

Buzz Bulletin



June 2024
Edition 6 Vol. 9

Newsletter of the
North Hampshire Prostate
Cancer Support Group



Keith Jones

Chairman's Chat

Welcome as always to this month's Buzz.

It's summer, or so they say, but we have the Euros 2024 and Wimbledon has started, so there must be some cause for optimism, if not in the performance of British sports men

and women, then at least we might expect the temperatures to rise. We will see.

Basingstoke and Deane Mayor's Charity

By way of an update to our selection as one of the Mayor's charities, we have been involved in a number of activities during June. Allan Roper and I attended a briefing from the Mayoral



Coordinator in the council offices. The Mayor was present at the start of the briefing and he presented the group with a certificate recognising our selection.

We then attended the Mayor's church service on

DIARY DATES

Thursday 4th July
Red Lion Hotel, Basingstoke
Pub Pint and Chat

Thursday 25th July
Group meeting
Sleep and Health
Speaker Martin Budd

Thursday 1st August
Red Lion Hotel, Basingstoke
Pub Pint and Chat

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

Chairman's Chat *continued*

the 9th June in the presence of local group leaders and a number of Hampshire mayors. I had the honour to read one of the lessons.

The other event was a flag raising in recognition of Armed Forces Day at the council offices and Roger Bensaid attended representing the group.

In the coming months it will be important that we attend many similar events and hope that there will be volunteers from the group.

Basingstoke Festival of Transport

Last month I mentioned our presence at the Festival of Transport. Subsequently we were the subject of an article in the Basingstoke Gazette on 6th June issue, giving us more welcome publicity. If you want to read the article, use the link below.

[North Hampshire Prostate Cancer Support Group recognised | Basingstoke Gazette](#)

Partners

Our partners group met again at the June meeting under the leadership of Pat Twigg. They are now planning to meet for a coffee morning on Tuesday 16th July at 11:00am at the Gabardine Bar in Basingstoke. All partners are welcome.

If you are a partner and are interested in attending, please send a message to info@nhpcsg.org.uk and we will pass your information on to Pat who can answer any questions you may have.

Other Support Groups

At our group meeting I took the opportunity to publicise two special support groups

The first is the Advanced Prostate Cancer group which hold monthly meetings on Zoom on the last Monday of the month. This group is aimed at men who have been diagnosed with advanced prostate cancer or whose prostate cancer has returned. The next meeting is on Monday 29th July at 6pm. If you want to attend, then contact Aidan Adkins at aidanadkins@tackleprostate.org for connection details.

The second group is the National PC Partners Support Group. This group is led by Janet Deakin and Caroline Prance. Those of you who attended the January group meeting will remember Caroline spoke to us about partner groups. The next meeting is on Tuesday 30th July at 6:30pm once again on Zoom. If you want to join this meeting, contact with Janet or Caroline at janetldaykin@gmail.com or carolineopcsg@gmail.com.

Prostate Cancer Research in the News – Prostate Progress

This is a new initiative from Prostate Cancer Research to change the future of prostate cancer. This is co-designed and overseen by patients and is dedicated to finding an early test,

Chairman's Chat *continued*

improving treatments and ultimately saving lives. The process starts with an online consent form followed by a questionnaire. Then, a few times a year, a follow up email will ask for this to be completed again.

Our prostate health records are held by the NHS but by sharing results such as PSA tests or treatments, this data will be available to different researchers on different projects.

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

To sign up, go to prostateprogress.org or click on the link from the above website.

Prostate Cancer News



Prostate Cancer UK are running a webinar on Monday 8th June at 6pm entitled "Let's talk about incontinence". This is something that affects many of us, especially those who have had a radical prostatectomy surgery. The webinar will be led by one of the PCUK specialist nurses with insight and advice from experts in the field. One of the PCUK supporters, Mike Ridley-Smith, will talk about his personal experience and there will be the opportunity to learn more about living well with incontinence. You can sign up for the webinar through the link below.

[Webinar Registration - Zoom](#)

All change at Hampshire Hospitals

We have recently learnt that one of the Clinical Nurse Specialists (CNS) Chloe Gubby has left the Trust and they are actively recruiting a replacement. Also, CNS Gail recently retired and to add to this two members of the Pathway team have also left. This leaves CNS's Tina Gehring and Sara Fawcett covering our needs until such time as new members of staff are recruited and trained. If you need to get in touch with Tina or Sara, the contact numbers are below.

Localised Prostate Cancer CNS Team:

Call: 01256 577145 (Ext.: 49145)

Email: HHFTprostatecancer@hhft.nhs.uk

Locally Advanced & Metastatic Prostate Cancer CNS Team:

Call: 01256 852825 (Ext.: 42825)

So for now, that is all from me this month and I'm off to cook dinner as during the next two weeks, my wife's life revolves around the tennis. I look forward to seeing you at our upcoming events.

Keith Jones
Chair

Meeting Report

Osteoporosis - Trisha Watson from the Royal Osteoporosis Society (ROS).
www.theros.org.uk

The ROS is the largest Osteoporosis charity and covers the whole of the UK. Trisha is a long-time volunteer for the society and gave an interesting and very informative presentation on the work of the society and the effects of Osteoporosis as we age or are affected by hormone treatment.

The human skeleton is quite amazing, the composition of the bones is completely refreshed every 7 to 10 years in adults and as quickly as every 2 years in children, which is why they recover from fractures so fast. Your peak bone mass is between the ages of 20 - 30 year before it starts to decline. This decline is affected by genetics and lifestyle choices (diet and exercise).

So, it is inevitable that as we age our bones get weaker, this deterioration is faster in women than men due to the hormonal changes resulting from the menopause.

It is estimated that there are 3.5 million people (5% of the population) affected by osteoporosis, that is half of all women and 1 in 5 men, and this contributes to half a million fractures a year.

The risk factors for osteoporosis are:-

- your ethnicity (white and Asian more susceptible than Afro-Caribbean);
- your history of bone breaks;
- whether you take certain medications or suffer from diseases that affect your ability to absorb nutrients (Anorexia, Crohns or similar).

Inevitably lifestyle choices can also increase risk: smoking, poor diet (lack of Vitamin D3, or calcium rich foods), excessive alcohol, lack of exercise and low body weight.

There is a simple risk checker on the ROS website at theros.org.uk/risk-checker.

If your risk is high a confirmative diagnosis is by a simple 2-minute DXA or Bone Density scan. The scan will calculate your bone density and can identify the condition of Osteopenia (a lowering in density, but not the level associated with osteoporosis) or Osteoporosis. These scans should be regularly repeated (every 2 years) to monitor for any progression of the disease.

The bones most affected by osteoporosis are the wrists, spine and hips. Often a break due to a low impact fall is the first indication of the condition. ROS are implementing a Fracture Liaison Service at hospital fracture clinics to highlight the possibility of osteoporosis to patients, but this initiative is not yet available nationwide.

Meeting Report *continued*

Treatments for osteoporosis are varied, from a pill a week or day to injections at regular intervals. There are many treatments and patients often try a few until they find one that works and suits them.

Regardless of the progress of the disease, Trisha highlighted that it is easy to eliminate many trip hazards (loose rugs, unsuitable footwear, uneven walkways, etc) to avoid breaks. Her top 5 tips:

Use the Risk checker on the ROS web site (theros.org.uk/risk-checker)

Contact a ROS Nurse (0808 800 0035)

Eat a healthy diet including vitamin D3

Live a healthy lifestyle including exercise.

Be positive - it is never too late to protect your bones.

Richard White

Additional Information from ROS

[Osteoporosis Risk Checker](#)

[Free Helpline](#)

The main website is <https://theros.org.uk/> and it has information on all sorts of relevant topics eg nutrition, treatments, exercises.

A short discussion between a Prostate Cancer nurse and an Osteoporosis nurse [here](#).

On the subject of exercise:

1. The weekly (Monday morning) Prostate Cancer Rehab exercise class, contact Steph on 07789967762 or [email](#)
2. Free Volunteer led walks in Basingstoke <https://www.bvaction.org.uk/wellbeingwalks> which includes links to
3. Ramblers Wellbeing Walks <https://www.ramblers.org.uk/go-walking/wellbeing-walks/search?>
4. Walking Parkrun <https://www.parkrun.org.uk/basingstoke/> and
5. There is also a social group of parkrun walkers and runners called 5K Your Way <https://www.moveagaincancer.org/events/basingstoke/>

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
email: info@nhpcsg.org.uk
website: www.nhpcsg.org.uk



North Hampshire Prostate Cancer
Support Group