

# East Lancashire Prostate Cancer Support Group Newsletter



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Date

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Next Meeting 3rd October  
2019



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**Sent:** 20 August  
2019 12:22

Hello,

I just wanted to make you aware that we will be running our first Macmillan HOPE course in November this year at Royal Oldham Hospital. HOPE (Help to Overcome Problems Effectively) is a health and lifestyle coaching course for

people with a cancer diagnosis. It can help build confidence and boost wellbeing after cancer treatment whilst supporting people to adjust to life after cancer, or to live well with the disease. Topics covered on the course will include managing fatigue, managing anxiety, fear of recurrence, mindfulness and other helpful tools for wellbeing. This is a six week course, with weekly sessions lasting 2.5 hours each.

I wonder if it would be possible to circulate this around your pa-

tient networks for anyone is interested. Following the first course in November, we also hope to continue running the course at other times and locations so we encourage anyone interested in the course to get in touch. Please find the poster attached containing all the details.

If you have any questions, please do not hesitate to get in touch.

Thanks,  
**Hannah McKearnen**  
Macmillan Information  
& Support Service  
Coordinator

# HOPE COURSE FOR PEOPLE LIVING WITH CANCER

**HOPE (Help to Overcome Problems Effectively) is a health and lifestyle coaching course for people with a cancer diagnosis.**

**It can help build confidence and boost wellbeing after cancer treatment whilst supporting you to adjust to life with or after cancer.**

The Northern Care Alliance will be running this free course in November. The course will take place on Wednesday mornings over 6 consecutive weeks from 6th November at The Royal Oldham site.

Partnering with



Northern Care Alliance  
NHS Group

**MACMILLAN  
CANCER SUPPORT**

**For more information or to book onto the HOPE course call the Macmillan Information and Support Centre on 0161 604 5244 (internal: 45244) or email [macmillan.infocentre@pat.nhs.uk](mailto:macmillan.infocentre@pat.nhs.uk)**

# *Bring mushrooms onto your plate, it may help cut prostate cancer risk*

"Since information on mushroom species was not collected, it is difficult to know which specific mushroom(s) contributed to our findings. Also, the mechanism of the beneficial effects of mushrooms on prostate cancer remains uncertain," said lead author Shu Zhang, PhD, of the Tohoku University School of Public Health in Japan.



WASHINGTON DC: A new study suggests that mushroom consumption by middle-aged and elderly men can reduce their chances of developing prostate cancer.

A total of 36,499 men, aged 40 to 79 years who participated in the Miyagi Cohort Study in 1990 and in the Ohsaki Cohort Study in 1994 were followed for a median of 13.2 years, reported the study published in the International Journal of Cancer.

During follow-up, 3.3 per cent of participants developed prostate cancer. Compared with mushroom consumption of less than once per week, consumption once or twice a week was associated with an 8 per cent lower risk of prostate cancer and consumption three or more times per week was associated with a 17 per cent lower risk.

# Eating chicken increases risk of prostate cancer (Study)

By Standard Reporter | Updated Sep 09, 2019 at 15:23 EAT

A study conducted by researchers from Oxford University has linked chicken consumption to increased risk of blood cancer and prostate cancer in men.

Around 475,000 Britons were tracked for a period of eight years (2006-2014) and their diets were analysed alongside the illnesses they suffered from.

23,000 of them developed cancer and chicken intake was positively associated with malignant melanoma and prostate cancer.

'Poultry intake was positively associated with risk for malignant melanoma, prostate cancer and non-Hodgkin's lymphoma', according to the paper published in the Journal of Epidemiology and Community Health.

It is important to note that the research was an 'association study' meaning it does not focus on the reasons why poultry intake increases cancer risk but only shows the correlation between the two.

Back home, recently, Kisumu Governor Prof Anyang Nyong'o urged the nation to invest more in research as opposed to building cancer centres in Kenya.

Nyong'o appreciated efforts the government was making towards constructing cancer centres but said having cancer experts would be more helpful.

He spoke about his journey with cancer and said having experts in various types of cancer would go a long way in ensuring the country does not lose more people to the disease.

"What is important is getting people who are specialized in different types of cancer. In developed countries we have specialists, we need to focus research, education and specialization.

"The big job is training and research. Universities should collaborate with counties and work together to develop human resource.

"With cancer centres only we'll not get it right- it is important but we need to stop myths so that we deal with real issues," said Nyong'o.

## Minutes of meeting Thurs 1<sup>st</sup> August 2019

### Mackenzie Centre, B.G.H 2-4pm

Present: 19 people but unfortunately no Specialist Nurse at this meeting.

Dave, Chairman opened the meeting by reading the Minutes of the July Meeting and speaking about matters arising. He read out an article from the paper regarding the saving of a life. Basically it was about a man's life being saved by having a blood test at Portsmouth Football Club by the Barry Kilby Cancer Appeal. A discussion took place about the value of having regular blood tests and Dave told the group that he and Stuart had done a talk at Burnley Pendleside Rotary Club about Prostate Cancer in general and the advantages of men having a PSA blood test with a view to early detection. This generated a discussion about Doctor's being against PSA testing. Dave mentioned that the PSA test is not perfect, but is the only thing we have at present and is the first step to detection of Prostate Cancer and we know that it saves lives.

Stuart told the meeting we will have a speaker (Carl, Clinical Nurse Specialist) for the September Meeting and a speaker for the October meeting who is a colleague of Nicole our new Cancer Care Co-ordinator.

Dave told us that he had an e-mail from Graham Fuford with some exciting news about Online Registration and Result Obtaining. Graham Fulford is hoping to organise a conference in November to explain the benefits of this scheme. More news will be given as and when we receive it.

Dave read out an e-mail from his "friend" from Pilkington Glass on his musings about Prostate Cancer. Basically he now has a lot of information about Prostate Cancer which he didn't know was out there. Colin gave a short talk about the different treatments available in response and hopefully all our members will find this information out by regularly attending our meetings.

There is to be an afternoon tea and get together for our members on Thursday, 15<sup>th</sup> August at the Ribchester Arms at 3.00 p.m. Anyone interested can put their names on a paper which is being circulated.

A letter was read out from Jim Marginson that he had sent in February about his condition at the time. We never received the letter because of Web Site changes & we felt very bad because we now know that Jim died in May. He was knowledgeable about his condition & often helped members.

Colin from France is having his bladder removed on 6<sup>th</sup> August. We will hopefully update in Sept.

Dave read out a beer mat entitled "Third Nut" he had found in Wales & some of the statistics on it said FACTS: 1 in 4 black men & 1 in 3 with family history will get Prostate Cancer. If you have any concerns whatsoever about Prostate Cancer you will find out information at our meetings. This generated a discussion about whether it would be feasible for us to design a beer mat for this area and inform people of our presence.

**BREAK FOR BREW – The Raffle made £32.00**

In the 2<sup>nd</sup> half of the meeting we showed a video on active surveillance. A discussion ensued on the benefits of active surveillance. Next Meeting will be 5<sup>th</sup> September at the McKenzie Library 2.00 pm.





## 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.