

# Buzz Bulletin

July 2024  
Edition 7 Vol. 9

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group



## Chairman's Chat



Keith Jones

**W**elcome as always to this month's Buzz. And welcome to summer at last, at least for a few days. Apparently, we might even be experiencing a heat wave although by the time you read this the weather may have broken again. Never mind, enjoy it while it lasts.

Having got through Wimbledon and the Euros, we are now into the Olympics and all our hopes are for great achievement by our athletes. So far it has been engrossing and the temptation is to stay indoors and follow the coverage on television. We have already seen the best first day ever for GB medals followed by golds in equestrian, mountain biking, swimming, and shooting. Whatever the individual or team performances, all athletes give their best after long and arduous training, with many goals being set and achieved along the way. What has that got to do with us you may ask? Well in some ways we are also training hard and giving our best to overcome the obstacles that prostate cancer puts our way, setting our own goals of achievement to beat our greatest opponent. I think that all of us deserve our own gold medal!

And so on to group matters.

### Group Meetings

We now have speakers lined up for our monthly meetings for the rest of the year. On this subject I need to correct myself, not once but twice. Our speaker in October is Professor Langley from the Royal Surrey Hospital, Guildford. In last month's Buzz and then in my Chairman's News at last week's group meeting, I reported that the October speaker would be Professor Hindley. I am going to excuse myself on the basis that the names are similar. However, apologies for the misinformation.

### DIARY DATES

Thursday 29th August  
Group meeting  
Cakes, cakes, cakes..



It's our 9 anniversary meeting,  
so get the recipe books out.

Thursday 5th September  
Red Lion Hotel, Basingstoke  
Pub Pint and Chat

Thursday 26th September  
Group meeting  
Erectile dysfunction and  
incontinence aids  
with Darren Breen  
Managing Director of  
iMEDicare

Thursday 3rd October  
Red Lion Hotel, Basingstoke  
Pub Pint and Chat

Thursday 31st October  
Group meeting  
Professor Langley  
from Royal Surrey Hospital,  
Guildford.

## Chairman's Chat .... *continued*

### Anniversary Meeting

In August we celebrate our 9th anniversary and as in previous years, this will be a social meeting involving cakes and a pub quiz. If any of you missed the July meeting and want to donate some baked or shop bought cakes or other goods, it would be helpful if you would let us know. Please send a message to the group email address [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) and Allan will pass your details on to Virginia Budd who is co-ordinating the catering for the day.

### Partners Group

Our partners group held their first coffee morning on Tuesday 16th July at the Gabardine Bar in Basingstoke with seven partners attending. The next coffee morning is planned for Tuesday 20th August at 11am, same venue. If you are a partner and have not attended before, just turn up on the day and you will be most welcome to join the group for this get together. A very big thank you goes to Pat Twigg for organising this group.

### PC Awareness

We will be attending the Silchester Fete on Saturday 7th September raising awareness of prostate cancer. If anyone who would like to help out over the course of the day, please send a message to the group email, [info@nhpcsg.org.uk](mailto:info@nhpcsg.org.uk) stating when you would be available and we will add you to our roster.

### Group Visit

There is an opportunity to visit the headquarters of the Hampshire and Isle of Wight Air Ambulance headquarters at Thruxton airfield later this year. When we mentioned this at the June group meeting there was a favourable response and we will now progress this. Listen out for an update in August.

### Prostate Cancer Research in the News

#### Prostate Progress

As I indicated last month, this is a new initiative from Prostate Cancer Research creating a patient data platform which can then be used by those involved in research projects related to prostate cancer. Data will be gathered through online surveys at various times from men diagnosed with prostate cancer who have signed up and will cover a wide range of subjects. Some of the data requests may be repeated, for example a prostate cancer health survey will be repeated to gain information on how respondents health may have changed over time.

There is a wealth of information about this project on the Prostate Cancer Research

## Chairman's Chat .... *continued*

website and I encourage you all to sign up for this very worthwhile cause. Use the link below to sign up and to also read a very detailed explanation regarding the project. Here you will also find a video featuring the actor and presenter Stephen Fry explaining why he is supporting this initiative.

[Prostate Progress - Prostate Cancer Research \(prostate-cancer-research.org.uk\)](http://prostate-cancer-research.org.uk)

### Updating GP Guidance on Testing

A coalition of Britain's leading PC experts have called for a change in guidelines for GP's regarding PC testing. This was published in British Journal of General Practice and backed by Prostate Cancer UK

Currently doctors told not to raise the subject of PSA tests unless men have cancer symptoms. Men over 50 can request a PSA test but this must be must be initiated by the patient by booking an appointment with their GP.

The group argues that from now on GPs should "proactively discuss" the PSA blood test with black men over the age of 45, and men with a family history of prostate cancer. Also, it considers that more should be done to ensure all men over 50 feel empowered to request a PSA test.

This could bridge the gap until a national screening programme being devised by the Transform project which I have spoken about in previous editions of Buzz is available.

More detail is available on the link below.

[-The new Government can save lives and smash inequalities here's how you can make it happen | Prostate Cancer UK](#)

Well, I'm now off to enjoy the sun or the Olympics, or both but I look forward to seeing as many of you who are available at our August meeting.

**Keith Jones**  
Chair

## Group Meetings

Brighton Hill Community  
Association Hall  
Gershwin Court  
Basingstoke.  
RG22 4NN

Meetings are held on the last Thursday  
of every month except December



## Contact

For more information  
call or text: 07377 430242  
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website: [www.nhpcsg.org.uk](http://www.nhpcsg.org.uk)



North Hampshire Prostate Cancer  
Support Group

## Meeting Report

**O**ur very own Martin Budd gave us a presentation on the Benefits of Sleep packed with stats and graphs, and an anecdote or two. He started with some stories of what can happen when you don't get enough sleep, fatal road traffic collisions and commercial airplane near misses.

Martin took as his information sources a variety of expert presentations that he had attended and a number of books on the subject written by subject matter experts (listed at the end of the presentation slides).

What is sleep:

EEG monitoring of brain activity during sleep shows that sleep comes to you in 90 minute cycles, and you move through Light, Deep and REM sleep.

Light sleep is the initial stage lasting up to 10 minutes during which you are easily disturbed.

Deep sleep is the phase where the important stuff occurs; Brain cleansing of toxins as well as Short and Long term memory rationalisation, with associated benefits to your immune system.

REM sleep is when most of your dreams occur, and is central to your mood and emotional regulation.

How sleep affects your health:

7-8 hours is better for you than 4-5 hours . Consistency is key - Go to bed and get up at the same time every day will give you the most benefits.

Sleep is where your memories of the day's events are assessed and consolidated, or in some cases discarded or forgotten.

So that old adage 'Sleep on it' before making an important decision definitely has its basis in fact.

Sleep is also where your body repairs and recovers, and it is also known to boost your immune system.

The quality of that sleep is very important.

If you don't get a good night's sleep the consequences are not just feeling tired, or have 'brain fog'. You may be more susceptible to trips and other accidents, your mood may suffer, and it has even been shown to increase your risk of cancer, not just prostate cancer any cancer.

One of the most troublesome conditions affecting your quality of sleep is Obstructive Sleep Apnoea which can cause the sufferer to snore excessively and even stop breathing for long periods until the body realises and wakes, or nearly wakes, completely disrupting sleep and destroying the benefits. The condition is linked to many seemingly unrelated health issues, high blood pressure, weight gain, type 2 diabetes, and even increased risk of heart attack and stroke. Being diagnosed with Obstructive Sleep Apnoea has to be reported to the DVLA

## Meeting Report .... *continued*

affecting your ability to drive and any holiday insurance you may be denied or invalidated.

Many of us nowadays have smart watches that can monitor the length, phases and quality of your sleep, producing graphs of your night's progress and highlighting any issues.

How to sleep well.

10 tips to get better sleep

- 1 . Reduce blue light from screens. Use night mode on devices, or banish them completely from the bedroom.
- 2 . Cut out light from outside, get good curtains/blinds.
- 3 . Keep the bedroom cool 17°C or lower.
- 4 . The Orthopaedic Mattress does not exist. When choosing a mattress take your time, everyone is different. When sleeping on your side keep your spine straight from head to hips
- 5 . Reduce caffeine. Stop imbibing 6 hours before bed.
- 6 . Eat healthily, but try for a 12-14 fast overnight
- 7 . Get outside in the sunshine for a 20 minute walk early in the morning to reset your body clock.
- 8 . Do not snooze for long periods (30+ minutes) in the afternoon.
- 9 . Wind down 20-30 minutes before going to bed.
- 10 . Go to bed at the same time and get up at the same time every day.

The holy trinity for good health Sleep + Exercise + Diet.

The charity Hope 2 Sleep has a good website full of information for snorers and sleep apnoea sufferers

<https://www.hope2sleep.co.uk/>

**Rich**

