

East Lancashire Prostate Cancer Support Group Newsletter



Volume2

Issue9a

Date September 2013

Beating cancer with nutrition

A series of articles from www.makeabigdifference.org

www.elpcsg.com

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Researchers have found that the traditional family favourite, like many red vegetables, contains cancer killing chemicals. More surprising baking the plant for 20 minutes – like in a crumble or pie – dramatically increases their concentration.

Now it is hoped that extracting the substances from the plant could come up with new drug treatments for cancers such as leukaemia.

The findings showed the chemicals, called polyphenols, could kill or prevent the growth of cancer cells and could be used to develop new, less toxic, treatments for the disease.

It could even be used in cases where cancers had proved resistant to other treatments.

The study, by Sheffield Hallam University, is the first time the benefits of British garden rhubarb, specifically a variety grown in south Yorkshire, have been

studied. Previous research focused on Oriental medicinal rhubarb, which has been recognised for its health benefits and used in traditional Chinese medicine for thousands of years.

Rhubarb crumble the new cancer busting superfood



Academics now hope to discover the best combination of rhubarb's polyphenols and chemotherapy agents needed to kill leukaemia cells.

Dr Nikki Jordan-Mahy, of Sheffield Hallam University's biomedical research centre, said: "Our

research has shown that British rhubarb is a potential source of chemicals that may be used to develop new anti-cancerous drugs.

"Rhubarb has been shown to have some very interesting polyphenols that have anti-cancerous properties. Eating a nice crumble will be good for you.

"But if we can extract the polyphenols they may be useful in helping to fight cancer along with chemotherapy.

"Current treatments are not effective in all cancers and resistance is a common problem as is toxicity.

"Cancer affects one in three individuals in the UK, so it's very important to discover novel, less toxic, treatments, which can overcome resistance."

The research, jointly carried out by the Scottish Crop Research Institute, is published in the journal *Food Chemistry*.

“Call for research assistance on the needs of prostate cancer patients”

I am from the University of Manchester and am conducting research on the communication and information needs of prostate cancer patients (details below).

I wondered if you would be able to put me in touch with men who might be interested in participating in this research? Please forward the details of the study included below if you feel this is appropriate.

Interviews will be arranged according to a time and location that is convenient to participants, or can be done over the telephone if this is more suitable. I will be able to reimburse each participant with £20 for their time.

I look forward to hearing from you

Best wishes

My name is Rebecca McPhillips, I am a researcher from the University of Manchester and am looking to recruit volunteers who have or have had prostate cancer who would be willing to be interviewed about their experiences. Interviews would be audio-taped and participants will receive compensation for participating in this study.

The interviews will be central to a study titled: '**The communication and information needs of prostate cancer patients**'.

This research aims to find out about the general communication and information needs of prostate cancer patients, their specific communication and information needs in respect of sexual issues and side effects of treatment, and to find out whether these needs are being met in practice.

Although there is widespread agreement that good communication between healthcare professionals and prostate cancer patients is essential, we do not know exactly what these needs are and whether they are being met in practice.

It is hoped that we will be able to provide feedback to clinicians that will enable them to understand the communication and information needs of prostate cancer patients. This will be of benefit to prostate cancer patients as this will hopefully improve their communication experiences and ultimately be of benefit to this patient group's wellbeing.

This project is led by Dr Susan Speer who works as a Senior Lecturer in Psychology at the University of Manchester. Interviews will be conducted by a female member of the research team.

If you would like your partner, friend, relative carer or another person to be present during the interview this is also fine.

This study has been approved by the University of Manchester Research Ethics Committee (REF 13022)

If you would like more information or would like to participate and be interviewed please contact Rebecca McPhillips:

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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.

Reminder for October Meeting Featuring Dr James Wiley Consultant Urologist at The Christie Thursday 3rd October 2013

There will be a question and answer session after Dr Wiley has finished his talk, please feel free to join in.

***Looking forward to seeing you all there.
The Crew @ ELP-CSG***



Minutes

Minutes of meeting No 34, Thursday 5th September 2013

Venue - Mackenzie Centre, Burnley Gen. Hospital 2-4pm

25 people were present including our Specialist nurses Debbie & Deborah; Apologies from Leon, Hazel, Colin S & Peter Ch. There were 3 new members and 1 "wife" attended.

Chairman Dave opened the meeting by reading the Minutes of the last meeting and spoke about matters arising; he introduced Steve L. as the new Almoner – he will be responsible for checking & supporting members who are unwell. Dave spoke of the Burnley Scanner appeal and read their Minutes. He informed the meeting of the Auction which had taken place at Burnley Miners Club to support this cause and that it had raised £600. He said representatives of the Prostate Cancer Support Group had helped to collect in the town centre of Burnley with a "bucket" in support of the Scanner Appeal and it raised £46. - **These events are an excellent opportunity to gain awareness for our group which will then hopefully enable us to help more patients in the Lancashire area.** Dave asked again for more people to help with the Scanner Appeal and "rattle a bucket" – he said that if we just help one person it will be worth it. . He had previously suggested at our August meeting that we could also do some awareness events in the Nelson & Colne areas, but in order to proceed with this we would require more help from members/other people. Dave also informed the group that certain of the social occasions for the Scanner Appeal had been cancelled owing to poor response.

Dave told the people present about the sheets that were passed out at the last meeting on two things that were liked about the meetings and two things that members do not like. The overall response was very positive; however we still need to know from members what they would like to take place at meetings!

Dave introduced the three new members and asked them if they would inform the group of their own "journey" in the diagnosis of Prostate Cancer and where they had heard about the Support Group. Two people had heard about the group from Blackburn Hospital and one person had spoken to members of the Support Group when they were assisting the Scanner Appeal in Burnley town centre.

Because there was no speaker at this meeting it was suggested that in the second half, tables could be set up with members who had received various treatments talking to other group members of the side effects of their treatment and giving information. This was thought to be a very worthwhile exercise. It was also mentioned about books & information leaflets in the Library which is brought each meeting by Eddie & Moira. The books can be taken away for members to read & return.

BREAK FOR BREW

In the 2nd half of the meeting discussion tables were set up on the various treatments and this seemed to be very successful. Stuart asked the group what they thought about this and the feeling was very positive so this approach would probably be employed again. Stuart will give details about a possible Grant from Prostate Cancer UK in the next meeting.

Stuart spoke about Barry Williams, the speaker that came to the August meeting from Collective Legal Solutions and because his talk was very interesting & informative on legal matters & putting our house in order and lots of members were missing owing to the holiday period, it was decided to ask him to come back in the New Year to give another talk.

Barry has sent us a letter saying how much he enjoyed our meeting and has said a few members asked him to contact them but he has not had much success, he is quite happy to visit anyone f.o.c. who would like advice re financial matters. Barry's number is: 07535 801283 or 0800 110 5221 email: Barry@personalwillsandestates.co.uk

One of the new attendees spoke about a treatment he had heard of which was called Green Light Laser Therapy. Stuart said he would try to find out something about this and inform the next meeting.

At the next meeting, Thursday 3rd October, the speaker will be Dr Wiley – Senior Oncologist at Christie Hospital. His talk will last approximately 45 mins. and it is hoped that there will be a very good turn-out for this because it is extremely good of Dr Wiley to give up his valuable time to come to talk to our group group and also because his talk will primarily be about Radiotherapy which is of great interest to lots of our members.

The raffle made £34.50.

Dave concluded the meeting with one of his famous Prostate jokes!

Next meeting: Thursday 3rd October, 2-4pm

Mackenzie Theatre Burnley Gen. hospital

Cancer cells present at the outset of prostate cancer diagnosis may have implications for earlier treatment and better outcomes

A team of cancer researchers at the University of California, San Diego has identified the existence of precursor cells in early prostate cancers. These cells are resistant to androgen-deprivation therapy, and may drive the subsequent emergence of recurrent or metastatic prostate cancer.

The scientists' findings, suggesting that potentially lethal castration-resistant prostate carcinoma cells already exist in some cancer patients at the very early stages of their disease, will be published by *PLOS ONE* on September 25, 2013.

The work describes the isolation and propagation of the earliest prostate cancer cells yet identified in human prostate cancer biopsy samples, allowing the detailed molecular characterization of these very early-stage cancer cells, including analysis of gene expression and mutations.

"Full molecular characterization of the earliest prostate cancer cells will facilitate identification of pharmaceutical approaches which are not currently available," said Martin Haas, PhD, professor of biology and oncology at UC San Diego Moores Cancer Center. "Development of such early-stage treatments could reduce the incidence of cancer progression to recurrent invasive or metastatic disease."

Treatments for prostate cancer often target androgen pathways. Androgens are male hormones, such as testosterone, that research shows can feed prostate tumors. Castration-resistant (CR) prostate cancer is prostate cancer that has become resistant to medical or surgical treatments that lower testosterone.

The UC San Diego researchers, including Stephen M. Baird, MD, and Daniel J. Donoghue, PhD, isolated a class of prostate cancer cells from early-stage human prostate carcinomas that had been removed by surgical prostatectomy and cultured the cells in a synthetic medium devoid of steroid hormones. In this way, early prostate cancer cells (CR-PrCa) were isolated from dozens of early Stage I prostate carcinoma cases.

When transplanted into the anterior prostates of male SCID mice the cultured cells generated locally invasive human prostate cancers. In castrated mice, in the absence of androgen, the cells grew locally as non-differentiated human cancer cells.

Extensive characterization of these CR-PrCa cells has shown them to share characteristics with multipotent cancer stem or progenitor cells that possess basal prostate cell characteristics.

"One interpretation of our data suggests that the culture-isolated CR-PrCa cells are precursors which, after additional progression steps, would lead to recurrent invasive or metastatic disease," said Haas. "In fact, the cancers that were generated by transplantation into intact SCID mice of the cultured human CR-PrCa cells were pathologically indistinguishable from the original cancer tissue from patients used to grow the cells in culture," he explained.

The hope is that possible future treatments targeting these early-stage prostate cancer precursor cells might increase cures and improve long-term survival rates.

According to the American Urological Association, prostate cancer is the most commonly diagnosed solid organ malignancy in the United States and remains the second leading cause of cancer deaths among American men. Approximately 240,000 new diagnoses of prostate cancer and over 28,000 deaths were estimated in the U.S. in 2012