

East Lancashire Prostate Cancer Support Group Newsletter



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Scientists drill down to genetic root of prostate tumor

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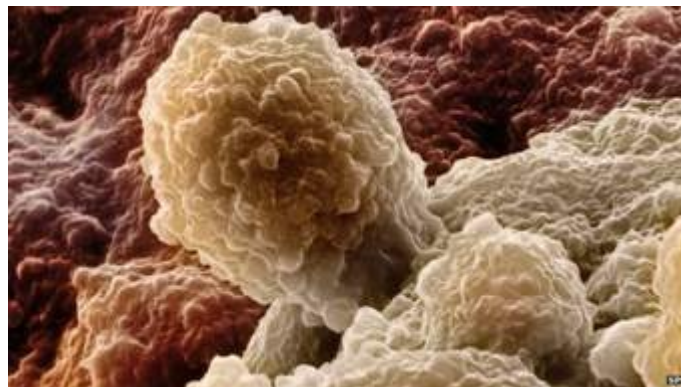
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Scientists have revealed the root of prostate cancers in individual men, discovering that despite huge genetic variety between tumours they also share common gene faults – insight that could offer new treatment hopes, according to research published in Nature today.

"This research using whole genome sequencing lets us look right into the molecular core of cancer, and reveals the secrets of how cancer cells change and evolve as they grow." - Professor Peter Johnson, chief clinician at Cancer Research UK

In a landmark paper,

Cancer Research UK funded scientists alongside an international team of researchers read all of the DNA in tumour samples from 10 men with prostate cancer. This allowed them to map a



'family tree' of the changes happening at a genetic level as the disease spreads, forms new tumours, and becomes resistant to treatment.

They also revealed more detail about how prostate cancer spreads, showing that the group of cells that first spread from the prostate carry on

travelling around the body, forming more secondary tumours.

The research is part of the International Cancer Genome Consortium (ICGC) – a global project using the latest gene-

sequencing technology to reveal the genetic changes driving the disease.

The ICGC Prostate Cancer UK group –

funded by Cancer Research UK, the Dal-laglio Foundation, the Wellcome Trust, the Academy of Finland and others – is examining how the disease evolves in patients to help develop approaches for personal-ised medicine, tailored to the genetic makeup of each person's cancer.



The team has already revealed a huge amount of genetic diversity between cancer cells taken from different sites within each man's prostate.

And this new study shows that, despite the diversity, prostate cancer cells that break free from the tumour and spread share common genetic faults unique to the individual patient.

Study author Ros Eeles, professor of oncogenetics at [the Institute of Cancer Research](#), London, and honorary consultant at [the Royal Marsden NHS Foundation Trust](#), said: "We gained a much broader view of prostate cancer by studying both the original cancer and the cells that had spread to other parts of the body in these men. And we found that all of the cells that had broken free shared a common ancestor cell in the prostate.

"The common faults we found in each man could potentially offer new targets for treatment. But we found that, once cancer cells have spread, they continue to evolve genetically, so choosing the most effective treatments will remain a key challenge."

Professor Steven Bova, based at the [University of Tampere](#), Finland, and head of ICGC prostate cancer UK metastatic studies, said: "The diversity we've found

suggests multiple biopsies might be needed to identify the 'trunk' of the cancer's tree of mutations – we need treatments that target these core weaknesses to destroy all cancer cells in a clean sweep, rather than trimming the branches. We must also study more patients to learn how to apply these findings to develop more personalised treatments for people with the disease."

Dr Ultan McDermott, senior author at the [Wellcome](#)

[Trust Sanger Institute](#), said: "In the phylogenetic trees that our data have produced, we see that most of the oncogenic mutations are shared clonally by all the tumour sites in each patient. This common genetic heritage is a potential achilles heel of the metastases, however, many of these shared mutations are in tumour suppressor genes and our approach to therapeutically targeting these needs to be prioritised.

"It takes a while before a tumour develops the ability to metastasise but once it does the patient's prognosis changes significantly. We have to zoom in on this crucial junction and gather more data on the impact different therapies have on prostate cancer's evolution and spread."

Nearly 42,000 men are diagnosed with prostate cancer each year in the UK, making it the most common cancer in men and the third most common cancer overall.

There are more than 10,800 deaths from the disease every year in the UK.

Professor Peter Johnson, chief clinician at Cancer Research UK, said: "The thing we fear most about cancer is how it can spread around the body – this is what causes 90 per cent of all cancer deaths. We have to find out how cancer cells change as they do this, and how they become resistant to our treatments. This research using whole genome sequencing lets us look right into the molecular core of cancer, and reveals the secrets of how cancer cells change and evolve as they grow. By getting to grips with this detail, we can start to work out how to treat prostate cancer better in the future."

ENDS

For media enquiries please contact the press office on 020 3469 8300 or, out-of-hours, the duty press officer on 07050 264 059.

[Read more](#)

<http://www.cancerresearchuk.org/about-us/cancer-news/press-release/2015-04-01-sc...>

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From Left to Right Hazel Goulding (Treasurer) Leon D Wright (IT Admin) Stuart Marshall (Secretary) Steve Laird (Vice Chairman) Dave Riley (Chairman)

We are a group of local people who know about prostate cancer. We are a friendly organisation dedicated to offering support to men who have had or who are experiencing the effects of this potentially life threatening disease.

The East Lanc's Prostate Cancer Support Group offers a place for free exchange of information and help for local men and their supporters (family and friends) who may be affected by this increasingly common form of male cancer.

At each meeting we strive to be a happy, supportive and upbeat group of people; encouraging open discussion on what can be a very difficult and perhaps for some an embarrassing subject. We have lively, informative, interactive, sharing and above all supportive meetings.

“Clerical Error”

<http://jokeswiki.info/short-prostate-exam-jokes/>

A woman starts dating a doctor. Before too long, she becomes pregnant and they don't know what to do. About nine months later, just about the time she is going to give birth, a priest goes into the hospital for a prostate gland infection. The doctor says to the woman, "I know what we'll do. After I've operated on the priest, I'll give the baby to him and tell him it was a miracle."

"Do you think it will work?" she asks.

"It's worth a try." he says. So, the doctor delivers the baby and then operates on the priest. After the operation he goes in to the priest and says, "Father, you're not going to believe this."

"What?" asks the priest, "what happened?"

"You gave birth to a child!"

"But that's impossible!" says the priest.

"I just did the operation," insists the doctor, "it's a miracle! Here's your baby."

About fifteen years go by, and the priest realises he must tell his son the truth. One day, he sits the boy down and says,

"Son, I have something to tell you. I'm not your father." The son says,

"What do you mean, you're not my father?" The priest replies,

"I am your mother. The archbishop is your father."

Living With the Impact of Cancer

By Christine Marshall

Two Day Course – Living Well With The Impact Of Cancer

Penny Brohn Cancer Care – Formerly Bristol Cancer Help Centre

A little bit about the background of Penny Brohn.

Penny Brohn co founder of the charity, who was in her early 30s and married with 3 small children when she was diagnosed with breast cancer. She very quickly realised that she and others in her situation needed not only medical treatment but also care for the mind, the spirit, the emotions, the heart & soul. No such support existed at the time so Penny and her great friend Pat Pilkington developed the support under one roof.

Penny Brohn offers complementary support for people living with cancer. The charity's ethos "the Bristol approach" works as a natural partner to mainstream medical treatment and is delivered by an experienced team of complementary therapists alongside a team of doctors, nurses, nutritionist and counsellors.

Incidentally, there's a 68 page magazine available free in over 500 UK hospitals, cancer centres and libraries. Full of great articles and the very latest cancer information. You can have it sent to your own home.

Contact: www.pennybrohncancercare.org
0845 123 23 10 helpline@pennybrohn.org

This approach may not be for everyone, but we promised we would bring it to the attention of the members of the East Lancs Prostate Cancer Support Group

A little surprise: East Lancashire Prostate Cancer Support Group is listed on the Penny Brohn Web Site with contact details

There are other centres offering similar complementary support and searching the internet one was found a little nearer in Preston. It is called the Gentle Approach to Cancer – they meet on the 2nd Saturday of every month and it is at Ribblebank Resource Centre. Info. On how to get there is listed on the internet under Gentle Approach to Cancer, Preston.

REPORT OF LIVING WELL 2 DAY COURSE FOR CANCER SUFFERERS & CARERS
AT PENNY BROHN CANCER CARE AT BRISTOL

This course is designed to improve the quality of life of people living with cancer by teaching the whole body approach to a healthy lifestyle, with diet, meditation help manage the emotional, spiritual and physical aspects of cancer.

Upon arrival a tour of Penny Brohn Cancer Care was arranged followed by supper which was mostly vegetarian, various milk substitutes, herbal teas and coffee substitutes, salad and vegetables highly seasoned with herbs and rice cakes and oat biscuits with various spreads. After supper relaxation was led by a nurse therapist and then there was free time until the following morning.

The food was a surprise and at first one was not sure whether or not one could manage to eat this for two whole days but we all decided to persevere. There was no television, alcohol or smoking on the premises. A library was available with self help books and CD player and relaxation CDs. The idea is that concentration is on the whole body with no outside stimulants to detract from healing the body.

The following day the course started at 8.00 a.m. with mindful movement then breakfast at 8.30 consisting of porridge with alternatives milk to cow's milk, toast and soda bread, fruit and beans and mushrooms with various natural jams, nut butters and yeast extract spreads. The course then commenced with an evaluation of the whole person and the science behind it. After break which was a vegetable smoothy there was an introduction to healthy eating – which was excellent and we all thought too short. We were told to chew our food at least 20 times & eat slowly. Drink water before the meal but not during the meal

We then had lunch of a similar nature to the supper the previous evening followed by further psychological teachings and reflections. We had work books to plan a strategy or plan how we could possibly change our lifestyles. We all thought we should drink more water and some of us thought we should make time to relax and perhaps a little meditation. At this point it should be mentioned that all our chairs had a footstool and could be pushed into the reclining position and we were encouraged to make ourselves as comfortable as possible which made us all lie down and relax and some of us fell asleep during meditation!!!! All sessions end with some form of relaxation.

BY this time we are all looking forward to our supper which was a thai chicken curry, various salads and vegetables and a rich chocolate cake without dairy. After supper it was free time (we all met in one of the small lounges to discuss the day's events. We all felt that we had got something out of the day but some of us were very sceptical about the meditation.

The second day started like the first day at 8.00 a.m. with mindful movement then breakfast at 8.30, similar to the previous day but this time with scrambled eggs and tomatoes.

The course started at 9.30 with a review of the first day then more meditation a technique called imagery where one imagines that the body is somewhere else – this can even be done whilst doing mundane jobs. This day followed on similar lines to the previous day. We had a mindful nature walk in the afternoon where we walked for about 30 mins on one's own to look at nature and listen to birdsong around the beautiful grounds of Penny Brohn. We then re/entered our conference room and reviewed our action plan for perhaps changing our lifestyle. It was stressed that diet, relaxation and exercise were very important for well being.

At the end of the course we all agreed that we had got something out of the exercise. We had become aware of our diet, herb teas were not for everyone but some of us found that we could do without cow's milk and sugar. Some people on the course were very ill and one lady had come from Greece with her mother who could not speak any English – a very brave thing to do because she had heard about Penny Brohn and all its good work and wanted to take some of the positive things back to Greece with her. If this approach to life helps them – and it has helped many many people then it must be a good thing.


If any of our members are interested in the courses there are associated centres which are much nearer in various parts of England. At Penny Brohn it was also a day centre and people could drop in for lunch and have treatments of massage, reflexology and meditation. Other centres nearer offer similar types of treatments. A visit to the Sanctuary of Healing is coming up soon and it is hoped that people will take advantage of this visit.

Finally we hope to pass the information around or put the books into the library for our members to read and decide whether or not it would benefit them to try one of these self help courses. We told all the people on the course that it was our intention to inform our members of the courses, we explained how we all helped each other with the Prostate cancer support group and we even persuaded some of the men on our course and other courses running concurrent with ours – to get a PSA test to make sure that they had a healthy Prostate.

OBJECTIVES OF THE BARRY KILBY PROSTATE CANCER APPEAL

The Barry Kilby Prostate Cancer Appeal has been set up to raise funds to support local initiatives that will aid the prevention and treatment of prostate cancer sufferers in east Lancashire.

One of the main initiatives the Appeal will be supporting is East Lancashire Hospital Trust's "Robot Appeal", set up to fund the purchase of a 'da Vinci robot'. Robotic surgery is a new surgical method which is clinically proven to improve outcomes for patients with Prostate Cancer and is currently not available within Lancashire and South Cumbria.

-  Funds raised by the Appeal will also be used to help fund a PSA blood testing event at Burnley Football Club. Although the men attending the event will pay to help cover the costs of having their bloods taken and tested, costs will be supported by a donation from the Appeal.

FUNDRAISING METHODS

- **Amazon book sales**

Barry has written a short story titled 'As Good As Some', the royalties from the sale of which will go straight to the Appeal. The short story is priced at £1.99 and can be bought from Amazon. Link to download:
<http://amzn.to/1HzuPSH>

- **Matchday draw proceeds**

All funds raised by the Golden Gamble half time draw v Leicester on the 25th of April will be donated in full to the Barry Kilby Prostate Cancer Appeal.



- **Bucket collections**

The East Lancs Prostate Cancer Support Group will have a team of volunteers at the match collecting money for the Appeal. *(see play sheet!)*

- **Online donation site**

A Just Giving site will be set up by the Lottery Solutions team to receive donations to the Appeal. The site will be active prior to the Leicester fixture.

Hi everybody, **we are once again requesting your help.** Barry Kilby, Director and former Chairman of Burnley FC.,

himself a Prostate Cancer patient has set up a **Prostate Cancer appeal to support P.C. within East Lancashire.**

He is 'kicking off' the fund at Burnley's final home game next Saturday 25th April against Leicester City .

This will be a big event and an expected 'full house' due to Burnley's fight for survival against another team at the bottom of the table.

As you will see from the attachment we can play a major roll in helping raise funds for the appeal **and also gain much awareness and publicity for our group** by collecting around the stadium prior to the game, free tickets will be available for the game to helpers with the bucket collection.

We look forward hearing from any of you who will be willing to help with this event.

Many thanks in anticipation, Stuart (Sec.)

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