

Buzz Bulletin

July 2023
Edition 7 Vol. 8

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Welcome to the Buzz Bulletin

Chairman's Chat



Keith Jones

Welcome to the July issue of Buzz, sorry it is a week late but it is supposedly summer and the holiday season which interrupts our normal schedule. We aim to publish Buzz shortly after the monthly group meeting and includes a review of the

meeting and speaker but with dates as they are, the group meeting is getting closer to the end of the month which means any delay and the publication slips into the following month.

I guess some of you will already have been on holiday whilst others like me may be planning a September break avoiding the school holidays. In the past I have always stayed on dry land but this year my wife and I will be experiencing a cruise for the first time. Not being the greatest of sailors, I am approaching it with some trepidation. Perhaps this is based on a fishing trip I took as a teenager in Dublin Bay. Let's just say the sea was not the only thing that was green that day. I am assured that cruise ship are much less affected by the swell, I sincerely hope this is true.

In recent months there has been a lot of press related to research projects around Prostate Cancer. I am currently participating in two projects. The first is with a market research company which is gathering information on behalf of a pharmaceutical company which has developed an oral hormone treatment to replace the current hormone injections that some of us, myself included, receive, e.g., Zoladex. This data will be used to support the proposal that the company intend to submit to the National Institute for Health and Care Excellence (NICE) for their newly developed treatment.

The second project involves research into the link between genetics and the incidence of prostate cancer. This is being undertaken by the Royal Marsden Hospital and will involve saliva and blood tests along with interviews over a 12-month period. If a genetic link can be identified, this will help direct both testing and treatment.

DIARY DATES

Thursday 31st August
Anniversary Group Meeting
and Quiz

There will be cake!

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**Thursday 7th September**  
**Red Lion Hotel, Basingstoke**  
**Pub Pint and Chat**

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Thursday 28th September
Group meeting
Presentation by Tony Cross
on Pillar Boxes

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

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Thursday 26th October
Group meeting
Speaker TBA

Hopefully the above along with the work supported by other organisations such as Prostate Cancer UK and Prostate Cancer Research will bring about real changes in the diagnosis and treatment of our condition.

Finally, a reminder that our next meeting will be on Thursday 31st August and is our anniversary meeting. The format is different from our usual monthly meetings and will be more of a social event with a quiz and cakes. If anyone wishes to donate a cake or cakes, it is not too late. Virginia Budd is co-ordinating the cakes supply to ensure that we have a variety and don't end up with 10 Victoria sandwiches. You can contact Virginia via our admin email address admin@nhpcsg.org.uk

July Meeting

Unfortunately, our scheduled speaker from Green Health Tadley had to postpone his talk due to illness but we will be rescheduling his visit for a future meeting. As a result, at relatively short notice, we put together a session entitled Prostate Cancer Matters. This was broken down into 3 parts.

1. Rise in PSA levels after radiotherapy

Under the auspices of the Prostate Cancer Foundation (PCF), three American urology consultants discussed what should be done if PSA levels rise after a patient has received radiotherapy.

They made a number of very interesting points related to the treatments available for men diagnosed with prostate cancer. One of the key takeaways to this is considered to be a factor of 4. So, if the patient PSA level was 1 after the radiotherapy treatment was complete and subsequently rose to 4, then the patient should refer themselves back to their specialist. They also said that the same applied if a radical prostatectomy surgery has been performed. In this case if the PSA reading post-surgery was 0.1 and it subsequently rose above 0.4, the patient should self-refer.

The PCF record their regular webinars and cover a variety of subjects. If you are interested in finding out more, go to their website www.pcf.org/pcf-webinar-series/

2. Nutrition and Prostate Cancer

One of our new members, David Calvert, took the opportunity to discuss his recent PC diagnosis and a book he has read by Professor Jane Plant regarding her experiences with breast cancer and how she made significant changes to her diet that she believed helped prolong her life. She and her husband, who is also a scientist, drew on their experience of working in China where there is a low rate of breast cancer. She adopted a vegan diet, cut out red meat, ate plenty of vegetables, nuts and absolutely no dairy products. After six weeks she found that a new tumour had disappeared.

Many of us will have read how diet can impact patients' conditions and in David's case he explained that has adopted a strict vegan diet and has seen a dramatic fall in his PSA level. He pointed out that he is also being treated with LHRH Analogues which may also be the reason for the fall in his PSA level and is interested to hear the experience of other members who may have made dietary changes and what impact this may have had for them. IF anyone wants to contact David, please email info@nhpcsg.org.uk and we will pass on your details.

Professor Plant's book, Prostate Cancer: Understand, Prevent and Overcome, is available from Amazon.


3. The InfoPool from Prostate Cancer Research

The opportunity was taken to provide a short demonstration of this new information resource which available to anyone. It was created by the Prostate Cancer Research organisation and was co designed by medical professionals and patients together. A Clinical Advisory Board which includes Urologists, Oncologists, Nurses, Health Inequality Experts and a Histopathologist are responsible for ensuring the information displayed reflects the latest evidence and will be reviewed every year. The website is easy to access and the information is presented in simple terms. There are sections covering: -

- Testing and diagnosis
- Treatment comparison
- Understanding treatment choices
- Personal stories
- Living with side effects

Each section is easy to navigate

www.theinfopool.co.uk



The video Martin showed at the July meeting was from the American Prostate Cancer Foundation <https://www.pcf.org/pcf-webinar-series/> They have several other webinars that may of interest to our members

Infopool is from the British Prostate Cancer Research Organisation which is also supported By Tackle. <https://www.theinfopool.co.uk/>