

Norfolk & Waveney Prostate Cancer Support Group NEWSLETTER

Issue No 10

June 2006

Cryo-ablation Therapy Trial Appeal – A Fine Result

We exceeded our £15,000 target – as mentioned elsewhere – and were also successful in being awarded an £8,000 research grant by the Prostate Research Campaign UK.

These funds have enabled us to cover the cost of the Support Template (essential equipment) and also to sponsor the cost of the disposable items for the first two patients to receive this treatment at the Norfolk and Norwich University Hospital.

The trial will now commence this summer, having been approved by the NNUH Director of Strategy, Anne Osborn, and the Technical Assessment Committee.

Mr Edwin Ho, Consultant Uro-oncology surgeon, will begin specialist training in Holland early next month, with his colleague, Mr Robert Mills, following later.

This has been a tremendous result for the Group, particularly

with difficult financial restraints in the NHS at present, and we feel sure it will bring benefits to Prostate Cancer patients who are eligible to undergo this treatment.

It would not have been possible without the support and dedication of Prostate Cancer patients themselves, and the general public in Norfolk.

Thank you all,

David Haines, Chairman

What is Cryo-ablation for Prostate Cancer ?

Cryo is freezing; **ablation** is the removal of diseased tissue from the body. **Cryo-ablation** therapy is a method of freezing the prostate gland to such a low temperature that the tissue (including cancer cells) dies.

Who are the most suitable candidates for Cryo-ablation of the Prostate?

■ **Follow-up Treatment**

Patients who have had radiotherapy, but later have a recurrence of Prostate Cancer; it is not then possible to have further radiotherapy or surgery. For some patients, cryo-ablation is the best treatment to stop the cancer developing further.

■ **Initial Treatment**

Cryo-ablation may become an initial treatment of choice for patients who have

organ-confined Prostate Cancer or those who have minimal spreading beyond the prostate.

What does Cryo-ablation therapy offer?

- a minimally invasive procedure
- favourable success rates
- low complication rates
- a short recuperation period
- procedure can be repeated if the first cryo-ablation has failed
- for patients who have cryo-ablation as their initial treatment, radiation therapy or radical prostatectomy are still options if the procedure fails
- less than half the cost of the traditional treatments.

And the side effects?

As with other treatments for Prostate Cancer, side effects can include incontinence and impotence.

Also in this Issue

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- *Big C Family Support Centre – would you like to be a Volunteer?*
- *National Conference in November*
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Big C Prostate Project



We will cover Big C's wonderful new Family Support Centre at the NNUH in a future issue. Meanwhile, to remind you of Big C's core function, and how it affects us ...

The Prostate Project

Prostate cancer is now the most commonly diagnosed cancer in European males. In the UK alone there will be over 21,000 new cases this year and on average one in fourteen of us will develop the cancer during the course of our lives. Although far more prevalent as a slow growing tumour in older men, it can be aggressive and in need of active treatment, particularly when it occurs in young men.

The research institutions in Norwich are now becoming nationally recognised as being at the vanguard of research into this form of cancer. Local patients are getting involved too, with more than 300 men donating tissue for analysis at the Norwich and Norfolk University Hospital. To

build on this commendable community contribution the Big C launched its **Prostate Project** in 2003 to raise funds to enable this vital work to continue.

For the past five years the University of East Anglia, in a collaborative project with the Norfolk and Norwich University Hospital, has been investigating cancerous cells in an attempt to identify the triggers that cause the disease to advance. The ultimate goal of the project is that the results will lead to new methods of treatment which will target the tumours more effectively.

"We are fortunate that in Norwich we have The Big C; a charity which is well known for the large amounts of money it has raised for cancer care in the county" – Krishna Sethia, Senior Consultant at the Norfolk and Norwich University Hospital, who is working in collaboration with Professor Dylan Edwards at the University of East Anglia on the Prostate Project.

Big C Needs You!

Speaking of Big C, the new Family Support Centre is still looking for volunteers to spend an hour or two a week chatting to visitors and generally helping out.

Anything we can do to cater for visitors with prostate cancer – and their families – would be much appreciated.

If you think you can help out, please contact Charlotte Kippin on 01603 286060, or by e-mail: charlotte.kippin@nnuh.nhs.uk.

Charlotte is co-ordinating a list of volunteers from the various cancer support groups working with the NNUH.

The Family Support Centre is currently open on Mondays, Wednesdays and Fridays – and hopes to open each day from Monday to Friday beginning in July, when additional volunteers have been recruited.

National Prostate Cancer Conference – "Pioneers in Practice: From Innovation to Reality"

The third national conference will take place on Friday 3rd November 2006 at the Olympia Conference Centre in London.

It is organised by the Prostate Cancer Charity (www.prostate-cancer.org.uk).

The conference is a unique opportunity for everyone concerned about prostate cancer, and wanting to achieve the best outcomes for people affected by the disease, to come together to hear and discuss the results of ground-breaking research and treatment.

Topics covered will include:

- Setting standards in prostate cancer – what role the Healthcare Commission?
- Ground-breaking research on the role of specialist nurses
- Prostate cancer screening – how close?
- The Guy's Hospital one-stop service – a model for the future?
- The role of lifestyle and diet in prostate cancer
- Awareness raising campaigns – do they work?

Information on how to register your interest will be in the next Newsletter.

In Praise of Nagging Wives

“A doctor’s gloved finger is less frightening than an early death”

Siobhan Toman, writing in *BBC News Interactive*, said that her father only found out he had prostate cancer because he has a nagging wife.

With no obvious symptoms – and doctors who dismissed his initial approach for a test – he could have left it until it was too late.

While on holiday in Australia, her mother happened to read an article about the symptoms of prostate cancer – one of which was frequent nocturnal trips to the toilet.

In spite of his claim that it was down to too much Aussie beer, when they got back to London she sent her husband off to the doctor – who said he had no real symptoms and was too young for prostate problems (at 57) so did not need to be tested.

Siobhan’s prudish father, Edward, was extremely relieved, having heard gory stories about prostate tests and being understandably reluctant to submit to them.

Luckily, a few months later, his wife’s nagging sent him back to the GP. He was given a PSA test, which showed a raised level, but was told that it was likely to

be just an infection, and he was given antibiotics.

But his PSA still remained high, so a few months later the dreaded **digital rectal examination** and a painful **biopsy** led to prostate cancer being diagnosed.

It was aggressive, but contained within the prostate, so the best treatment option was surgery.

He had a successful radical prostatectomy.

Nagging campaign extended

After her father was diagnosed, Siobhan’s mother extended her campaign and told his three brothers to get themselves tested – one of them found that he also had prostate cancer.

Editor’s Note

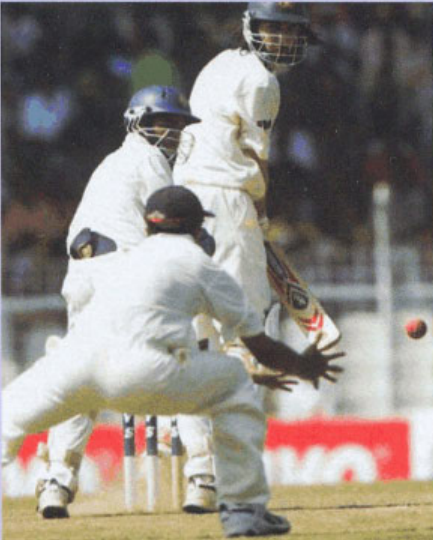
This story strikes a chord because I also benefited not just from a nagging wife but also from a nagging doctor. When I was 57, my wife insisted that I see the doctor about symptoms that were very similar to Edward Toman’s. Unlike his doctor, mine was keen to embark on further tests. When I delayed making an appointment, she took the trouble to write to me, politely but firmly insisting that I get down to the surgery ASAP. A few months later, like Edward Toman, I had a successful radical prostatectomy.

New Leaflet

**Norfolk & Waveney
Prostate Cancer Support Group**
Registered Charity No. 1108384
Patron: Martin Bell O.B.E.
www.prostatesupport.org.uk

AWARENESS INFORMATION SUPPORT

**Over 45? Prostate Cancer –
Don’t Get Caught Out!**



The aim of the Group is to inform and support men with Prostate Cancer – and to alert men who may have Prostate Cancer, and advise on what they should do about it

This leaflet tells you about:

- Warning signs
- What we do
- Some useful links
- How to contact us

Our new 6 page leaflet is now available. It includes a section on **Do I have Prostate Cancer?** aimed at increasing awareness, which outlines the various **warning signs** men should look out for.

Can you help to distribute the leaflets?

Ideally, they should be displayed in doctors’ surgeries, libraries, barber shops, pubs, etc.

Please let us know how many leaflets to send you (at no cost).

If you can help, telephone David Wiseman, Mailing List Secretary, on 01603 260539; or write to him at 14 Manor Close, Taverham, Norwich, NR8 6UB.

Many thanks.

A Big Thank You

The following donations have been received since our last newsletter:

	£
RAOB Norwich – in memory of Wally Savage (<i>see below</i>)	1,750.00
Mrs B Savage – Funeral collection in memory of Wally Savage	1,096.00
Mr & Mrs Trowse (Golden Wedding)	360.00
In memory of Mrs K Allen	305.00
Ray & Vera Allen	150.00
James Hayward (Halesworth) – Bookshop collection	50.00
Norwich Table Tennis League – in memory of Gerry Robinson	30.00
Mr R Hogg – in memory of Gerry Robinson	10.00
Mr D A Watchman	25.00
Mr D Neve – with thanks to James Paget Hospital	20.00
Mr & Mrs Rix	20.00
Mrs H Downes – in memory of Michael	10.00
Meeting collection	26.38

Our sincere thanks to all those who have helped us during the past six months. We have exceeded our target to provide the £15,000 support costs for the Cryo-ablation therapy trial, and this appeal is now closed.

This year we are hoping to further develop our Support activities to Prostate Cancer patients and their families, and future donations will be used for that purpose.



Presentation of £1,750 donation by Royal Antediluvian Order of Buffaloes (RAOB) From left: Bro Lindsay Thompson ROH, retiring Provincial Grand Primo; Nancy Thompson; David Haines, our Group Chairman; Stan Thompson, our Group Secretary; Yvonne Haines; Bro John Alger ROH, Provincial Grand Primo.

The donation was in memory of Wally Savage, a long serving member of the RAOB and a member of our Group.

Dates for your Diary

Monday, 7 August – 7pm
Open Meeting, NNUH

Monday, 2 October – 7pm
Open Meeting, NNUH

Friday, 1 December
Gala Dinner – Big C /
Norfolk & Waveney
Prostate Cancer Support
Group – Maids Head Hotel,
Norwich with Martin Bell

Monday, 4 December – 7pm
Christmas Open Meeting
and Raffle, NNUH

Details of Speakers to be
advised.

How to Contact Us

Write to:

Norfolk & Waveney Prostate Cancer Support Group,
c/o Urology Department,
Norfolk and Norwich University Hospital,
Colney Lane, Norwich, NR4 7FP

Telephone the Specialist Nurses:

Sallie, Claire or Wendy,
Specialist Uro-oncology Nurses,
Norfolk and Norwich University Hospital
01603 289845

Angie or Wendy,

Specialist Uro-oncology Nurses,
James Paget Hospital
01493 453510

Committee / Help:

01603 881213,
01603 713463
or 01328 862927

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Visit our website:

www.prostatesupport.org.uk