

East Lancashire Prostate Cancer Support Group Newsletter



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Vasectomy can increase risk of developing lethal prostate cancer

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Scientists have identified a link between having a vasectomy and developing lethal forms of prostate cancer

Men who have a vasectomy have a 10 per cent increased risk of developing prostate cancer, a study has shown Photo: ALAMY

By Laura Donnelly, and Claire Carter
10:00PM BST 10 Jul 2014

Men who have a vasectomy face an increased chance of developing prostate

cancer and a higher risk of contracting the most aggressive form of the disease, a study has found.

The Harvard research on 50,000 men, the largest study to examine the link between sterilisation and cancer, found that those who had the procedure had a 10 per cent greater chance of developing the disease.

It also found a sharp increase in the risk of contracting the most aggressive form of prostate cancer, although this type of the disease is still relatively rare.

The dangers appeared to be highest among men who had a vasectomy at a younger age, researchers said.

The chance of developing the aggressive form of the disease increased among those who had a vasectomy before the age of 38.

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Last night charities said the study was “extremely important”. Spokesmen advised that men needed to be told more about the risks of vasectomies.

Prostate cancer is the most common form of cancer in men, affecting 40,000 a year in Britain and causing 10,000 deaths.

One in eight men will develop the disease, with most cases occurring after the age of 65.

The majority of cases are “slow growing” and medical guidance often advises keeping the disease under surveillance.

Many men with the cancer will suffer no harm from it, while treatment options, including surgery and radiotherapy, can have serious side effects, such as erectile dysfunction and incontinence.

Researchers at Harvard Medical School tracked 50,000 men, aged between 40 and 75, from 1986 to 2010.

The findings, published in the *Journal of Clinical Oncology*, found during these 24 years that 25 per cent of men had vasectomies and 6,023 cases of prostate cancer were diagnosed.

In total, less than 2 per cent developed the most aggressive form of the disease, the research found. Some previous studies had suggested a connection between sterilisation and cancer.

This new study is the first to eliminate “bias factors”, such as that men who have a vasectomy are more frequently diagnosed because they are

more likely to have regular checks.

Prof Malcolm Mason, Cancer Research UK’s prostate cancer expert, said: “The extra risk of developing prostate cancer after having a vasectomy appears to be small but of the few that do go on to develop the disease, a higher number will develop an aggressive form.

“Vasectomy is still an important option for contraception but this information should form part of the discussion before a man makes an informed decision as to whether or not it is right for him.”

About one in six men in Britain has a vasectomy. Experts said it was not clear why the procedure would affect cancer incidence but it could relate to changes in the proteins in semen.

Lorelei Mucci, the research author and associate professor of epidemiology at Harvard School of Public Health, said the findings suggested increased risks among those who had a vasectomy before the age of 38.

She said: “We saw that in men who had a vasectomy earlier in life there was a greater risk of developing advanced or lethal forms of the disease.

“This may be because of the timings and the impact on the prostate.”

Although the relative increase in dangers associated with a vasectomy was significant the absolute risk remained small, researchers

Cancer charities said the increased risk in aggressive cases, although high in relative terms, did not translate to a large total number of cases.

Dr Iain Frame, of Prostate Cancer UK said: “We need to be cautious about how the results are interpreted. Although there appears to be an increase in aggressive prostate cancer in men who have had a vasectomy, it translates as a relatively small increase in the number who develop aggressive prostate cancer.”

By [Laura Donnelly](#), and Claire Carter

10:00PM BST 10 Jul 2014

The Telegraph



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

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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.

Poets Corner



Artist-Rick Masten

WORDS & ONE-LINERS
March 11, 2001

BILATERAL ORCHIDECTOMY

Never could
look up words in the dictionary
in a high school assignment
writing an autobiography
I described my self as a unique person
scribbled in the margin
the teacher's correction fairly chortled
"unique" not "eunuch"
how could he have known
that one day I would actually become
a misspelling

backed against the wall

by advanced prostate cancer
I chose the operation
over the enormous ongoing
expense of chemical castration
"No big deal." I thought at the time
what's the difference
they both add up to the same thing

but in the movies these days
during the hot gratuitous sex scene
I yawn...bored...
wishing they'd quit dicking around
and get on with the plot
and on TV the buxom cuties
that titillate around the products
certainly aren't selling me anything

I realize now that
although it would probably kill them
the guys who went chemical
still have an option
I don't

philosophically I'm the same person
but biologically
I 'm like the picture puzzle
our family traditionally puts to-
gether
over the holidays
the French impressionist rendition

of a flower shop interior
in all it's bright colorful confusion
this season I didn't work the puzzle
quite as enthusiastically...
and for good reason
this year I know pieces are missing
where the orchids used to be

"So?" says I to myself
"You're still here to smell the roses!"

©Ric Masten



Ric Masten - Poet/Philosopher/PCa
Fighter Sadly Ric finally lost his
battle in May 2008

Sponsors



The Rotary Club of Burnley Classic Vehicle Show 2014 Townley Park



A fabulous day out with the boys, promoting Prostate Cancer Awareness, we received several enquiries and donations of £18.

The report that follows is from the Burnley Express.

Thousands of motoring fans turned out to see a spectacular show of classic cars in Burnley's Towneley Park.

Crowds flocked in record numbers for Burnley's Annual Classic Car show with more than 4,000 visitors enjoying the event which is now in its 30th year.

Petrol heads and car enthusiasts rubbed shoulders with hobbyists and families on the day which saw around 200 vintage vehicles on display from every era.

4,000 visitors at Burnley's classic car show

Rows and rows of cars, motorcycles and wagons in every, colour, hue and class stood glistening in the summer sun.

Resplendent Rolls Royces were parked proudly next to immaculate Imprezas, magnificent Minis and souped-up Sierras.

There were vintage motors, hot rod racers, beach buggies, Italian soft-tops, American cadillacs, military machines and rally cars in every shade from ice cream to British Racing Green.

Visitors weaved their way among the gleaming ranks of vehicles which had been driven in by owners from across the North-West.

Some drivers got to proudly parade their prized possessions around the central arena as crowds looked on.

Bonnets were popped, engines were revved and owners carefully polished their machines as members of public got the chance to vote on their favourite.

Burnley Mayor Coun. Andy Tatchell also got to take his pick of the cars in the Mayor's Choice category at the popular show.

Gordon Salthouse, of the Rotary Club of Burnley which organised the show, was thrilled with the turn-out.

"It is probably one of the biggest events we have ever had – and we have been doing it for 30 years.

"It is certainly the most classic cars we have ever had. There are around 200 vehicles and they are all fantastic.

"There were around 3,500 people who came last year but I think we have topped it with more than 4,000."

Children were entertained with rides, a huge bouncy castle and games and there were displays with dogs and horses held by local animal charities.

Towneley Hall opened its doors free to visitors and there were a host of stalls selling food and refreshments.

Money collected by Rotarians and volunteers on the day will be totalled up and divided among local charities.

Burnley Express

*Yes Folk's it really does
exist!*

<http://www.shitcreekpaddleshop.com/>



*Don't Forget next months
meeting Thursday 7th
August we Hope to see you
all there!*