

Buzz Bulletin

December 2022
Edition 8 Vol. 7

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Welcome to the Buzz Bulletin



The Worshipful The Lord Mayor and Madam Mayoress came to visit us at our November meeting. To top it all we had a brilliant talk from Dr Steve Allen about scans. We are now looking forward to the Group's Christmas dinner which this year will be at BCOT.

At the Group meeting it was suggested that I should explain the roles of the Chair and the committee to help encourage candidates for next March's AGM.

Secretary - takes minutes of committee meetings, distributes the Committee Meeting Agenda and previous minutes for approval, to the committee prior to the meeting, informs the membership of forthcoming meetings and other relevant information.

Treasurer - maintains a record of income and expenditure, pays bills for the Group, is a signatory on the club account

Membership Secretary - maintains a record of the Group Members and a register of attendance at Group meetings. Keep in touch with members by phone if appropriate.

Publicity - writes a brief account of Group meetings for publication in Buzz, distributes information about the group to local newsletters. Organises publicity material for awareness events.

Committee members - currently we look after the Pint and Chat evenings, ensuring someone from the Group will be there to chat with new members who turn up, liaise with BVA (Basingstoke Voluntary Action) to improve our public image via new publicity material, logo, facebook and web site. Encourage wider volunteering from the Group to help at Awareness events.

Chair - keep the committee focussed on the group and liaise with other organisations such as Cancer Services Partnership, Tackle and Macmillan. Write a newsletter item for Buzz, host Group meetings and write the agenda for committee meetings.

DIARY DATES

8th December 2022

NHPCSG Christmas Luncheon

BCOT 12.00 midday

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5th January 2023

Red Lion Hotel, Basingstoke

Pub Pint and Chat

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26th January

Wellness

Talks about Exercise, Diet and
Well Being

November Meeting

The recent meeting of the North Hampshire Prostate Cancer Support group is likely to be remembered for a long time. Not only was there an excellent speaker in Dr Steve Allen, acting Chair of 'Tackle', the umbrella organisation for all of the support groups nationally, but also the Mayor and Mayoress of Basingstoke and Dean joined us.

Steve's talk titled 'What's new in Scanning?' started with a review of conventional imaging, starting with X rays, followed with CT scanning – the use of multiple X rays to create slices which with computer technology is then reproduced as a 3D image. The next advance came with MRI scanning, the use of changing magnetic fields to



produce radio waves yielding detailed images. More recently MRI/CT passive scans have been combined to demonstrate size, position, and nature of a suspect tumour by looking at its density. All these scans produce static pictures, whilst ultrasound scans are in real time, and can be positioned as required, such as in a prostate biopsy, which when combined with a prior high resolution MRI image gives very precise targeting resulting in quicker,

more accurate and less invasive biopsies.

Steve followed this with an explanation of PET (Positron Emission Tomography) scans, which identifies cell activity, involving the introduction of a low dose radioactive tracer molecule which enters the cell metabolism; as cancer cells are more active, they absorb more of the tracer. As the dose degrades it emits a positron (positive electron) which is detected by a special scanner. Typical tracers used include radioactive fluorine as fluorodeoxyglucose or the more effective, for prostate cancerous cells, Choline C-11. He explained that he combination of a PET and CT scan provides additional clarity and identification of any tumour.

Right at the forefront of medical science is PSMA (prostate specific membrane antigens) scans. Steve outlined how with each cell having spike receptors, which communicate through the cell membrane with the nucleus of the cell (something people have become more aware of with the covid virus), careful analysis of the shape and function of each receptor allows specific chemicals, for



example hormones, to be targeted into the cell's functionality. These chemicals are called Ligands. The smart bit comes by attaching a weak radioactive molecule to the Ligand such as Gallium 68, which on decay gives off positrons identifiable with a PET scan. Prostate cancerous cells are between 100 to 1000 times more active in picking up these ligands than non-cancerous cells, making this an effective tool especially when combined with a CT scan, and is a very valuable aid to identifying secondaries. Furthermore, it is known that hormone therapy also increases PSMA's.

The big question now is 'can this technique also be used for treatment?' with Steve emphatically answering 'YES'. Instead of the low-level Gallium as a radioactive source, Lutetium 177 which is a beta source, hence short penetration range is used, thereby reducing peripheral damage. This whole new method of treatment using molecular radiotherapy is called Theranostics, employing adapted diagnostic methods for subsequent treatment, and holds out considerable future potential for far better patient outcomes.

After such an insightful talk, the appreciation was heartfelt.



Following a short social break, the group was honoured to have Mayor Councillor Paul Miller share his own experience, initially involving concerns raised at a 'Well Man' routine check, culminating more recently in being treated with brachytherapy - the use of radioactive seeds inserted inside the prostate gland. He placed very strong emphasis on men's reluctance to act early on health warning signs, and the need for us all to talk about it much more. He spoke passionately that we need to encourage men to undertake routine checking, especially as they advance past 50, when any man has the right to ask his GP for a PSA test.

The Group's Vice Chair thanked both men for their very positive support to all the group members.

Keith

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

Basingstoke Neighbourhood Care is a free service offered to people in Basingstoke who need help. Their website highlights the ways they can help for instance in driving patients to appointments.

Basingstoke Neighbourhood Care

Contact: Web Site: <https://www.neighbourcare.com/>
Tel: 01256 423855 Email: info@neighbourcare.com



If you have subjects you would like publishing in YOUR newsletter please send them to us using the contact information

Some Useful Web Contacts

Macmillan Cancer Support with <https://www.macmillan.org.uk/coronavirus/cancer-and-coronavirus>
advice relating to coronavirus
Prostate Cancer UK advice at <https://prostatecanceruk.org/>
Macmillan Cancer Support at <https://www.macmillan.org.uk/>

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



North Hampshire Prostate Cancer
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