

Prostate Specific Robot

A new £1 million state of the art da Vinci robot is being used to carry out prostate cancer surgery at the NNUH.

Robotic assisted prostatectomy is a type of keyhole (laparoscopic) surgery which is used to remove the prostate. The robot has four arms which are controlled by a surgeon sitting at a console in the operating theatre. One arm holds a camera and the others hold surgical instruments, such as scissors or graspers. The surgeon can see the operating area through the console which gives a magnified 3D view.

Mr Robert Mills, Consultant Surgeon in Urology, said: "The real benefit of using a robot for this type of surgery is the dexterity and the improved vision it provides. The images I can see when using the robot are magnified 10 times. It also gives me a much greater range of movement when operating. Using the robot allows me to make very accurate movements at almost any angle in confined spaces. That makes it easier to be more precise with an incision or putting in a stitch, for example."

Previously patients at the NNUH were offered laparoscopic radical prostatectomies or had to travel to London or Cambridge for robotic surgery. After a robotic assisted prostatectomy, patients are discharged on the following day or soon after and see their consultant after six weeks to check that the cancer has been removed.

Mark Davies, Chief Executive of NNUH, added: "We have a clear strategy to invest in the latest technology to continue to develop our role as a major regional centre in the East of England. This is further proof that we have some of the most skilled staff using state of the art technology for the benefit of patients across the region."



Rob Mills with the new robot

Sixty-nine year old Michael Broom from Hethersett was the first patient to have a robotic assisted prostatectomy at NNUH. He said: "When I had the option, robotic surgery was my choice rather than traditional surgery, having read up on it. I recovered from the operation much sooner than I thought possible and it really allayed any fears I had. I was only in hospital for a few days with very little pain following the operation and had fantastic care from all the staff in the departments concerned. I'm amazed at how well it went."

Michael has since received the all clear and is now fit and well.

There are three surgeons within the Urology department currently being trained to perform the surgery. The robot is also due to be used to perform keyhole surgery for patients with kidney cancer later in the year.

"My prostate cancer journey"

Back by popular demand, four fellow patients will describe their treatments at our next open meeting on Monday 5 September at the Benjamin Gooch Theatre, East Atrium, NNUH from 7pm to 9pm.

There will be Q&A after each of the presentations, followed by refreshments.

Treatments covered will be:-

- radical prostatectomy (keyhole and robotic)
- radiotherapy
- HIFU.

Organised and moderated by David "Dimbleby" Capp.

3D prostate to guide surgery

Professor Prokar Dasgupta of Guy's Hospital has performed a pioneering operation using a 3D-printed model of a patient's prostate to complement the hospital's da Vinci robot. He held the replica prostate in his hands as he used the robot to carve the prostate free, ensuring he excised the tumour but minimised the risk of causing impotence and incontinence by cutting nerves unnecessarily.

The replica was made in a laboratory from MRI scan measurements and took 12 hours to produce. It revealed the prostate was smooth on one side, allowing him to spare a nerve bundle.

He said the technology could prove revolutionary. The replica was "very realistic" and "remarkably accurate".

"This retains the sense of touch. I can 'feel' the tumour without putting my hand inside the patient".

Costs? Robot £1 million; 3D prostate models £150-200 each.

www.standard.co.uk/news/health/surgeons-use-3dprinted-model-of-prostate-in-pioneering-operation-a3256196.html

'Dock Tavern' Garden Party Fundraiser



On 24 July, a Sunday afternoon garden party was held at the Dock Tavern, Gorleston, with entertainment provided by Project X, Three in a Bush and Jack French & Whippet. The event raised £1,000 to aid the Norfolk & Waveney Prostate Cancer Support Group.

Pictured is David Newson from the band handing over a cheque for £1,000 to our chairman, Noel Warner.

This was the fourth fundraiser this year for our patient support group which have so far raised almost £3,000, with two more events planned before the end of the year.

Since 2010, the Dock Tavern and its customers have raised a total of £25,000 for local causes. Go to www.thedocktavern.com for full details of the monies raised over the past six years.

Noel Warner, in expressing his gratitude for their fundraising efforts, said "We are greatly indebted to the management, staff and patrons of the Dock Tavern, for their unstinting support this year. By their efforts we will be able to expand our on-going support of prostate cancer patients and their families. It will also help us to raise awareness of prostate cancer and to support local research and treatment of this most prevalent male-only cancer."

Other recent Dock Tavern fundraising events which have directly benefited our support group include:-

- A 15 mile sponsored walk which raised over £1,000. The walk was organised by a pub regular whose husband has a terminal brain problem, but she decided to raise the money for N&WPCSG.
- An open Mic' day which raised over £454.
- A 20 mile sponsored bike ride – funds still coming in.
- Pub regular George shaved his beard off and raised a couple of hundred pounds.

Bob's journey – robotic prostatectomy pioneer patient

In a nutshell: diagnosed with prostate cancer January 2016, prostate removed April 2016, prognosis very good.

I started having regular PSA blood tests a few years ago. I decided to have regular checkups at my GP's surgery and the PSA test was included as part of the annual check of weight, height, blood pressure and pulse, along with cholesterol level and urine dipstick tests.

My PSA level started to rise over the years and eventually my GP referred me to the N&N Urology department. This was a couple of years ago. After a DRE, it was considered as a normal sized prostate gland and I was told to keep having the PSA tests, as a level of 10 or above was considered to be the further action point.

Two years later my PSA level exceeded 10 and I was once more referred to the Urology department and had a second DRE, which indicated an asymmetric prostate gland. Mr Irving recommended that I consider that the best treatment would be a radical prostatectomy.

I agreed to undergo the operation and was booked in and had the ultrasonic needle biopsy, which proved positive for cancer (Gleason 4 - 5). This time I saw Mr Mills at the urology clinic who gave me the news. What next? Well, an MRI abdominal scan to see if there were any signs of it migrating out of the prostate.

MRI not what I expected, over an hour and a half in the machine and I lost count of the number of different sounds it made and I don't remember any repeats! The results were negative so that was a relief. Then a return later to the urology clinic and Mr Mills. That day, he was running late, so I saw his registrar, Omar Khalid – what

a nice guy, real old fashioned bedside manner! He gave me the good news about the MRI scan and checked that I would have to wait six weeks for the operation. This was to be a robotically assisted laparoscopy using the "da Vinci" robot as featured on the local TV news [see front page].

A week or so later, a surprise telephone call from the urology department: Mr Ho had a spare space in his operating schedule, for the following Wednesday! Suffice it to say that this was a very welcome piece of news. I could get the offending prostate removed sooner than expected.

I shall always remember the date, 13th April!, and it was a success. Mr Ho told me that when he saw me in the recovery ward – yes I do remember his visit. Transferred to Edgefield ward and a visit from my wife and Dr Khalid to see how I was doing! Dr Khalid also visited the following morning with the good news that I was free to leave the hospital after lunch.

So home it was for recovery, managing my catheter and afterwards managing my incontinence. Currently doing very well and pleased as punch with my progress.

Finally, had my post op PSA test and post op appointment with Mr Ho and the good news, PSA less than 0.01, undetectable. And the histology result was good too. So now I could look forward to a good recovery, and just deal with the side effects.

Timeline? Raised blood PSA detected for the second time, January 2016, prostate removed 13th April 2016. That was a very good turnaround and the N&N ought to be justifiably pleased with their efficiency and speed of action.

Sheringham Golf Club

It is an established tradition, within golf clubs, that during their year of office both the gents' and ladies' captains nominate their respective charities to support during their year's captaincy. What is most unusual is when both captains decide to support the same charity.

Sheringham Golf Club's immediate past captain, Tony Richards, and ladies' captain, Judy Williams, did just this when they agreed to support Norfolk & Waveney Prostate Cancer Support Group during their year in office.

With the help and support of their fellow golfers and friends a total of just under £5,600 was raised. Fundraising events included a bridge drive, quiz night and raffles. An evening with artist, Martin Sexton raised over £1,000 from his donation of one of his paintings and the auction of another.

Our chairman, Noel Warner and the chairman of trustees, Ray Cossey visited the club to accept this most generous of donations on behalf of our Group.



Ray Cossey receives the cheque, on behalf of the charity, from Judy Williams and Tony Richards

Professor Jane Plant, CBE



Many of us remember the inspirational talk given to us by Professor Jane Plant in 2008 – and we had plans to invite her back this year. She was a scientist who wrote a bestselling account of surviving cancer and argued a dairy-free diet was key to treating the disease. She contracted breast cancer in 1987 at the age of 42. After 29 years and her breast cancer recurring eight times, she was actually clear of cancer when she died in March, aged 71, from a blood clot – possibly a side-effect of her medication.

Sacrificing milk and cheese was the secret of staving off breast cancer, she argued, citing her own experience – as well as statistics – as proof. By 1993 Plant, then 48, had developed cancer five times. Expected to live just seven weeks, she was desperate for a solution.

She and her husband (a Professor of Geology) had both worked in China on environmental problems, and she remembered an epidemiological atlas which showed a rate of breast cancer of 1 in 100,000 women compared to one in ten in much of the West. Some Chinese doctors had even told her they had hardly seen a case of breast cancer in their careers. Researching the Chinese lifestyle further, they discovered that there were hardly any dairy cows there.

On a gamble, Plant stopped consuming all dairy products, as well as meat, fish and eggs, sources of animal protein. Within six weeks, her latest cancer had vanished.

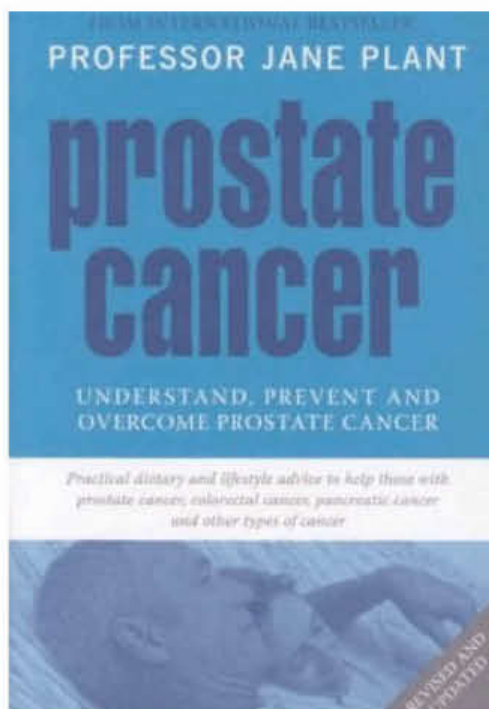
She went on to publish "Your Life in Your Hands" advocating dairy-free eating as a method to complement orthodox medical treatments for curing and preventing cancer. "We have all been brought up with the idea that milk is good for you," she argued, "but there is evidence now that the growth factors and hormones it contains are not just risky for breast cancer, but also other hormone related cancers — of the prostate, testicles and ovary."

Her further research into prostate cancer established that only 0.5 per cent of every 100,000 Chinese men were likely to develop it. That figure in 2000 was 70 times higher in the UK. She went on to write "Prostate Cancer – understand, prevent and overcome prostate cancer" (see left), which is now available in a revised and updated edition.

Despite her health problems, she built a formidable career as a geochemist — she was an expert on the composition of the surface of the Earth. She was the first female deputy director of the the British Geological Survey and the first woman president of the Institute of Mining and Metallurgy.

In 1997, she was appointed CBE for services to science and industry. From 2000 to 2005, she was also the chief scientist of the British Geological Survey (BGS). This meteoric ascent began young. Employed at 23 by the BGS, she was the first woman appointed to the senior rank of scientific officer, making her mark with geochemical mapping of mineral deposits in the riverbeds of Scotland, a country she adored.

Her website, www.JanePlant.com, provides a wealth of information and tips – much of it on prostate cancer – and will hopefully remain as a testament to her life and work.



Special event at Somerleyton Hall



A unique evening of music at Somerleyton Hall is taking place on Thursday 1st September in support of prostate cancer treatment at the Norfolk and Norwich University Hospital.

The evening has been organised by Andrew McCullough, a professional clarinettist and former patient of the NNUH. Having received treatment for prostate cancer himself, earlier this year, he now wants to raise awareness and funds for the hospital charity.

Andrew says: "If you visit the Colney Unit in the N&N Hospital you will see the huge numbers of patients being treated by the calm, highly professional doctors, radiologists and nurses. The equipment they use is running from early in the morning until late in the evening, six days a week. I felt that additional money would enhance the care patients are given and raise awareness of this condition and the need for men to be vigilant with their health."

"I am so grateful for the treatment and support I received and I now want more people in Norfolk to understand about prostate cancer and help do something about it at this amazing hospital."

Lord and Lady Somerleyton have kindly agreed to hold a fundraising concert at Somerleyton Hall. The musicians are Andrew McCullough himself (clarinet), Angela Brun (soprano) and Will Fergusson (piano).

Dr Tom Roques, oncology consultant at NNUH who will be at the event, said: "The support we receive from patients through the hospital charity means we can enhance the world class treatments offered at NNUH. We are delighted at the support offered by Lord and Lady Somerleyton for this fundraising event."

British adventurer, writer and television presenter Bear Grylls has added his support for the event. He said: "Together, we can beat cancer. We have got to keep going and never give up. Thank you all for supporting this cause, and Andy you are an inspiration to many. All of you, have an amazing evening at Somerleyton."

Tickets for the event are £50 each, available by telephoning the fundraising department at NNUH on 01603 287107 or email fundraising@nnuh.nhs.uk

Dates for your Diary

Mon 5 September 7-9pm

"My Prostate Cancer Journey"

Four treatments described by four fellow patients

Benjamin Gooch Theatre,
East Atrium, NNUH

Wed 7 Sep, 5 Oct & 2 Nov. . . . 5.30-7pm

Radiotherapy Department

Open Evenings, Big C & Colney Centre,
NNUH. Meet at Big C.

Call 01603 288779 to book.

Sat 22 Oct. 11.30am-1.30pm

"Meet & Chat" at Louise Hamilton Centre, James Paget, Gorleston

Mon 7 Nov. 7-9pm

"Meet & Chat" at Big C Centre, NNUH

An opportunity for newly diagnosed patients to chat with members who have already been through the same journey.

Prostate cancer? – Nuts!

Men with prostate cancer could slash their risk of death by more than a third by eating nuts regularly, a major study shows.

Five 1oz servings a week of any type of nut cut mortality rates by 34%, researchers found. A single serving is 45 pistachios, 28 peanuts, 24 almonds, 16 cashews or 14 walnut halves – or a proportionate combination.

The results come from the largest ever study into the effects of a nut-rich diet on prostate cancer by Harvard Medical School.

Nuts are rich in tocopherols, a type of vitamin E which can combat cancer; and phytochemicals, naturally occurring plant chemicals with potent anti-cancer properties.

Nuts benefit men with ongoing prostate cancer, not with prevention in the first place.

www.dailymail.co.uk/news/article-3643874/Eating-nuts-slashes-prostate-cancer-death-risk-serving-five-times-week-boosts-patients-chances-survival.html

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■ Help or Advice – We have over 30 members available to help. There is probably one near you.

For more information please call our Welfare Team, David and Adrienne Capp, on 01603 712601

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