

EAST SUFFOLK PROSTATE CANCER SUPPORT GROUP ARRANGES ITS 1st FREE PSA TEST EVENT

Thanks to

THE LIONS CLUB OF STOWMARKET AND DISTRICT

Back on the 11th June 2010 a Charity Golf match was held at Stowmarket Golf Club arranged by The Lions Club of Stowmarket and District the proceeds to be donated to our Group. It had been suggested by our previous Chairman Mr. John Dent when approached by Mr. Colin Spencer of the Stowmarket Lions to say a donation of £1500-00 was being awarded to our group, that it could be used for a PSA Test Event.



Our Chairman Len Overy-Owen receiving the cheque from Mr. Logue, Golf Match Organizer

In Len's acceptance speech he confirmed the group would use the donation for a PSA Test Session and any surplus could be used to help Prostate patients in Hospital waiting areas.

Our secretary Chris Southcott had numerous contacts with Graham Fulford from The Graham Fulford Charitable Trust who provides the expertise and advice to run the event.

The date chosen was 2nd December 2010 and the venue Greshams Sports and Social Club Tuddenham Road. This proved to be the worst day of the year weather-wise. With the road already covered in snow and ice we had snow showers on and off all morning until late afternoon when 4 to 5 ins. of snow fell and temperatures dropped to 27° F. It was with some trepidation that we opened the doors. We had spent just over two-thirds of the donation, would anyone turn out on a night like this? We need not have worried as 119 men braved these horrendous weather and road conditions to have their free PSA blood test. The venue was perfect and your committee is hoping to arrange another PSA Test Session soon.

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A GREAT ACHIEVEMENT AT PSA TEST EVENT

Graham Fulford from the Graham Fulford Charitable Trust had a bottle of wine ready to present to the 10,000th man to have his blood tested by the Trust, this took place at our PSA Test session on 2nd Dec. 2010 at Greshams Sports & Social Club Tuddenham Rd. Ipswich.



The 10,000th man to be tested by the Trust



Graham Fulford with the twins

As the 10,000th man to be tested made the journey from Felixstowe with his 75 year old twin brother, Graham kindly decided to present both brothers with a bottle of wine. A good night !!

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Prostate test can 'causes distress' in men

From BBC News Items on 6th Dec. 2010

The UK National Screening Committee recommended against a screening programme for prostate cancer, saying its potential harms would outweigh any benefits, they state after weighing all the evidence, screening for this male cancer using a blood test called PSA is not advisable. PSA screening has been contentious because of concerns about over-diagnosis. While the test will not be routinely offered, men over 50 may request one.

This advice is based on the latest research evidence, and informed by a range of groups including healthcare professionals and patient representatives.

Making the announcement, the screening committee director Dr Anne Mackie said: "I am confident that this is the right decision.

Researchers from the University of Bristol are calling for psychological effects of testing to be clearly explained to men ahead of any investigation. They followed 330 men throughout the test process. "We found that in some men, the psychological effects lasted even after the men were told their biopsy was benign" said Professor Kavita Vedhara, who led the research.

A British Journal of Cancer study found for 20% this was a distressing process, and for some these feelings continued even after a negative result.

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This looks very much like **discrimination**. Women aged between 50 to 70 are invited for Breast Screening every three years. Women can also have regular Cervical Screening if they are between the age of 25 and 64.

These reports suggest you don't check men for Prostate Cancer as it may '**cause distress**'. Do they not know or think that women are caused distress awaiting their results.

This is a good reason for us to hold a free PSA test session, this will give men a chance if there looks to be a problem. They can then be treated sooner than later, when it could be too late.

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TESTS THAT PREDICTS PROSTATE CANCER

UK scientists' landmark discovery is cheap, accurate and offers hope to thousands

The first reliable test of whether men are at a high risk of prostate cancer has been developed by British scientists.

The breakthrough raises the prospect of millions being screened for the disease in the same way as women are for breast cancer. An accurate test for prostate cancer is the 'holy grail' of research into the disease - but has eluded scientists.

The test has so far proven to be twice as precise as the current method. It focuses on the urine rather than blood, meaning it is cheaper and also has the advantage of dispensing with needles.

The £5.50 kit could be in widespread use in GPs' surgeries in as little as four years.

A prostate cancer specialist at the Cambridge Research Institute, said "This is a vital piece of research that could go a long way to find a reliable and easy test to identify those men who are most at risk of developing prostate cancer, this will be a landmark discovery"

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LYCOPENE in TOMATOES

In a study of prostate cancer, researchers looked at blood levels of lycopene and found that the risk of developing prostate cancer, especially aggressive cancer, decreased with increasing blood lycopene levels. Men taking 50mg of lycopene daily had significantly higher levels of lycopene. In this study, researchers found that high levels of lycopene in the blood was associated with low PSA (prostate specific antigen) levels. High PSA levels in blood are often a sign of prostate cancer.

Tomatoes, (tomato sauce (ketchup), soup and juice are all particularly high in lycopene), also watermelon, pink grapefruit and papaya.

A consultant urologist from St. George's Hospital London said he takes Lyc-O-Mato ® (Natural Tomato Lycopene) which is good for heart and prostate health. It is available from chemists and health food stores.

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YOUR HELP IS NEEDED

THE PRICE OF STAMPS GOES UP ON 4th APRIL 2011
1st Class from 41p to 46p, 2nd Class from 32p to 36p

The price of postage has cost our group over £150-00 from the start of our financial year on 1st April 2010

If you receive our Newsletters or Meeting Information by post

Is it possible to receive these by e-mail, or can you have a family member or friend receive them by e-mail on your behalf, then print them and pass them on to you.

If you no longer wish to receive our Newsletter or other information, could you please let me know.

Phone 01473 728477 or write to E Friend, 720 Foxhall Road, Ipswich IP4 5TD

Thank you for your help

ZOLADEX INJECTION

This drug may infrequently make your blood sugar level rise, which can cause or worsen **diabetes**. Tell your doctor immediately if you develop symptoms of high blood sugar, such as unusual increased thirst and urination. **If you already have diabetes**, be sure to check your blood sugars regularly. Seek immediate medical attention if any of these rare but very serious side effects occur: chest/jaw/left arm pain, trouble breathing, confusion, vision changes, slurred speech, weakness on one side of the body.

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MEETINGS FOR 2011

2nd February *Speaker*

Ray Travasso

Music Therapy for Cancer Sufferers

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6th April *AGM and Speaker*

Sarah Fuller

Macmillan Benefits Advice Service

Then followed by AGM

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1st June

Speaker to be arranged

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3rd August

Speaker to be arranged

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5th October

Speaker to be arranged

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7th December

Christmas Meeting

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A Blonde's Year in Review

January

Took new scarf back to store because it was too tight.

February

Fired from pharmacy job for failing to print labels.....

HeIIIIloooo!!!.....bottles won't fit in printer!!!

March

Got really excited.....finished jigsaw puzzle in 6 months. Box said ' 2-4years!'

April

Trapped on escalator for hours ...

Power went out!!!

May

Tried to make Kool Aid.....wrong instructions....

8 cups of water won't fit into those little packets!!!

June

Tried to go water skiing.....

Couldn't find a lake with a slope.

July

Lost breast stroke swimming competition....

Learned later, the other swimmers cheated, they used their arms!!!

August

Got locked out of my car in rain storm.....

Car swamped because soft-top was open.

September

The capital of California is 'C'.....isn't it???

October

Hate M & M's.....

They are so hard to peel.

November

Baked turkey for 4 1/2 days ...

Instructions said 1 hour per pound and I weigh 108!!

December

Couldn't call 911.

'Duh'.....there's no 'eleven' button on the stupid phone!!!

Apologies if you are blonde

