

East Lancashire Prostate Cancer Support Group Newsletter



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New prostate scanner unveiled at Burnley General Hospital

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A life-saving scanner which could help detect cancer early for thousands of East Lancashire patients, has been unveiled at Burnley General Hospital.

The new prostate scanner which can diagnose cancers within minutes was officially opened in the hospital's new Urology Investigation Unit. The state-of-the-art machine was unveiled after a massive fund-raising campaign which saw kind-hearted people across the town help raise £50,000.

MP Gordon Birtwistle, who launched the campaign after his father died from prostate cancer, believes the scanner will help save thousands of lives in the town.

He said: "The whole town got behind it and everyone has been chipping in. It is a proud day for everyone involved. "It is a horrible

thought that one in five men will get prostate cancer but now we have got this fantastic new machine which will give patients early diagnosis and hopefully save lives.

"We smashed our fund-raising target and made more than £50,000."

The new scanner will help detect kidney, prostate and testicular cancers and could significantly reduce the amount of time patients have to wait for diagnosis.

It has already been up and

running in the urology department in Burnley General Hospital since the start of June and plans are already being made to buy a new bladder cancer scanner with the extra money raised. Mohan Pillai, consultant urologist at Burnley General Hospital, said: "The urology department and the hospital would like to express sincere thanks for the tireless fund-raising for the state-of-the-art new prostate scanner which is already in use.

"This will not only help diagnose prostate cancer but also

raised with the help of Burnley Football Club, 110 Club, Burnley Miners Club and dozens of shops with fund-raising buckets.

Cancer patient Michael Willett, of Nelson, is one patient who will benefit from the new machine.

He said: "

Stuart Marshall, secretary of East Lancashire Prostate Cancer Support Group which meets at the hospital every month to support patients, said: "We are really pleased about the new

scanner. It has been quite a journey. "It will help patients in East Lancashire. When people are diagnosed they are often worried, upset or need help and



kidney cancers which will be a great asset to the hospital.

"We are also going to be buying a new endoscope which is used for fast-track diagnosis on suspected bladder cancers.

"They will undoubtable save thousands of lives over the coming years.

"This would not have been possible without the goodwill of people in Burnley."

The campaign was only launched 12 months ago but it won the backing of the whole town – with thousands being

advice and that is what we are all about."

Burnley Express
24/06/2014

Summer Edition



Registered from Family Times PO Box 16201 Cleveland Ho. On 1st 13 phone: 216.271.8600/ email: t@burnleytimes.com

Next Meeting
3rd July
2014

Handing Over the Scanner to Burnley General Hospital



*From Left to Right Mr Colin Stott, Mr Mohan Pillai
(Consultant Urologist) Mr Gordon Birtwistle (MP for Burnley
and Pendle) Mr Stuart Marshall (Secretary ELPCSG) Mr
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Picture Courtesy of Dave Riley Prodctions 2014



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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



Sponsors



Prostate cancer biomarkers identified in seminal fluid



Friday, 6 June 2014

Improved diagnosis and management of one of the most common cancers in men - prostate cancer - could result from research at the University of Adelaide, which has discovered that seminal fluid (semen) contains biomarkers for the disease.

Results of a study now published in the journal *Endocrine-Related Cancer* have shown that the presence of certain molecules in seminal fluid indicates not only whether a man has prostate cancer, but also the severity of the cancer.

Speaking in the lead-up to Men's Health Week (9-15 June), University of Adelaide research fellow and lead author [Dr Luke Selth](#) says the commonly used PSA (prostate specific antigen) test is by itself not ideal to test for the cancer.

"While the PSA test is very sensitive, it is not highly specific for prostate cancer," Dr Selth says. "This results in many unnecessary biopsies of non-malignant disease. More problematically, PSA testing has resulted in substantial over-diagnosis and over-treatment of slow growing, non-lethal prostate cancers that could have been safely left alone.

"Biomarkers that can accurately detect prostate cancer at an early stage and identify aggressive tumours are urgently needed to improve patient care. Identification of such biomarkers is a major focus of our research," he says.

Dr Selth, a Young Investigator of the Prostate Cancer Foundation (USA), is a member of the [Freemasons Foundation Centre for Men's Health](#) at the University of Adelaide and is based in the University's Dame Roma Mitchell Cancer Research Laboratories.

Using samples from 60 men, Dr Selth and colleagues discovered a number of small ribonucleic acid (RNA) molecules called microRNAs in seminal fluid that are known to be increased in prostate tumours. The study showed that some of these microRNAs were surprisingly accurate in detecting cancer.

"The presence of these microRNAs enabled us to more accurately discriminate between patients who had cancer and those who didn't, compared with a standard PSA test," Dr Selth says. "We also found that the one specific microRNA, miR-200b, could distinguish between men with low grade and higher grade tumours. This is important because, as a potential prognostic tool, it will help to indicate the urgency and type of treatment required."

This research builds on previous work by Dr Selth's team, published in the *British Journal of Cancer*, which demonstrated that microRNAs in the blood can predict men who are likely to relapse after surgical removal of their prostate cancer. "We are excited by the potential clinical application of microRNAs in a range of body fluids," he says.

The research team is now expanding on these studies using larger patient groups to validate their findings.

Football improves strength in men with prostate cancer

19 June 2014

Research

Men with prostate cancer aged 43–74 achieve bigger and stronger muscles, improve functional capacity, gain positive social experiences and the desire to remain active through playing football for 12 weeks.

These are the findings of the “FC Prostate” trial, jointly conducted by the University Hospitals Centre for Health Care Research at The Copenhagen University Hospi-

tal, Rigshospitalet and the Copenhagen Centre for Team Sport and Health at the University of Copenhagen.

Some of the participants in the FC Prostate Cancer research project after a training session.

The acclaimed Scandinavian Journal of Medicine & Science

in Sports is today publishing two articles on recreational football (soccer) for 43–74-year-old men with prostate cancer. The first article shows that twice-weekly 1-hour football training sessions for 12 weeks produce an increase in muscle mass and muscle strength despite concu-



rent androgen deprivation therapy. The second article describes how recreational football is a promising novel approach for health promotion in prostate cancer patients as the participants regain pride in their bodies, develop team spirit and mutual concern increasing their motivation for long-term participation in sport.



Copenhagen Centre for
Team Sport and Health

Regained body pride and strong social cohesion

“This is the first study of its kind in the world, and the results clearly show the potential of recreational football in the rehabilitation of prostate

cancer patients,” says project leader Julie Midtgaard, a psychologist at The Copenhagen University Hospital Rigshospitalet. “Just 12 weeks of football training resulted in the men regaining

control and develop-

ing a unique exchange of feelings and recognition centered around the sport.”

The attendance rate was high over the 12 weeks, and many of the participants are still playing football two years after the project began.

“The provision of football proved to be a good way of

developing friendships between the men and a unique model for men with prostate cancer to take responsibility of their own health without giving up their claim to feel and behave like men, ” concludes Midtgaard.

Bigger and stronger muscles in spite of anti-hormone treatment

“ Androgen deprivation therapy through medical castration is an effective treatment of prostate cancer patients but has adverse effects in the form of reduced muscle mass, higher fat percentage and reduced physical activity, ” explains Professor Peter Krstrup, who co-initiated the study with Midtgaard and has been studying the effects of recreational football for the past 10 years.

“ Twelve weeks of football training increased muscle mass by half a kilo in the football group in spite of the anti-hormone treatment and contributed to a 15% increase in muscle strength. The players in the FC Prostate team thus achieved excellent gains in functional capacity as a result of 12 weeks of football training, measured among other things as a 8% improvement in performance in the stand-sit test, ” says Krstrup.

“ Our study also showed that recreational football was fun and inclusive for the participants in FC Prostate, and for every training session the intensity was high, with an average heart rate of 85% of the participants ’ maximum heart rate, ” says Krstrup.

Football is good rehabilitation for prostate cancer patients

“ Previously, we showed that recreational football is effective for preventing and treating lifestyle diseases. With this study, we can add that recreational football can also be used for rehabilitation of a large group of cancer patients, ” says Krstrup.

Midtgaard concludes: “ The study indicates that men with prostate cancer benefit greatly from recreational football, both physically and mentally. It has also proved to be easy to keep the men involved in physical activity once they have started playing football. They look forward to going to training and enjoy it tremendously when they get there. The next step is to evaluate the effectiveness of football in a more natural setting. Therefore we are delighted that we have received the necessary funding to pursue an even bigger project in collaboration with the Danish Football Association in which more than 300 prostate cancer patients will be invited to play football in local football clubs in Denmark. ”

About the study

The training project was a randomised controlled trial involving 57 men aged 67 (range: 43–74) years who had been undergoing treatment for prostate cancer for an average of 3 years. They were randomly assigned to a football training group or an inactive control group. The football

The training took place on the football pitch of the Department of Nutrition, Exercise and Sports at Nørrebro in Copenhagen. An extensive testing protocol was used before the start of training and on completion of the 12-week training period. The project was implemented jointly by Rigshospitalet, the Copenhagen Centre for Team Sport and Health at the University of Copenhagen and the Department of Cardiology at Gentofte Hospital.

The study was supported by TrygFonden and The Centre for Integrated Rehabilitation of Cancer Patients funded by the Danish Cancer Society and The Novo Nordisk Foundation. With a view to extending football training to a bigger and broader target group of men with prostate cancer, the project will be followed up with new research to test football as a strategy for health promotion in conjunction with the Danish Football Association and TrygFonden.

The two articles are today being published in a special issue of the Scandinavian Journal of Medicine & Science in Sports on the topic of football for health.

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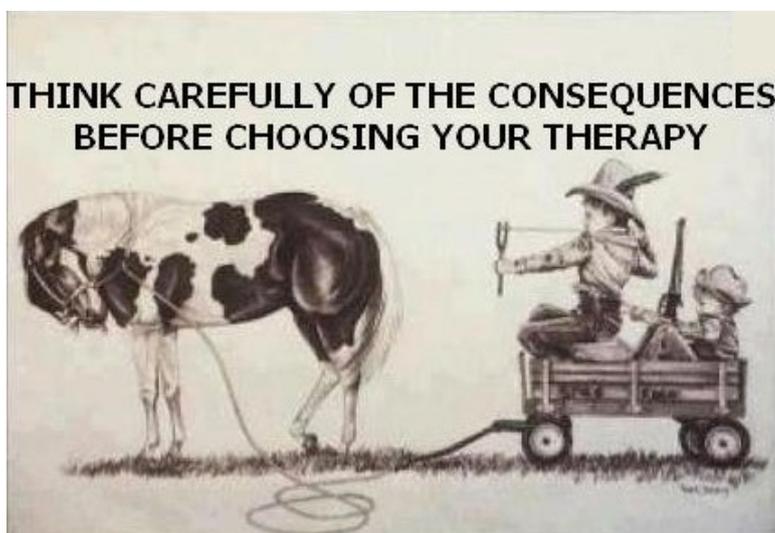
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***Choosing a Therapy for
Prostate Cancer (Follow
the Link Below)***

<http://prostatecanceruk.org/information/prostate-cancer/treatment>