

East Lancashire Prostate Cancer Support Group Newsletter



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New Recommendations for PSA-based Prostate Cancer Screening Fuels Debate

prostatecancernewstoday.com/2017/04/13/new-prostate-cancer-psa-screening-recommendations-triggerdebate/

[April 13, 2017](#)

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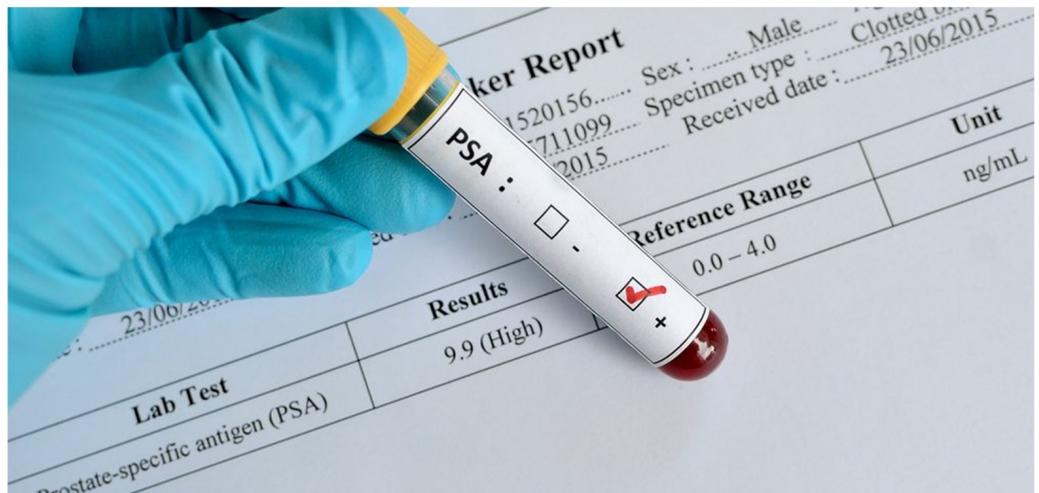
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by [Magdalena Kegel](#) In [News](#).

The [U.S. Preventive Services Task Force \(USPSTF\)](#) has developed a [Draft Recommendation Statement](#) of prostate

cancer screening using PSA (prostate-specific antigen), now stating that PSA-based screening is recommended in certain age groups.

This is an upgrade from the latest recommendation, issued in 2012, which advised against all PSA-based prostate cancer screening. According to the USPSTF, the change in recommendations reflects new evidence of the effectiveness of PSA tests to detect cancer.

The grade C recommendation states PSA-based screening provides a small benefit for men ages 55 to 69, and that

April



physicians should inform this group about the potential benefits and harms of PSA-based screening for prostate cancer.

In addition, the statement pointed out that the decision of whether to screen or not should lie with the individual man, after an informed discussion with his physician.

For men age 70 and older, the task force retained the grade D recommendation advising against screening.

[Us TOO International](#), a nonprofit organization that provides education and support to the prostate cancer community, applauded the changes, but pointed to several gaps in the information.

For example, the statement pointed out that African Americans and men who have a family history of advanced prostate cancer are at higher risk for prostate cancer, but did not provide guidance on potential earlier screening in these groups.

“While we’re pleased to see that the USPSTF has acknowledged the value of PSA testing, the recommendation

leaves gaps in how to effectively address screening — especially in high-risk populations that also include military

veterans exposed to Agent Orange,” Chuck Strand, Us TOO International’s CEO, said in a press release.

“Guidelines are needed to ensure that all men have the opportunity to make an informed decision on whether or not

to have a PSA test.”

Us TOO International also questioned the recommendation against screening in men older than 70.

In addition to listing the benefits of screening, the draft statement also underscored why screening can be harmful.

Overdiagnosis is mentioned as the main harm. This refers to the diagnosis of cancer that may never cause

symptoms or lead to death, and is linked to overtreatment. Such treatment may cause side effects in men that could

potentially live a healthy life.

Currently, there is no way of determining if a prostate cancer will become aggressive.

Among physicians, the opinions on the recommendations vary.

“It’s not like doing less screening only cut back on overdiagnosis and overtreatment of low-risk cancer,” Dr. John

Davis, a urology researcher at the University of Texas MD Anderson Cancer Center told Lisa Rapaport in a Reuters

Health article on the topic. “It also decreased diagnosis of intermediate and high risk potentially lethal disease.”

But Dr. Daniel Merenstein, a family-medicine physician at the Georgetown University School of

Medicine, told the

Washington Post's Laurie McGinley that the change might make patients and physicians think that the 2012

recommendation was a mistake on the USPSTFs side. Such thinking may lead to a conclusion "that it's all right to

go back to a lot more screening and aggressive treatment."

Yet others told McGinley that "the guideline shift reflects the increased use of active surveillance for low-risk prostate cancer."

The issued recommendations are still in draft form, and the USPSTF welcomes the public's opinion on the statement.

The draft recommendation statement and the evidence used by the panel are available for review and public

comment sections are open until May 8, 2017. Us TOO International encourages everyone affected by prostate

cancer to review the document and provide feedback.

Don ' t Let Fear of Cancer Recurrence Ruin Your Life or Threaten Your Health1

[prostatecancernewstoday.com /2017/04/13/fear-cancer-recurrence-threaten-health/](http://prostatecancernewstoday.com/2017/04/13/fear-cancer-recurrence-threaten-health/)

APRIL 13, 2017 APRIL 12, 2017



BY RICK REDNER IN COLUMNS, LIVING & LOVING WITH PROSTATE CANCER

Years ago a dear friend was diagnosed with kidney cancer. His cancerous kidney was surgically removed. After surgery, he thought he was cured of cancer. About three years later he developed severe back pain. His doctor referred him to physical therapy. Three months later his pain worsened. Further diagnostic testing revealed that cancer had spread throughout his body. He died a few months later. I was devastated.

The life lesson I learned from this tragedy was this: If I ' m ever diagnosed with cancer, never go off the grid. I made a promise to myself to get tested regularly in the event I was diagnosed with any form of cancer.

It ' s been six years since I was diagnosed with prostate cancer. My yearly PSA test occurs in the month of April. I

have the order for my lab test in my car. No one could be more surprised than me to discover that

my deepest desire is to skip the test and go off the grid. My reaction makes no sense. I know full well the earlier a recurrence is detected, the greater odds I have of surviving it. Knowing this, or remembering what happened to my friend, has no impact on my desire to skip the test and go off the grid.

As I tried to understand my resistance to my yearly PSA testing, I've come to this conclusion: I've grown weary of living with the reality that the possibility of a recurrence of cancer is always hanging over me. I mistakenly thought going off the grid would allow me to deny this reality.

As I researched the fear of recurrence; I discovered there are hundreds of thousands of articles written about this topic. In an article titled *Waiting for the Shoe to Drop: Managing Your Fear of Recurrence* by Northwestern Medicine, they

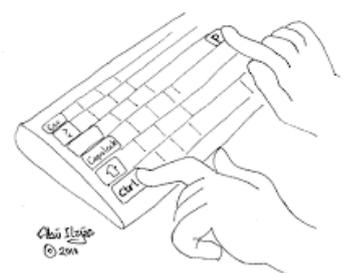
found that: Fear of recurrence was reported by 22-74% of people with a history of cancer, depending on how you ask the question. And one-third of cancer patients experienced recurrence fears 10 years after their diagnosis. They also found that certain events trigger or activate this fear. According to the article by Northwestern Medicine, common triggers for fear of recurrence are as follows:

Upcoming medical appointments; oncology visits, cancer screening Anniversary of cancer diagnosis or treatment Hearing about another person's cancer or a person who died from cancer Any mention of cancer Side effects from past cancer treatment Unexplained physical symptoms I wasn't surprised to discover PSA screening could trigger the fear of recurrence. I was surprised the way my fears affected me. I thought I'd experience anxiety and sleep loss. I never expected I'd be fighting the urge to skip the test and go off the grid. As I wrote the previous sentence the phrase "What you don't know can kill you" popped into my mind.

I love my wife and family too much to skip my PSA test. I discussed my resistance to testing with my wife, and the men who follow my Facebook page. I'm glad I did. If your fear of recurrence is interfering with the quality of your life, causing intrusive and unwelcome thoughts, loss of sleep, or leading you to skip or avoid testing, I urge you to get support. Speak with someone about this. You can join an online or face-to-face support group. Don't allow the fear of reoccurrence ruin your life.

Cartoon Corner

*The Urologist's favourite
keyboard short cut*



When I finish writing this column I 'm making my appointment for my yearly PSA test. If you or someone you love is coping with cancer, how are you dealing with your fears of recurrence? If you 're willing to share your experiences I 'd like to hear from you.

Note: Prostate Cancer News Today is strictly a news and information website about the disease. It does not provide medical advice, diagnosis, or treatment. This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read on this website. The opinions expressed in this column are not those of Prostate Cancer News Today, or its parent company, BioNews Services, and are intended to spark discussion about issues pertaining to prostate cancer.

*Read & Simonstone
Village Fete
Raising Money for Prostate Cancer
Saturday 17th June*

Hi,

I am on the committee for the Read and Simonstone Village Fete. Every year we have a fete to bring both villages together for an enjoyable day whilst raising money for different charities.

Last year the village lost a very dear friend to prostate cancer and we felt appropriate to have Prostate as one of our charities for this years fete.

I run the village pub with my family, and already this year we have managed to raise over £1000.00 for prostate. However I have been having trouble with communications with the charity as they are in London and wondered if you would be able to help.

The fete is on Saturday 17th June 12-4pm, and I would like someone from prostate to attend on the day to help promote awareness for the charity. I also wondered if you are just a support group or are you also a charity, as I would prefer the money to go local than to London.

Please could you let me know wether you will be able to help.

Thanks

Nicola

India League, Blackburn

And

Older Peoples Forum

Would like to invite you to

KNOW YOUR HEALTH TALK

On 11th May 2017 at 1 PM

Everything you have always wanted to know about

STROKE

So come and find out

By Dr Deepak Nama

Consultant Physician

At Boulevard Centre, Blackburn, BB1 1EZ

(Parking available at Morrison's)

Stroke is a medical emergency and early treatment can save life and limit the damage. Come and find out what causes a stroke, how to recognise it and its prevention.

Please confirm attendance with

Dr S. Waghray swaghray15@gmail.com

Or

Misbakh Ahmed misbakh@olderpeoplesforum.org.uk

Tel: 01254 503046



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From Left to Right Hazel Goulding (Treasurer) Leon D Wright (IT Admin) Stuart Marshall (Secretary) Steve Laird (Vice Chairman) Dave Riley (Chairman)

We are a group of local people who know about prostate cancer. We are a friendly organisation dedicated to offering support to men who have had or who are experiencing the effects of this potentially life threatening disease.

The East Lanc's Prostate Cancer Support Group offers a place for free exchange of information and help for local men and their supporters (family and friends) who may be affected by this increasingly common form of male cancer.

At each meeting we strive to be a happy, supportive and upbeat group of people; encouraging open discussion on what can be a very difficult and perhaps for some an embarrassing subject. We have lively, informative, interactive, sharing and above all supportive meetings.

Special Guest Speaker for the 4th May Meeting

Harold Hogarth

Will be Giving a Presentation On Life in the 40's 50's & 60's

Sponsors

