prostate Cancer Support Group Newsletter



Volume 8

Issue 12

Date December 2019



## December Knees up Meeting 2019

### What's Inside

December Knees Up P1 P2

Tackle Miscellaneous P3

Screening Test in sight P4 P5

Study Supports PSA Screening P6



Yet another year passes with a well attended December meeting . Party time it was with entertainment provided by our very own entertainer Glen Southworth & East Lancashire singer/song writer Jeff Stewart who delivered a fantastic show consisting of comic songs and stories, as he says all with a good dollop of nostalgia.

**A Fantastic event!**

More Photos on  
Page 2



Please note due to the first Thursday in January falling on the 2nd there will be no meeting on that day, so the next meeting will be Thursday February 6th 2020.

Merry Christmas and a Happy new Year from the crew @ ELPCSG





# Tackle Miscellaneous

16 Dec 2019

Dear Dave

As we near the end of the year, I would like to bring the following to your attention:

## ***Surveys and Trials.***

Macmillan Cancer Support are looking for people living with cancer who are claiming benefits. If you are interested in helping them, you can read more [here](#).

Caterina Gentili, a PhD student, is conducting an online survey aiming to shed more light on the daily experience of men diagnosed with prostate cancer who are currently undergoing hormonal therapy (ADT). If you are interested in helping her, you can read more [here](#).

## ***Tackle Publications***

We are pleased to report that:

[Knowledge Empowers](#) has been extensively updated and is at the printers. We are very grateful to everybody who has contributed to this new edition particularly PCaSO. Copies will be available in the New Year.

There is a new addition to the [Manversation range of booklets](#) called "Sons and Daughters". Also, the "Women" edition has been revised and a new version is also available. We are very grateful to Bayer for their support of these booklets.

If you would like these booklets or any others [in our range](#), please email me at [info@tackleprostate.org](mailto:info@tackleprostate.org).

## ***Tackle Small Grants***

We are now accepting applications for small grants of up to £500. To find out more about the sort of thing we will fund and to download an application form, please [see our website](#). The closing date for receipt of applications will be 31 January 2020. Please note that grants to members are limited to one every 12 months.

## ***Prostate Matters***

The next issue of Prostate Matters will be published in February. If your group has held any events or done anything which you think would be of interest to our members, then please [email the editor](#) with your article and any high resolution pictures to illustrate it before 8 January 2020.

Wishing you all a very Happy Christmas and Healthy New Year.

Simon

Simon Lanyon  
07977 144 020

# *Prostate cancer screening test*

## *'in sight'*

By Prof Mark Emberton Professor of Interventional Oncology, UCL

17 December 2019

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.

"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 an 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."

# *Study Supports PSA Screening for Male BRCA2 Carriers*

*www.renalandurologynews.com November 27 2019*

( HealthDay News ) — Systematic prostate-specific antigen ( PSA ) screening is advised for men who are carriers of the *BRCA2* mutation, which is associated with a higher incidence of prostate cancer, younger age at diagnosis, and clinically significant tumors, according to the interim results of a study published in the December issue of *European Urology*.

Elizabeth C. Page, from the Institute of Cancer Research in London, and colleagues evaluated the utility of targeted prostate cancer screening using PSA in men with pathogenic, germline *BRCA1/2* mutations and controls ( 919 *BRCA1* carriers, 709 *BRCA1* noncarriers, 902 *BRCA2* carriers, and 497 *BRCA2* noncarriers ).

The researchers found that after 3 years of screening, 527 men had PSA >3.0 ng/mL, 357 biopsies were performed, and 112 prostate cancer cases were diagnosed ( 31 *BRCA1* carriers, 19 *BRCA1* noncarriers, 47 *BRCA2* carriers, and 15 *BRCA2* noncarriers ). In *BRCA2* carriers, the cancer incidence rate was higher than in noncarriers ( 19.4 vs 12.0 per 1000 person years ). *BRCA2* carriers were diagnosed at a younger age ( 61 vs 64 years) and were more likely to have clinically significant disease compared with *BRCA2* noncarriers ( 77 vs 40% ). There were no differences in age or tumor characteristics between *BRCA1* carriers and *BRCA1* noncarriers. Compared with PSA alone ( area under the curve, 0.65 ), the 4 kallikrein marker model discriminated better ( area under the curve, 0.73 ) for clinically significant cancer at biopsy.

“ We recommend that male *BRCA2* carriers are offered systematic PSA screening, ” the authors write.



## Contact Information

Tel: 07548 033930  
E Mail [elpcsginfo@virginmedia.com](mailto: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.

*Merry Christmas & a Happy New Year to You All!*

