

“Newsletter”



East Lancashire Prostate Cancer Support Group

Edited by: Leon D Wright.
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High Intensity Focused Ultrasound.

A study has found that focal HIFU, high-intensity focused ultrasound, provides the 'perfect' outcome of no major side effects and free of cancer 12 months after treatment, in nine out of ten cases.

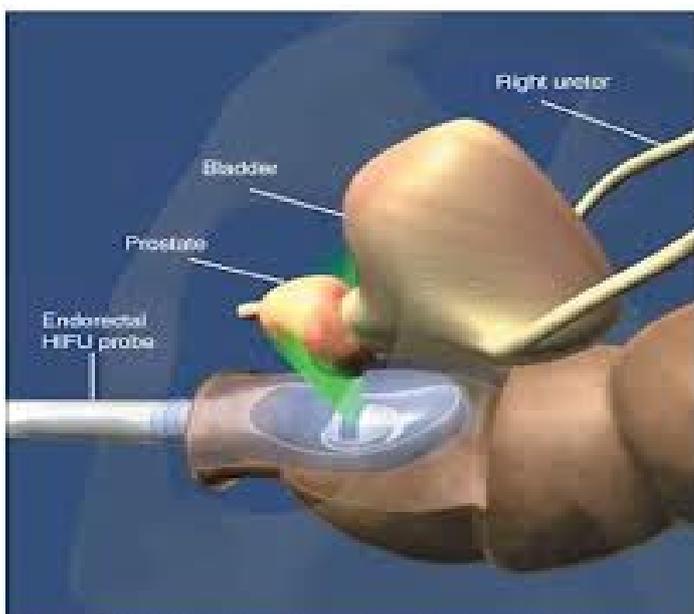


Figure 1: HIFU Mechanism—Schematic illustration of high-intensity focused ultrasound (HIFU) probe: endorectal placement and the trackless “placement” mechanism of action. Adapted with permission from EDAP TMS (Lyon, France), developer of Ablatherm.

Who can have this treatment?

HIFU is particularly suitable for patients with a PSA of less than 10, have a Gleason score of 7 or less and a small prostate with no prostatic calcification.

What can I expect from this procedure?

The procedure takes approximately four hours under general anaesthetic and patients are usually able to return home on the same day. Patients experience minimal discomfort after the procedure which can be helped with mild painkillers.

Is this the right treatment for me?

Ultrasound does not cause any damage to adjacent healthy cells as it passes through the body. This means rates of incontinence and impotency are very low following HIFU, compared with other forms of prostate cancer treatment. The procedure can be repeated and undertaken in patients who have already had radiotherapy.

The integrated imaging system used allows for high levels of precision, with surgeons accurately targeting focal points as small as a grain of rice. HIFU has been approved by the National Centre for Clinical Excellence. Although the HIFU prostate treatment is considered safe, long term follow-up data is not yet available

Walking & Exercise

<http://www.macmillan.org.uk/> being more active can help with some of the side effects you might experience during and after cancer treatment, such as fatigue and depression. Find out how you can be more active during and after cancer treatment to improve your health.

How Taking A Brisk Walk Could Stop Onset Of Prostate Cancer!

By Jenny Hope (Daily Mail)

Walking briskly could be a lifesaver for men with prostate cancer, say researchers.

At least three hours of walking a week can delay or even prevent the disease's progression.

But the benefits are gained only by men who walk briskly, rather than at an easy pace, the scientists say.

They studied 1,455 men who were diagnosed with prostate cancer that had not yet started to spread.

Patients' physical activity levels were assessed just over two years after their diagnosis and initial treatment.

Subsequently the U.S. researchers recorded 117 events, including disease recurrence, bone tumours, and deaths caused by prostate cancer.

They found men who walked briskly for at least three hours a week had a 57 per cent lower rate of disease progression than men who walked slowly for less time.

Lead scientist Erin Richman, from the University of California, San Francisco, said: 'It appears that men

who walk briskly after their diagnosis may delay or even prevent progression of their disease.

'The benefit from walking truly depended on how quickly you walked. Walking at an easy pace did not seem to have any benefit. Walking is something everyone can and should do to improve their health.'

The findings, reported in the journal *Cancer Research*, add to growing evidence that regular walking may combat a number of health problems, including heart disease and some cancers.

When studying the effects of walking, the researchers took account of whether patients were overweight and excluded those who engaged in vigorous activity such as running, cycling and lap swimming.

Starting a Walking Club

If anybody is interested in forming an activity club which will involve arranged walks to the requirements needs and capabilities of members.



Interested

Please contact:

Leondwright4@ntlworld.com

Step to it: Walking could be a lifesaver by stopping prostate cancer in its tracks.

Chairman Resigns!

It was sad to hear that our chairman Martin Wells, tendered his resignation. It is much appreciated the amount of work Martin put in for the group and we would like to extend our best wishes to him in his future endeavors.

Hormone Therapy Survey

In order to help find new treatments for Prostate Cancer a research company, M3 Global are looking for men with Prostate Cancer who have been on Hormone Therapy treatment to participate in a survey on behalf of a large pharmaceutical co. Participants will receive £40 and our group should also receive £20 for each person who takes part. 100 men are still required.

To participate contact Stuart (Sec.) for details.

Email: stumar12@aol.co.uk

Tel: 01282 431465

Burnley FC & Accrington Stanley FC Pledge Support for Prostate Cancer Charity

Clarets Back Life-Saving Charity.

Burnley Football Club has pledged its full support to help save men's lives in support of the Football League's new partnership with Prostate Cancer UK.

The organisation has been selected as the Official Charity Partner for the 2012/13 season.

And here at Turf Moor we endorse this vital partnership and a range of activities that aim to help more men survive prostate cancer and enjoy a better quality of life.

Clarets CEO Lee Hoos said: "We are proud to be playing our part in the Football League's new partnership with Prostate Cancer UK and we look forward to working closely with both organisations to make the year ahead a season of saving lives."

Prostate cancer remains the biggest cancer in men; killing one man every hour. It affects as many men as breast cancer affects women and one in nine men will get prostate cancer.

Prostate Cancer UK fights to help more men survive prostate cancer and enjoy a better quality of life. They support men and provide vital information, find answers by funding research into causes and treatments and lead change, raising the profile of the disease and improving care.

The partnership aims to build much needed awareness of prostate cancer and also raise funds that will help to continue investing in ground-breaking medical research and support services.

A dedicated two-weeks of support, from March 2-16, 2013, will coincide with



Here in Burnley, men and their partners who are concerned or worried due to suffering the effects of Prostate Cancer can contact the East Lancs Prostate Cancer Support Group.

This group, which is not a fund raising organisation or a charity, offers help and support to Prostate Cancer Sufferers and their supporters and families, in addition to offering advice and help to allay fears in respect of what can be a dreadful disease.

The group meets at the Mackenzie Medical Centre, Burnley General Hospital on the first Thursday of every month between 2-4pm.

Wives and partners also often attend these meetings and further information can be found on the groups' website:

www.elpcsg.org.uk Tel: 07548 033 930

For more general information about Prostate Cancer UK's football partnership visit prostatecanceruk/football or text 'PROSTATE1' to 70004 to make a £3 donation*

****Text costs £3 plus network charge. Prostate Cancer UK receives 100% of your donation. Obtain bill payers permission. Customer care***

Reds Back New Charity Partner

Accrington Stanley has pledged to help make 2012/13 a season saving men's lives in support of The Football League's new partnership with Prostate Cancer UK.

Players, staff and fans of the 72 Football League clubs will undertake a range of activities to help more men survive prostate cancer and enjoy a better quality of life, and the Reds have vowed to play its part.

Stanley Chief Executive Rob Heys said: "We are proud to be playing our part in The Football League's new partnership with Prostate Cancer UK, and we look forward to working closely with both organisations to make the year ahead a season saving men's lives.

"Prostate cancer is the most common cancer in men, killing more than 10,000 in the UK every year. It's so important that all men know about the disease, which is why we are delighted to play our part in getting the message out there as far and wide as possible - throughout the football community and beyond."

Former England, Watford and AC Milan striker Luther Blissett launched the partnership today alongside David Annand, a Prostate Cancer UK supporter who has pledged to walk 500 miles around football grounds over 12 months after being diagnosed with prostate cancer last year aged just 49.

Luther Blissett said: "Prostate Cancer UK's groundbreaking partnership with The Football League is a fantastic way to raise awareness of the most common cancer in men. It's brilliant that all 72 Football League clubs including Accrington Stanley are joining forces to spread the word about prostate cancer this season and help raise funds for the range of support services Prostate Cancer UK has to offer men affected by the disease."

Owen Sharp, Chief Executive at Prostate Cancer UK, said: "Every hour one man dies from prostate cancer, but still all too few men talk about their health as much as they should. Prostate Cancer UK's partnership with The Football League will play an invaluable role in breaking down some of the taboos that still exist, which is vital in encouraging men to be more open and to think and talk about prostate cancer.

"We hope that everyone who comes through the turnstiles this season at the Crown Ground will get behind the partnership to raise as much as possible and make an even bigger



difference to the 250,000 men affected by the disease throughout the UK."

Greg Clarke Chairman of The Football League said: "Prostate Cancer affects hundreds of thousands of people across the UK every single day and I'm proud that all 72 Football League clubs will unite behind a season saving men's lives. I would encourage fans up and down the country to get involved with fundraising at their local League club to help fight this disease."

Prostate Cancer UK is hoping to raise funds through a range of activity throughout the season, including dedicated weeks of support from 2nd to 16th March to coincide with Prostate Cancer Awareness Month.



PROSTATE CANCER UK