

OUR CHAIRMAN WAS ONE OF ONLY TEN IN THE COUNTRY TO BE PICKED BY THE 'PROSTATE CANCER CHARITY' TO MEET WITH MP'S AT THE HOUSES OF PARLIAMENT ON WEDNESDAY 14th MARCH.



Len pictured with Robert Wilson MP for Reading East (Len's own MP was not available)

About 45 MP's from all parties attended a special drop-in event at the Houses of Parliament arranged by The Prostate Cancer Charity. The Chief Executive of the Charity Owen Sharp told the gathering that men with prostate cancer are at risk of being left behind those with other common cancers thanks to a spate of recent moves by the National Institute for Health and Clinical Excellence (NICE) and their "short sighted" decision makers were compromising the needs of men with prostate cancer. "Quality Care Everywhere" is unveiled by the Charity as its own vision for the care of men with the disease across the country. NICE has delayed the development of its own quality standards for prostate cancer until 2013. NICE is also refusing to recommend vital treatments for men dying of the disease and they are in danger of jeopardizing what little progress has been made for men.

Len and the other nine representatives were able to mix with the MP's to promote "Quality Care Everywhere" and to try to get the MP's to understand the problems which are faced by having prostate cancer.

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DO YOU NEED MORE INFORMATION ABOUT PROSTATE CANCER

Your first port of call could be the ' **John Le Vay Cancer Information Centre**', located on the ground floor of the Woolverstone Wing, next to the Oncology / Haematology Department. It offers a drop in service for patients and carers. The booklets on **Prostate Cancer** can all be found on a carousel which is just behind the door on the right as you enter. The center's clinical nurse specialist can provide advice and information should you wish.

Usual opening times are Monday-Friday, 8-30am – 4-30pm Telephone 01473 715748

THE PROSTATE CANCER CHARITY

IS DELIGHTED TO ANNOUNCE THAT IT HAS BEEN SELECTED AS THE FOOTBALL LEAGUE'S OFFICIAL CHARITY PARTNER FOR THE 2012/13 SEASON

The announcement follows a vote by more than 65,000 Football League fans, Club Chief Executives and Football League staff who selected their preferred charity from a shortlist of six.

The six short listed charities were: Anthony Nolan, British Heart Foundation, Leukaemia and Lymphoma Research, NSPCC, The Prostate Cancer Charity and St John Ambulance.

Greg Clarke, Chairman of The Football League said: "Congratulations to The Prostate Cancer Charity on their selection as our 2012/13 Official Charity Partner.

As a group we should be very pleased as this could raise the profile of Prostate Cancer in a sport which is mainly dominated by men. There are over 520,000 watching the 4 main English leagues every week during the season.

STATINS CAN CUT 'PROSTATE THREAT'

Taking statins to cut cholesterol can also help to reduce the risk of developing prostate cancer, said researchers.

The findings back up previous studies suggesting that controlling cholesterol, a 'key nutrient' for cancer cells, can have multiple benefits.

Study author Stephen Marcella said "People may be on these medications for their heart but it may be doing them some good for their prostate".

With Colleagues in New Jersey, U.S., he examined the records of 380 men who had died of prostate cancer and another 380 of similar ages.

They concluded those with fatal cancers were 63 per cent less likely to have taken a statin, said the Journal Cancer.

Around seven million Britons take statins and last year nearly 35,000 men were diagnosed with prostate cancer.

WHAT FOODS MAY HELP MY PROSTATE CANCER?

Fruit and vegetables, Pomegranate juice, Grapefruit, Green tea, Tomatoes, Watermelon, Peanuts, Oily fish, Peas, Beans and Lentils.

THESE MAY HELP TO SLOW DOWN THE GROWTH OF PROSTATE CANCER

PROSTATE CANCER DRUG 'TOO EXPENSIVE'

A 'breakthrough' drug that extends the lives of men with late-stage prostate cancer is too expensive for the NHS. The National Institute of Health and Clinical Excellence stated that it is not cost-effective.

Abiraterone was developed by the Institute of Cancer Research and the Royal Marsden Hospital. Janssen, the company that makes the drug, is likely to come under pressure to reduce the £3,000-a-month cost as NICE consults on the draft guidance. A trial showed that patients who stopped responding to standard hormone treatment and chemotherapy could survive an average four months longer with Abiraterone.

VERY GOOD NEWS FROM THE IPSWICH HOSPITAL RADIOTHERAPY DEPARTMENT

On Thursday 2nd February about 100 guests together with Ben Gummer MP were given access to the hospital's radiotherapy department to see and learn about the newly arrived 'True Beam' radiotherapy machine which is state-of-the-art and one of only two in the country; it can target and deliver radiation more accurately to tumours.

There was also the opportunity to look around the department from seeing how the moulds are made to keep patients in a still, steady and reproducible position (mostly for treatment to the head and neck region). The visit continued to CT Planning Scan then to Planning of Treatment and then on to the Treatment Machine.

Of particular interest was the 3D virtual imaging film. After donning special 3D glasses, the film shows how the prostate can be seen from all directions. It was also explained why you need to drink about ¾ litre of water to fill the bladder and an enema to empty the bowels. The prostate should be in a clear position for each treatment when gold seeds are inserted into the prostate for the machine to track due to movement caused by breathing. Only three gold seeds are required. The cost of the seeds is about £100, these stay in the prostate after the treatment. It was very reassuring to meet and talk with the dedicated nurses and technicians. If I ever have radiotherapy then I now know I would be in very safe hands.

By ELF co editor.

ANAGRAMS

When you rearrange the letters

PRESBYTERIAN	=	BEST IN PRAYER
DORMITORY	=	DIRTY ROOM
ASTRONOMER	=	MOONSTARER
THE EYES	=	THEY SEE
THE MORSE CODE	=	HERE COMES DOTS
SLOT MACHINES	=	CASH LOST IN ME
SOMEONE HAS TOO MUCH SPARE TIME !!		

PROSTATE CANCER 'CAN BE MADE TO KILL ITSELF' BY NEWLY-FOUND PROTEIN

A drug that boosts levels of the protein, called FUS, could stop the disease from spreading around the body

Scientists have made a breakthrough in the battle against prostate cancer.

They have pinpointed a protein that stops cancerous cells from growing and even drives them to kill themselves.

A drug that boosts levels of the protein, called FUS, could stop the disease from spreading around the body, saving many of the 10,000 lives lost to the disease each year.

The research, at Imperial College London, could also help doctors more accurately distinguish the more common, slower-growing forms of the disease from the more aggressive, faster-growing types.

Such a test could save thousands of men from gruelling and unnecessary treatments.

Doctors currently use a variety of techniques, including blood tests, biopsies, microscopy and scans, to determine who are most at risk and how they should be treated.

But the results are not wholly reliable – meaning that many men are subjected to unnecessary surgery and radiotherapy, both of which carry a high risk of incontinence and impotence.

Now researchers at Imperial College have shown that FUS, which occurs naturally in cells, can stem the growth of prostate tumour cells in a dish – and trigger a series of reactions that leads to their death.

When they boosted the amount of FUS, more cells died, suggesting that a drug that boosts levels in patients could be of real benefit.

Dr Charlotte Bevan, the study's senior author, said: 'These findings suggest that FUS might be able to suppress tumour growth and stop it spreading from other parts of the body where it can be deadly.'

Dr Helen Rippon, of the Prostate Cancer Charity, which part-funded the study, said: 'This provides us with an important clue.'

But she added: 'It is important to remember that this is a laboratory study, looking at how prostate cancer cells respond in a lab rather than in the human body, meaning that it will still be some time before men affected by prostate cancer will see any direct benefit.'

WE ARE VERY PLEASED TO ANNOUNCE THAT OUR GROUP HAS NOW JOINED 'THE PROSTATE CANCER FEDERATION'. THIS SHOULD BRING US MANY BENEFITS, ONE OF WHICH WE WILL NOW BE ABLE TO APPLY FOR GRANTS FROM THE FEDERATION TO HELP WITH RUNNING OUR GROUP, RAISING AWARENESS OR PROVIDING SUPPORT FOR OUR MEMBERS.

DATES FOR YOUR DIARY

The next Support Group Meetings :-

4th April 2012

Louise Smith

'Survivorship Initiative Talk'

Followed by AGM

6th June 2012

To be arranged

1st August 2012

Mr. P Donaldson

Consultant Urological Surgeon

3rd October 2012

To be arranged

5th December 2012

Christmas Meeting

GREAT NEWS ABOUT THE RESULTS FROM OUR TWO PSA TEST EVENTS

The Consultant Urological Surgeon who checks the blood results has just told us that of the 26 who needed to see their GP for further tests and a biopsy, he now knows of 10 men who have as a result of these two events had early prostate cancer diagnosed and treated, and can as a result, be considered cured of this disease. So these events were obviously very worthwhile sessions. There may well be others who have not notified the Consultant of their results.

We are pleased to say that our group is planning to hold another PSA test event in late May of this year.

New research finds 'Jekyll and Hyde' protein key to advanced prostate cancer

Scientists funded by The Prostate Cancer Charity have taken critical steps towards understanding advanced prostate cancer with the unexpected discovery of a key protein which encourages the disease to form in the bones, according to research published online in The Journal of Pathology.

The research carried out at Imperial College London, focussed on the role of a protein, ENDO180 - already present in bones - to understand how it reacts when prostate cancer cells are present.

Although ENDO180 normally helps keep bones healthy, the researchers discovered that when cancerous cells escape from a tumour in the prostate gland and interact with cells in the bone, the protein - which is present in both types of cell - is directed to damage the bone instead.

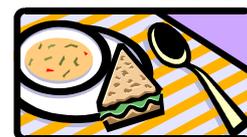
Lead researcher, Dr Justin Sturge, explains - "Before this study, the role that ENDO180 plays in the development of advanced prostate cancer that has begun to spread to the bones was unclear. Now we know that ENDO180 helps healthy bone to stay that way, but when in the presence of cancer cells the protein is directed to damage the bone, which allows the tumour to take hold and grow. The discovery of this 'Jekyll and Hyde' behaviour reveals ENDO180 as one of the elusive targets that we have long been searching for to help the development of new treatments that can stop prostate cancer entering and growing in the bone."

As part of the research, the team also uncovered that a molecule - TGFβ1 - is involved in controlling the ENDO180 protein. It was found that when cancerous cells were introduced, they hijacked a signal from the molecule to the protein and this loss of control is the reason why ENDO180 was able to change its behaviour.

Further research will now seek to develop new treatments focussed on the link between ENDO180 and TGFβ1 that could be used to slow down the progress of advanced prostate cancer that has spread to the bone.

Owen Sharp, Chief Executive of The Prostate Cancer Charity, added: "This new research has heralded some important discoveries which could offer new hope to men living with the advanced stages of prostate cancer. Currently, when a man's prostate cancer begins to escape beyond the prostate and spreads to the bone, there are very few treatment options available that can help to stop the disease in its tracks. We hope that as research into this area continues, new treatments targeting ENDO180 will be developed, which will allow us to slow down the progression of advanced disease and help more men, for whom time is limited, to live longer."

LENTIL SOUP



ALSO A DIABETES RECIPE

CHO 50g CALORIES 430
SERVES 4

2 - Onions, peeled and chopped.

3 - Carrots, chopped.

100g / 4oz lentils.

1.1 ltr / 2 pints ham stock.

Freshly ground black pepper,

fresh parsley, to garnish.

1. Put the onions, carrots, lentils and stock in a pan
2. Bring to the boil, then cover and simmer for 40 – 45 minutes, stirring occasionally
3. Either liquidize the soup or rub it through a sieve. Adjust the seasoning to taste, then serve, garnished with parsley, serve with bread or croutons. *Enjoy*

CAN WE TAKE MORE ANAGRAMS ?

Snooze alarms = **Alas no more z's**
A decimal Point = **I'm a dot in place**
Eleven plus two = **Twelve plus one**
The earthquakes = **That queer shake**
Election results = **Lies lets recount**
George Bush = **He bugs Gore**

And if I dare !!!

Mother in law = Woman Hitler

And finally , many thanks are due to our sponsor...

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