

GROUNDBREAKING RESEARCH HINTS AT REVOLUTION IN PROSTATE CANCER

Researchers, funded by Prostate Cancer UK and the Medical Research Council (MRC), believe they have discovered an entirely new way of slowing the growth of prostate cancer. The findings, published in *Disease Models and Mechanisms*, could lead to new and more highly targeted treatments for the disease in the future.

The research team found that turning on key genes inside 'fibroblast' cells in prostate tumours dramatically reduced the size of the tumours when grown in mice. Further research is now needed to confirm that this approach has the same effect on prostate cancers in humans.

Lead researcher, Dr Axel Thomson, said: "Our previous research identified a number of 'puppet-master genes' - so called because they enable fibroblast cells to control the growth of other cells during the formation of the prostate in the embryo. In this follow-up study we found that activating these genes in fibroblasts in tumours enabled us to significantly reduce the growth of prostate cancer in mice.

"This is an extremely exciting development that has the potential to form the basis of a revolution in prostate cancer treatments over time if replicated in humans. By targeting the fibroblasts that control the growth of the cancer these new treatments could be both more effective and likely to lead to significantly fewer side effects."

The findings are part of an ongoing body of Prostate Cancer UK funded research exploring how the environment surrounding cancer cells affects tumour growth. It builds on a growing body of evidence which suggests that the non-cancerous fibroblast cells within prostate tumours could be a key target for successful treatments in the future.

Dr Rachel Macdonald, Research Manager at Prostate Cancer UK, said: "This is an extremely encouraging development which could have positive and far reaching consequences for prostate cancer treatments in years to come.

"To date, most prostate cancer research has focused on exploring the cancerous cells within the tumour. By investigating the behaviour of the non-cancerous cells which control tumour development the team has been able to make this groundbreaking discovery. The success of this research so far highlights the importance of Prostate Cancer UK's decision to fund research projects that employ more innovative approaches to finding the answers we so desperately need to beat the most common cancer in men.

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**STILL VERY URGENTLY NEEDED, ONLY ONE OR TWO
NEW COMMITTEE MEMBERS.**

**PLEASE HELP YOUR GROUP WITH NEW IDEAS, ONLY A LITTLE TIME REQUIRED,
JUST SIX MEETINGS A YEAR, COME AND JOIN US NOW.**

**GIVE YOUR NAME TO CHRIS SOUTHCOTT
e-mail supportgroup@southcott.plus.com**

NEWS IN BRIEF

On Friday 30th November last year our group had a stand at the 'Cancer Information Day' which was held at the Kesgrave Community Centre. This was for the second year running and once again Diana and Ted manned our stand for the day.

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Our last Chairman Len Overy-Owen will again be meeting with MP's at Westminster-project on 12th/13th March 2013. This is a follow up to the meeting which was held one year ago at the Houses of Parliament and is to ensure every man gets information, care and support for Prostate Cancer wherever they live. This is being arranged by Prostate Cancer UK.

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Prostate Cancer UK recently launched its manifesto, which included the announcement of its largest research spend to date. Thanks to the support of The Movember Foundation, the charity will triple its research spend over the next 3 years to fund £25 million, making it the largest single funder of research into prostate cancer in the UK.

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Some people believe that certain alternative therapies can help fight your cancer. One of these is a mixture of one teaspoon of honey and one teaspoon of cinnamon per day. Both these items are healthy and delicious and will not do you any harm.

Another is Essiac which will fight cancer. There is no scientific evidence to prove that either will, although this may be partly due to the lack of research in both of these items.

If you think it is doing you good, it probably will. Or. Thy faith hath made thee whole. *Mark 10-52*

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Easyfundraising is the easy way to raise money for East Suffolk Prostate Cancer Support Group. Shop with over 2000 well known retailers which are listed on easyfundraising.org.uk and a percentage of what you spend is passed to our group at no additional cost to you. Retailers include Amazon, M&S, eBay, Tesco, Viking, Argos, John Lewis, Debenhams and many more. Please register to support our group today – www.easyfundraising.org.uk/causes/espcsg

CALCIUM AND VITAMIN D, TOO LITTLE NO GOOD ~ TOO MUCH CAN BE RISK OF CARDIOVASCULAR DISEASE

Loss of bone mineral density is an unintended consequence of androgen deprivation therapy (Hormone Therapy) in men with prostate cancer. Supplementation with calcium and/or vitamin D in these men seems logical and is advocated by many lay and professional groups.

We reviewed guidelines for calcium and vitamin D supplementation and the results of clinical trials of calcium and vitamin D supplementation on bone mineral density in men with prostate cancer undergoing androgen deprivation therapy.

Whether supplementation of men undergoing androgen deprivation therapy with calcium and/or vitamin D results in higher bone mineral density than no supplementation has not been tested.

The results of 12 clinical trials show that, at the doses commonly recommended, 500–1,000 mg calcium and 200–500 IU vitamin D per day, men undergoing androgen deprivation lose bone mineral density.

Conclusion. The doses of calcium and vitamin D that have been tested are inadequate to prevent loss of bone mineral density in men undergoing androgen deprivation therapy. In light of evidence that high levels of dietary calcium and calcium supplement use are associated with higher risks for cardiovascular disease and advanced prostate cancer, intervention studies should evaluate the safety as well as the efficacy of calcium and vitamin D supplementation in these men. *The Oncologist 2012;17:1171-1179*

FROM EUROPEAN UROLOGY ~ PSA SCREENING DOES WORK

The results from a 12 year study by the 'European Randomised Study of Screening for Prostate Cancer' (ERSPC) They studied 76,813 men aged 55-69 yr coming from four centres across Europe. They conclude 'Our findings lend support to screening for Prostate Cancer'.
ERSPC trial number ISRCTN49127736

THOUGHTS FOR THE DAY

The best cure for sea sickness, is to sit under a tree.
~ Spike Milligan

As I hurtled through space, one thought kept crossing my mind- every part of this rocket was supplied by the lowest bidder.
~ John Glenn

We are here on earth to do good unto others. What the others are here for, I have no idea.
~ W H Auden

HYPERBARIC OXYGEN TREATMENT

Hyperbaric oxygen treatment (HBO) is sometimes used to treat severe side effects of cancer treatment. This information describes HBO, how it's given and some of its possible side effects. You will see your doctor regularly while you have this treatment so they can monitor its effects. This information should help you to discuss any queries about your treatment and its side effects with your doctor or specialist nurse.

HBO treatment

Hyperbaric oxygen treatment (HBO) involves providing the body with extra oxygen. In HBO treatment, people breathe in pure (100%) oxygen. This is done by sitting in a chamber known as a hyperbaric oxygen chamber and using a mask or hood.

What HBO treatment is used for ?

HBO treatment can help in a number of different situations where body tissues have suffered from a decrease in oxygen levels. These include:

- wound healing after reconstructive surgery
- radiation necrosis (body tissue dying off after radiotherapy treatment)

How HBO treatment works

Oxygen is carried around the body by the blood. Breathing in 100% (pure) oxygen under increased pressure, called HBO, allows extra oxygen to be taken up by the bloodstream and dissolved at a far greater rate. This extra oxygen can help where healing is slowed down by infection or where blood supply is limited by damage to the tissues.

HBO treatment:

- assists healing by raising tissue oxygen levels to normal in areas where they are reduced through illness or injury
- encourages new blood vessels to grow and carry additional blood
- increases the ability of the body's defence mechanisms to fight infection and kill bacteria
- helps reduce any swelling that may occur around the area.

HBO treatment for radiotherapy side effects

Radiotherapy can cause changes in the oxygen supply to tissues in the treated area. This is because radiotherapy affects normal cells and blood vessels as well as cancer cells.

The small blood vessels in the treated area can be damaged by radiotherapy, causing less blood to be supplied to that area. When this happens, it becomes more difficult for essential oxygen and nutrients to reach the tissues.

Over a period of time, the affected tissues may become fragile and start to break down. They may form areas of open sores (ulceration) and rarely, some tissues may eventually die off completely (radiation necrosis). These radiation injuries can occur very slowly over a number of months or even years. HBO treatment for radiation injuries works by increasing the oxygen supply to damaged tissue. This encourages new blood vessels to grow and the tissues to heal.

From Macmillan website.

Funding has been obtained for a few Head & Neck cancer patients to be treated at a hyperbaric chamber near Ipswich but none has yet been granted for local prostate cancer patients. One of the support group's members has paid to have treatment there and experienced good results. He is to give us a talk on this at a meeting later in the year. The group is looking into the issue of funding for hyperbaric treatment for the small number of prostate patients who experience problems after radiotherapy.

If you need information about Prostate Cancer visit the 'John Le Vay Cancer Information Centre'. It is located on the ground floor of the Woolverstone Wing, next to the Oncology / Haematology Dept. It offers a drop-in service for patients and carers. The centre's clinical nurse specialist can provide advice and information should you wish. **Booklets on Prostate Cancer** can be found on the left hand side wall as you enter the centre.

If you need more information about prostate cancer

The organisations below can provide more information and support for people with prostate cancer. Please note that our group is not responsible for the quality or accuracy of any information or advice provided by these organisations.

- Cancerbackup, 0808 800 1234
www.cancerbackup.org.uk
- Prostate Cancer Network, 0845 650 2555
www.pcaso.com
- PSA Prostate Cancer Support Association, 0845 601 0766
www.prostatecancersupport.info
- Prostate Cancer Charity, 0800 074 8383
www.prostate-cancer.org.uk

NHS Direct online www.nhsdirect.nhs.uk may also be a good starting point.

Prostate Link is also an excellent resource
www.prostate-link.org.uk/

Questions you might like to ask about a biopsy

- Do I need this test and what does it involve?
- What are the risks and benefits of the test?
- When will I get the results?
- What if I decide not to have the test?

Questions you might like to ask about treatments

- Why might this particular treatment be suitable for me?
- What are the side effects of this treatment?
- Will this treatment affect my sex life or fertility?
- Are there any other treatments available to me?

Taken from NICE clinical guidelines 58 Feb 2008

You can read the full booklet on :-

www.nice.org.uk/cg058

Len Overy-Owen has given up being co-editor of our Newsletter. Ted Friend will carry on the task as sole editor. Many thanks to Len for all his help in the past.

If you would like to say anything or write an article for this Newsletter please e-mail it to ted.friend@btinternet.com

A BLONDIE JOKE

Apology if you were !! blonde

A man was in his front yard mowing grass when his attractive blonde female neighbour came out of the house and went straight to the mailbox. She opened it then slammed it shut and stormed back into the house. A little later she came out of her house again went to the mail box and again, opened it, slammed it shut again. Angrily, back into the house she went. As the man was getting ready to edge the lawn, here she came out again, marched to the mail box, opened it and then slammed it shut harder than ever puzzled by her actions the man asked her, 'Is something wrong? To which she replied, "There certainly is!

My stupid computer keeps saying, 'YOU'VE GOT MAIL!'

HOLIDAY INSURANCE WITH PROSTATE CANCER

Look at the cost of travel insurance before you book your trip. Some destinations are more expensive than others. Get quotes from several different insurance companies or brokers, as cost can vary greatly.

Get quotes from high street companies as well as specialist companies, particularly if you are no longer having treatment and your cancer is under control.

Check the small print - ask insurance companies exactly what you are covered for, and what you are not covered for. If your cancer is unlikely to cause you problems while you are away, you could consider a policy that covers everything except treatment related to your cancer.

Make sure you mention your prostate cancer and any other medical problems. If you do not tell your insurance company about any medical condition you have or have had, they may not pay for medical treatment or the costs to get you home if you have problems while you are away.

Remember if you are going to Europe to also take your 'European Health Insurance Card' (EHIC). Also check the bottom right hand corner **there is an Expiry Date**. Emergency Service in Europe is **112**.

The world is a book and those who do not travel read only a page.

~ Saint Augustine