
Norfolk & Waveney Prostate Cancer Support Group

Registered Charity No. 1108384

Newsletter no 34 July 2011

Patron: Martin Bell OBE

'Meet & Chat' Evenings

In the last Newsletter, I told you that the Committee had agreed, for an experimental period to hold a couple of 'Meet & Chat Evenings', primarily directed towards newly diagnosed prostate cancer patients.

The first of these evenings was held in the relaxed, non-medical environment of the Big C Support & Information Centre, at the Norfolk & Norwich University Hospital, on Monday 6 June

There was quite a good turnout and I am sure that all those who attended will agree with me that it was a very worthwhile exercise.

We will repeat it on Monday 3 October; same place, same time - 7 to 9 p.m.

If 'Meet & Chat Evenings' continue to be a success we will certainly consider holding similar meetings throughout 2012, when they to alternate with the Open Meetings.

The search for a new Chairman

As you will know I have been trying to find a new chairman to take over from me at next year's AGM on 4th April. I am pleased to tell you that I was able

to persuade Noel Warner to offer himself as vice chairman at April's AGM with a view to take over the chair next April.

Noel is not a prostate cancer patient, but I have never thought this to be a necessary pre-requisite to being an able chairman.

In the time I have known Noel, he has proved himself to be an enthusiastic supporter of our activities with the

The View from the Chair.....

expertise and energy necessary to be a great future chairman

Our Mass PSA testing sessions

Recently, Noel Warner, Ted Hare and I met with the Director of Medical Services at the N&NUH, Krishna Sethia and consultant urologist, Robert Mills, to present them with the Analysis of results of the three mass PSA testing sessions we promoted during 2009-10.

When Ted, David Haines and I first met with these two eminent

consultant urologists, early in 2009, I think it is fair to say that there was some degree of scepticism about what we intended to do.

This was not entirely unexpected, but was fully respected by us. However, when we met again recently, we were pleasantly surprised just how receptive they were to what our analysis had revealed; especially the last one, held at Fakenham.

The percentage of men tested at Fakenham who had a significantly high PSA level was greater than at any mass testing session conducted in this country over the past three years. During this period the Graham Fulford Foundation has tested more than 15,000 men throughout Britain.

What set the Fakenham apart was that we deliberately set out to attract men for testing who had a direct blood-line, family history of prostate cancer and/or breast cancer; also those who had been refused a PSA test by their GP. Your committee is no longer pressing for a national screening programme, but we are convinced that 'targeted testing' is desirable.

Ray Cossey - Chairman

A Special Date for your Diary... Tuesday September 6th

We are fortunate to have obtained as a speaker at an open meeting Professor Robert Thomas.

Professor Thomas, who is Consultant Oncologist at Addenbrookes, has led the world's first study into late pelvic side effects following radiotherapy for prostate cancer, and the influence of life-style factors after treatment.

The study, sponsored by Macmillan, has only recently been completed.

The data which Professor Thomas and his team have obtained is being collated and independently analysed by Cranfield University.

For the study over 400 men who have received RT for Prostate Cancer at Addenbrookes between July 2004 and July 2010 have been assessed.

Prof. Thomas has a particularly strong research interest on how life-style interacts with the cancer process and how an optimal lifestyle can improve quality of life and disease outcome following a diagnosis of cancer.

To include Professor Thomas's talk in our programme we have inserted a new date - Tuesday September 6th at the Benjamin Gooch Theatre at the NNUH - 7 to 9 pm.

As a volunteer group we rely entirely for funding on donations from individuals and supportive organisations.

We are therefore most grateful for the generosity of all the people who have given us donations since our last newsletter was published.

Notable among them was £2000 from West Norwich Lions - whose collectors included a 98 year-old lady who braved the coldest winter weather for 100 years to raise money - and £500 from the Waitrose Community Award scheme. A list of donors appears overleaf.

Dates for your Diary

Monday 1 August

Mr Suresh Gokarakonda

Consultant urologist
at James Paget Hospital Gorleston 7-9

Tuesday September 6

Professor Robert Thomas

Benjamin Gooch Theatre NNU Hospital 7-9

Monday 3 October

'Meet & Chat' Meeting, at Big C Centre

Monday 5 December

Dr. Jenny Nobes- Consultant oncologist

"Drug treatment for prostate cancer: it's not just hormones"

Benjamin Gooch Theatre, 7pm-9pm

NWPCSG Committee Members – Contact Details July 2011

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Our grateful thanks for the following donations

J&P Durrant wedding guests	£125
Mr D & Mrs V Parker	£50
Residents of Leyham Court	£170
In memory of Anthony Arms	£360
Waitrose Ltd	£500
West Norwich Lions	£2000
In memory of Melvyn Harper	£65
M & S Platten	£20
H Bye	£25
CC Tatton	£10
H Meadows	£29
J Murray	£98
R Cossey	£21

Messrs (with apologies for lack of initials)

Marks	£10
Hutchings	£25
Esherwood	£10
Allum	£10
Gilmore	£20
Vincent	£5
Johnson	£100
Coleman	£25
Peake	£10
Bailey	£50

Do you need help or advice?

We have 29 Group members available
at the end of a telephone ready to help.

There is probably one near you.

For details please ring our Welfare
Officer, David Wiseman, on

01603 260539.

You can read or download the newsletter on our
website at www.prostatesupport.org.uk.

You get it sooner, and it saves printing and postage
costs.

If you would like to do this email Harvey Meadows at
nwpcsg@hotmail.co.uk