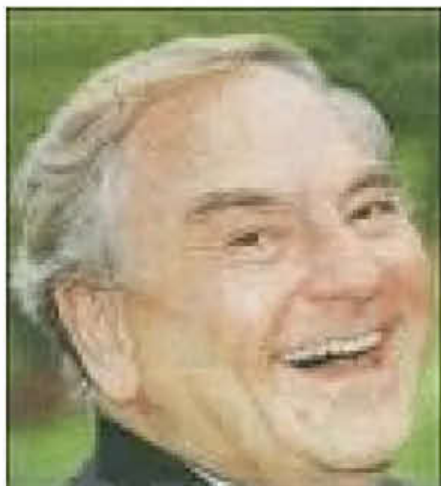


Norfolk & Waveney
Prostate Cancer Support Group
NEWSLETTER

Issue No 17

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Bob Monkhouse is Back!



Bob Monkhouse, the comedian known for his cheesy smile and quick-witted humour, has been brought back from the dead to raise awareness of the cancer that killed him four years ago.

With the help of a body double, a voice-over artist and the latest computer technology, the former game show host fronts a new television and cinema campaign to fight prostate cancer.

In the advert, which took nine months to make, Monkhouse wanders through a graveyard and explains how he died – while dropping his characteristic one-liners.

"Just when you thought it was safe to turn on your TV again, here I am. Gosh, four years already, doesn't time fly," he says.

He then repeats his favourite joke about how he wanted to die like his father, "quietly in his sleep, not screaming and terrified like his passengers", before urging viewers to donate to the Give a Few Bob campaign, run by the Prostate Cancer Research Foundation.

"What killed me kills one man per hour in Britain; that's even more than my wife's cooking," he says. "Let's face it, as a comedian, I died many deaths. Prostate cancer, I don't recommend. I'd have paid good money to stay out of here, what's it worth to you?"

Prostate cancer is the most common male cancer in the UK, killing 10,000 men every year. Doctors predict that it could become the most common form of the disease in Britain in the next 20 years. It is almost as common as breast cancer but receives only a fraction of the research money.

Monkhouse's wife Jackie, 70, said that her husband would have found the new campaign very funny. "Bob would have loved this ad. It's funny but has a serious message about the threat of prostate cancer," she said. "They've done a fabulous job bringing my Bob back."

You can see the video at www.giveafewbob.org



YOUR PROSTATE CANCER SUPPORT GROUP NEEDS YOU!

You are IT literate, and could help Dave Cole to maintain and improve our website.

If you can spare a few hours a month, please contact Dave on middlegate@aol.com or 01728 648244.

Now It's Cauliflower and Broccoli...

Eating cauliflower and broccoli twice a week can almost halve a man's chances of developing the most life-threatening form of prostate cancer, a new study claims.

The research shows that eating the vegetables can reduce dramatically the risk of an aggressive tumour.

Cauliflower can cut the chances of developing the cancer by 52 per cent, while broccoli can reduce the risk by as much as 45 per cent, the researchers said.

Although the two vegetables have long been thought to protect against the disease, this is the first study to show they are particularly good at preventing dangerous forms of prostate cancer. The same study showed that other fruits and vegetables did not have the same impact.

A team of scientists, led by experts at the US National Cancer Institute, came up with the findings after tracking 29,000 men over a four-year period. All were regularly screened for signs of prostate

cancer. Researchers also monitored their eating habits, particularly their intake of different vegetables.

The results cast doubt on whether foods such as tomatoes, which have been touted as having powerful anti-cancer properties, really have any effect on the disease. But the researchers noticed that the numbers diagnosed with fast-growing tumours likely to spread through the body were much lower in men who ate broccoli or cauliflower at least once a week. The vegetables are thought to be rich in compounds that protect against damage to DNA.

The researchers wrote: "One way to reduce the burden of this disease may be primary prevention through increased consumption of broccoli and cauliflower."

Cancer Research UK welcomed the findings and said vegetables such as broccoli and cauliflower could also help reduce the risks of different cancers.

... and Watch Your Cholesterol!

Men with high cholesterol levels are twice as likely to develop prostate cancer.

Italian researchers, who also found a link between the development of gallstones and the cancer, said the link was strongest in those men with more than average cholesterol levels in their blood at earlier ages.

Experts and charities said the work helped to explain why prostate cancer was increasing in the West and they underlined the importance of eating healthily.

Men with prostate cancer were around 50 per cent more likely to have had high cholesterol levels. And the association was

somewhat stronger for men whose high cholesterol levels had been diagnosed before they were 50 and for men over 65, where there was an 80 per cent greater likelihood of high cholesterol levels.

It was also found that prostate cancer patients were 26 per cent more likely to have suffered from gallstones, with an apparently higher relationship in thinner men.

The researchers said hormones called androgens, which can stimulate the growth of prostate cancer cells, are created from the "building blocks" of cholesterol. This suggested a possible biological relationship between high cholesterol and prostate cancer.

Gallstones are also related to high cholesterol levels and are often composed of cholesterol. The direct relationship found between gallstones and prostate cancer suggests a similar biological mechanism may explain the link.

Chris Hiley, of the Prostate Cancer Charity, said: "This may help to explain why prostate cancer is common in the westernised, developed world.

It also suggests that if men make lifestyle changes and adopt a healthy, low cholesterol diet it might reduce their risk of prostate cancer."

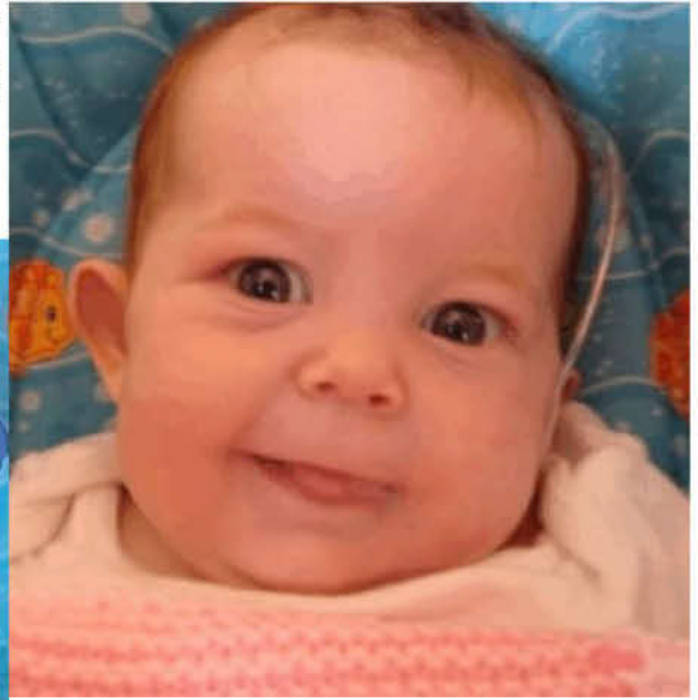
Editor's Note

As most of the readers of this newsletter already have prostate cancer, you may not care much for suggestions on how to avoid it! And I was being force-fed cauliflower and broccoli by my wife for many years before I developed prostate cancer... But I am often asked about prostate cancer – as I'm sure many of you are – so it is as well to be up on current thinking and research.

A Warm Welcome to Sallie's Baby Rose

Here are some irresistible pictures of Sallie Jermy's Baby Rose, who was born on 9th May. She has had a tough time of it, with several operations and being in intensive care for over two months.

But she takes after her mother, and is unstoppable!



She is now at home and doing very well. Our best wishes to Sallie and her family.

That Mid Summer Outing



As you can see, a good time was had by all on our Group's first ever social event, when we cruised down the Norfolk Broads in June. And the stiffest drink was tea without sugar...

Many thanks to Dave Cole for all his hard work in organising the boat trip.

A Big Thank You

We continue to receive donations, and thank all those concerned for their support. Acknowledgements are extended to:

	£
Ray & Vera Allen's July Car Boot Sale	800.00
In memory of Mr Hedley Hilton from Hazel Hilton	220.00
John Jarrold Trust	200.00
Mr & Mrs L Phillips (Birthday)	200.00
In memory of Jack Newlands from G Bush	190.00
In memory of Bertie Smith	65.00
Mr & Mrs Chandler	30.00
Mrs A Large	25.00
Mr & Mrs A Hardwick	20.00
Mr & Mrs D Spindler	20.00
Mr G Ward	20.00
Margaret Cherry	10.00
Mr A C Chesham	10.00
Mr & Mrs Greengrass	10.00
Mrs W Rance	10.00
Mrs D Randall	10.00
Mrs S Ward	10.00
Mr M Wright	10.00
Open Meeting at JPH on 4 th June	11.50

Dates for your Diary

Monday 3 September 7-9pm

Support Group Committee Meeting, NNUH

Wednesday 5 September

Wednesday 3 October

6.30-7.30pm

**Radiotherapy Department
Open Evening
Colney Centre, NNUH**

Monday 1 October – 7-9pm

Open Meeting, East Atrium, NNUH

Dr Ian Gibson, MP, Chairman of the All Party Parliamentary Group on Cancer, on ***How the National Cancer Plan Impacts on Prostate Cancer***

Gift Aid

We would like to encourage everyone who has made a donation to complete a Gift Aid Form. To date, we have been able to reclaim a useful **£350.09**. If you would like a Gift Aid Form, just contact us (see below).

CASODEX – IMPORTANT NOTICE!

Are you being treated with Casodex? If so, please check your latest carton of medication. If it is in a carton of French origin, return it at once to your Chemist. Some Counterfeit medication – which is below the specified strength – has been inadvertently purchased by the NHS. For more information and advice, ring 01582 837837.

How to Contact Us

- **Write to:**
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