

Buzz Bulletin



October 2022
Edition 6 Vol. 7

Newsletter of the
North Hampshire Prostate
Cancer Support Group

Welcome to the Buzz Bulletin

Chairman's Chat

It was great to see so many people at our September group meeting for the talk by Richard Hindley – lead urology consultant from Basingstoke Hospital. We had over 40 people including some first-timers, the most at a group meeting since Covid and the return to face-to-face meetings.

This was the first time we have used all our new audio-video kit, funded by the Loddon Lilies, for a meeting with others joining over Zoom, and despite a few initial technical gremlins, it all went well in the end.

The national charity, **Tackle Prostate Cancer** have re-started their occasional newsletter, **Prostate Matters** and the latest edition features the NHPCSG with an interview with Allan our secretary. Tackle are a small charity and cannot afford to print hard copies for members of all the local support groups such as ourselves, but their newsletter is available via their website <https://tackleprostate.org/>. For our members that do not have access to the internet we can obtain a few hard copies of **Prostate Matters**, so please let us know if you would like one in the future. (all our current copies have already been distributed).

We are pleased to confirm that Axminster Tools in Basingstoke are able to provide free storage space for most of our equipment and supplies such as our events table, display boards, PCUK and group literature etc. We have ordered some racking for this kit and hope to move it to Axminster soon, so freeing up space currently being used for storage in our committee members' houses. Thanks go Max Bennett, one of our members for arranging this storage.

Last month the NHPCSG had a small stand at the Basingstoke Older Persons Awareness Morning in Church Cottage, Church Square. The event was organised by **Basingstoke Neighbour Care** and Basingstoke Voluntary Action. It was a great opportunity to meet with other local support groups such as Citizen's Advice, Mens Shed, and the Blue Lamp Trust. We had a couple of very useful conversations with men who were concerned about prostate cancer.

Basingstoke Neighbour Care help people who are unable to get out by themselves and their services include transport to hospital appointments and to local shops. They can also drive people to hospital appointments in Southampton and Guildford. For further details see their web site <https://www.neighbourcare.com/> or phone Basingstoke 423855

DIARY DATES

October 27th
Presentation from the
Blue Lamp Trust.
Staying safe online and
avoiding scams

November 24th
Dr Steve Allen
A talk on
Different types of scans

December 8th
NHPCSG Xmas Lunch
BCOT Basingstoke

If you wish to contact the Urology Department at HHFT
Telephone: 01256 313515

The 29th of September also saw the 20th Anniversary of The Orchard, Basingstoke Voluntary Action's offices in White Hart Lane. I went along and it was another great networking opportunity to meet with other voluntary sector organisations within Basingstoke. We also had a small display of our group literature and pens.

As well as the BVA, Pink Space / Blue Space have recently moved from their previous location in Wote Street to The Orchard and are again able to offer complementary therapies for people with cancer.



Church Cottage

PROSTATE CANCER FUND RAISING EVENT

at
TADLEY POOL
on
Saturday
15th October 2022

1.30pm to 2.30pm (Lane Swim)
2.30pm to 3.30pm (Fun Swim)

£1.00 per adult



PROSTATE CANCER

The family of Chris Nash, one of the exercise group members who recently passed away are organising a fundraising event at Tadley Swimming Pool on Saturday 15th October. The NHPCSG hopes to have our own awareness information at the event. Please do drop in, have a swim and support this event.

Tickets for our Christmas Lunch are selling fast – see our previous email. If you would like to come book your places now whilst we still have space.

That's all for this month – stay safe

Martin

September Meeting

What a privilege to have Prof Richard Hindley, one of Britain's leading urologists, based here in our local hospital trust, as our key speaker this month. In an urgent message the previous evening it was explained that he would not be able to attend in person, due to added workload and staff shortages. This gave the Group its first chance to put into operation our new Zoom screen system, which it has recently purchased following the kindness of the Loddon Lilies, a ladies' group from Sherfield on Loddon who have chosen to actively fund-raise on our behalf this year. Once operational the system worked particularly well.



Throughout Richard's talk it became very clear that we are particularly well served locally. As the Trust is one of the leading innovation and treatment centres in the UK, with some of its work having worldwide implications in terms of treatments. Basingstoke continues to punch well above its weight in terms of innovation, and also in undertaking trials of new treatments. Currently it has been selected along with Oxford and Imperial College to perform UK trials of a new steam treatment system which has shown promise in the US. Building on the earlier excellent results of the Promis trial that introduced mp-MRI scans nationally, work is now ongoing to refine these scans potentially leading to them being used in a mass screening programme for prostate cancer.

Another example of Basingstoke's lead in the treatment of prostate cancer; after University College Hospital in London, Basingstoke was only the second location in the UK to use HIFU (High intensity focussed ultra sound) commencing just two years behind in 2006. Richard explained that HIFU is recognised as being less damaging to peripheral tissue leading to reduced side effects especially in potential sexual function. Whilst no trial has been formally run, early indications suggest that over the last 7 to 8 years the outcomes between radiotherapy and HIFU show no significant difference. It has also been remarkably effective in men with a main tumour and smaller additional tumours with just the main one being treated, regularly leading to the impact of the minor tumours diminishing.

Right from the start, Richard emphasised the importance of PSA testing, indicating that this form of testing has radically improved in accuracy and value over recent years. In his view a screening programme will be implemented before too long. He added that in future MRI screening is ultimately likely to become in the key marker, with the added benefits of identifying the exact size and location of any suspect tumours, enabling accurate targeted biopsies and better assessment of various treatment options.

Following a round of questions to Richard from the floor, there was a very genuine expression of appreciation given to him for giving up time from the operating theatre. Without the support of the Loddon Lilies, this Zoom meeting, which worked so well, would never have been possible.

With prostate cancer now the most prevalent cancer in the UK, it is disturbing to realise that in 2020 the number being diagnosed was about 25% of previous years, with 2021 still only about one third; even this year the level has risen to about 50% of earlier times. This clearly suggests that there are many cases existing yet to be diagnosed, but worryingly with probably much more advanced disease and thus poorer prognosis.

It was encouraging to have a number of members join us for the first time, and it was encouraging, in the light of the support given them, to hear that they want to participate at future events.



North Hampshire Prostate Cancer Support Group



- Had your diagnosis?
- Want to discuss your treatments?
- Meet us for a pint and a chat in the Red Lion Hotel Bar
Red Lion Hotel, Basingstoke RG21 7LX

Thursday 13th October from 7.30pm

"It was the shock and confusion that you will all remember at being diagnosed with a prostate issue. Timing is all in life. My diagnosis coincided with an invitation on a flyer from your group to meet for a pint and a chat. For me personally this was so important as I was all at sea. I had been given options for treatment but what did that mean in the real world? The opportunity to meet and talk through the hosts' diverse treatments and experiences enabled me to focus on and decide on the treatment I would seek. I am so grateful for the time unselfish and openness the team members gave me that night. The meeting for me was beyond value."

Testimonial RKVB

FOR MORE INFORMATION

Group Meetings

2pm - 4pm last Thursday of each month
Check Web Site or Facebook Page for Details
No need to book, just join in!

Contact

phone or text: 07377 430242
e-mail: info@nhpcsg.org.uk
web site: www.nhpcsg.org.uk



North Hampshire Prostate Cancer Support Group

Group Meetings

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

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



Together we are Stronger

Contact

For more information

call or text: 07377 430242
email: info@nhpcsg.org.uk
website: www.nhpcsg.org.uk



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