

East Lancashire Prostate Cancer Support Group Newsletter



Volume2

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PROSTATE CANCER SUPPORT

Presentation at The Christie Hospital

Saturday 2 March 2013

The latest techniques in Radiotherapy and Brachytherapy

Coffee and tea will be available, in the concourse, from 1 pm. A raffle will be drawn to cover the cost of refreshments.

To help us with the arrangements, please return the tear-off slip, **before 18 February**, to

Prostate Cancer Support,
Mansion House Chambers,
22 High Street,
Stockport SK1 1EG

Tel. 0161 474 8222 or email
darell@prostatecancersupport.org

I / We would like to attend the meeting of Prostate Cancer Support at the Christie Hospital on Saturday 2 March 2013.

Name(s)Numbers

.Address

.....

Post CodeTel. No.

Email



Bionic Bernard: Pensioner back to his karate black belt best aged 68 despite two replacements hips and prostate cancer

- Shortly afterwards discovering his hip problem he was diagnosed with prostate cancer
- The married father-of-two puts his rapid recovery down to his karate and general fitness levels
- Mr Taylor only took up karate at the age of 42

A bionic OAP is back to his karate black belt best at the grand age of 68 despite just recovering from cancer and having two replacements hips.

Bernard Taylor, is back to full health kicking, punching and karate chopping his way through the gym despite his former ailments which included prostate cancer.

Nicknamed The Bull by his karate mates, he attends Colne Valley Black Belt Academy in his home town of Huddersfield, West Yorkshire.

'It's brilliant,' he said. 'I had one hip done, then I had treatment for the prostate, then I had the other hip replaced. Now I'm back fighting, kicking and running around like a lunatic.'

'The younger lads can't believe it. I can still do everything - but the super power kicks maybe aren't quite as hard and the flying kicks aren't as high as they once were. Doctors have told me I need to take it easy but I just love teaching the kids. I've probably got 250 pupils.'

The married father-of-two puts his rapid recovery down to his karate and general fitness levels.



Read more: <http://www.dailymail.co.uk/news/article-2255631/Bionic-Bernard-Pensioner-karate-black-belt-best-aged-68-despite-replacements-hips-prostate-cancer.html#ixzz2JS6qrOEi>
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The Prostate Cancer Rate is set to Treble, Warn the Experts!

Jenny Hope Daily Mail Online **PUBLISHED:** 00:01, 23 January 2013 | **UPDATED:** 00:01, 23 January 2013

- *The rise is due to longer life spans and more widespread testing*
- *A total of 14 per cent of boys born in 2015 will get the disease at some point*

The number of men being diagnosed with prostate cancer is set to treble in a generation. The 'alarming' rise – revealed in figures from Cancer Research UK – is thought to be due to longer lifespans and more widespread testing. The charity predicts that 14 per cent of boys born in 2015 will be diagnosed with the disease at some point in their life – about one in seven. For those born in 1990, the figure is only 5 per cent, or one in 20.

The number of men being diagnosed today has already escalated sharply, to around 41,000 cases, compared with 15,000 a quarter of a century ago. Three-quarters of the cases are found in men aged over 65 years.

In part the rise is due to increasing lifespans, as more men reach the age when the cancer is likely to develop, where once they would have died earlier.

But more men are also being diagnosed at a younger age after being tested for prostate specific antigen. High levels of PSA in the blood are linked to the cancer.

The test is far more widely used than in the past, boosting diagnosis rates. But it cannot distinguish between life-threatening and less aggressive tumours.

This mean some men unnecessarily suffer such side-effects of treatment as impotence and incontinence.

Death rates from prostate cancer have fallen 18 per cent in the last 20 years, to around 10,700 fatalities a year.

The improved survival has been driven by earlier diagnosis and new drug treatment.

A hormone-blocking treatment that prevents male hormones fuelling prostate tumours is now both more wide-spread and prescribed earlier than it was in the 1990s.

A new range of drugs has also been proven to prolong life, including abiraterone, which last year was approved for NHS patients with advanced disease. Last week it was licensed for use in men at an earlier stage.

Dr Sarah Cant of Prostate Cancer UK said: 'The number of men being diagnosed is rising at an alarming rate. It is more urgent than ever that prostate cancer is higher up the nation's health agenda. Due to a significant legacy of underinvestment, men with prostate cancer are faced with diagnostic tests and treatments decades behind where we need to be.'

Professor Malcolm Mason of Cancer Research UK said: 'We're detecting more cases of prostate cancer than ever before. And we're carrying out an intensive amount of research to find better methods than PSA to distinguish between the minority of cases that are life-threatening and need treatment – the vipers – from the majority that don't – the grass snakes. Targeting the tests at men who have a higher risk of developing prostate cancer might be a better approach than screening all men.' Going bald early may be linked to developing prostate cancer at an earlier age, according to new research. In a study of nearly 10,000 men, experts in Australia found those who had lost most of their hair by 40 were far more likely to develop the disease in their fifties or sixties.

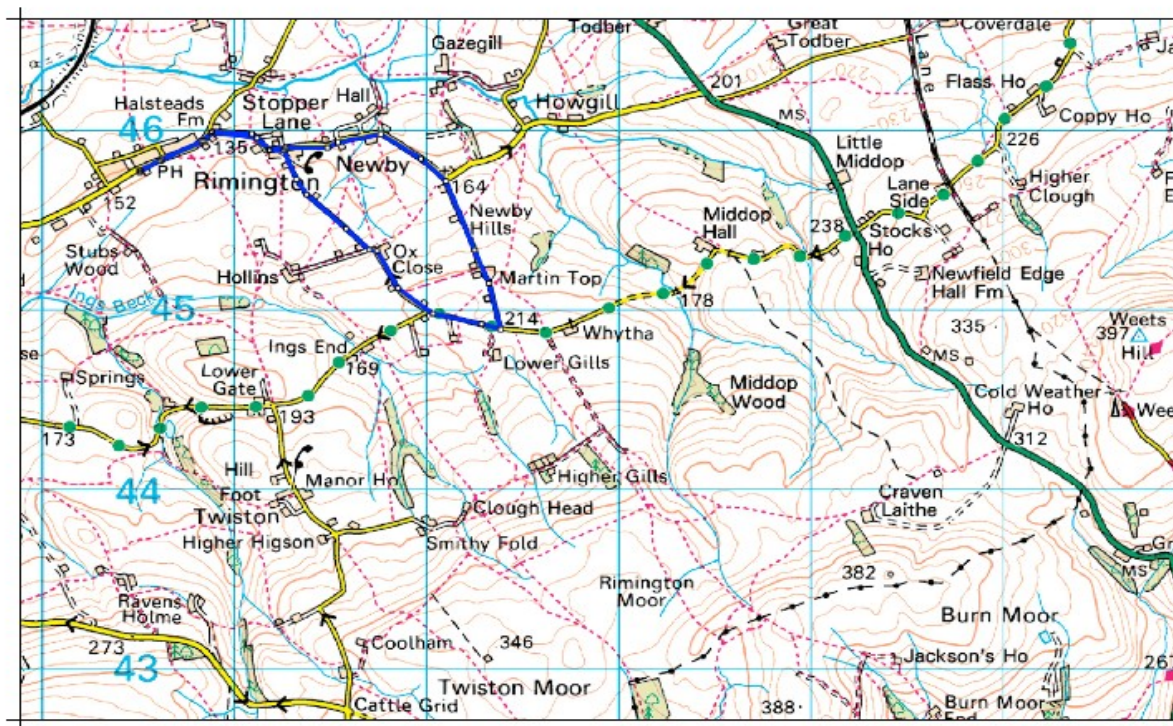
Previous studies have indicated that higher levels of the hormone testosterone may both trigger the development of cancerous cells and inhibit hair growth.

Inaugural Walk for March 2013

Quo v2

<http://www.mapxy.com>

Mission Objective Black Bull and a Quaff



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This is a short circular walk around Rimmington, the walk starts from the lay-by opposite the Black Bull (Good Watering Hole!) SD80505 45766.

From there we will walk through the village till we reach Stoops Lane (Right Turn Clyde) we then follow this road where it runs into Newby Lane, after a short distance this becomes Stopper Lane, which we follow till we reach Wytha Rd.

A short distance on we turn left down Martin Top Lane we follow this till we reach the church at Newby where we follow Newby Lane till we arrive back at the car park in Rimmington.

Refreshments can be taken at the Black Bull (Good Beer!) The Contour Map below shows the ascent and descent for the walk. **Everybody is welcome to attend, if you require assistance getting there please let us know by email leondwright4@gmail.com or by the web site www.elpcsg.com on the forum tab log in and leave a comment. The long range weather forecast predicts that the 4th to the 8th of March are good. Please let me know if you wish to attend. Email or Phone, Contact Information on the next page.**





Contact Information

Tel: 07548 033930

E Mail

leondwright4@gmail.com

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.

The Prostate Cancer Support Federation and Prostate Cancer UK working together.

The Prostate Cancer Support Federation and Prostate Cancer UK believe that all men should have access to a prostate cancer support group. The two organizations are agreed that by working together we will be better able to assist the work that groups do.

Many groups responded to a survey Prostate Cancer UK ran several months ago which helped them to identify a number of areas in which groups were interested in being provided with resources, services or information. We want to offer the opportunity to as many groups as possible to participate in workshops to help us turn these ideas into practical resources and services which will meet groups' needs. Prostate Cancer UK are running the workshops in a variety of locations and Rowena Bartlett, CEO of the Federation, will be attending.

Travel expenses will be reimbursed and if required, overnight accommodation the previous evening can be arranged for people who might find it too difficult to travel on the morning of the workshop in order to arrive for 11am.

Please book places by 1st February. You do not have to provide names at the moment, just numbers, so if you know that your group can send a representative/s but need to await confirmation of names please book the places and you can provide names nearer the time of the workshop. The workshops are open to any members of support groups.

London 11th Feb - Friends Meeting House, 173 Euston Road, London NW1 2BJ (this is just across the road from Euston Station).

Wales 13th Feb – Margam Castle Education Centre, Margam Country Park, Port Talbot. This is 5 minutes from J38 off the M4. Parking is available.

Manchester 18th Feb – MacDonald Hotel and Spa, London Road, Manchester M1 2PG (this is 0.3miles from Manchester Piccadilly Station). There is also parking available at the hotel.

Newcastle 19th Feb – Life Conferencing Centre, Times Square, Newcastle NE1 4EP. This is 200metres from Newcastle Central Station and metro, and parking is available.

The workshops will run from 11am and finish no later than 3.30pm.

We hope your group is able to come along, meet people from other support groups and from Prostate Cancer UK and the Prostate Cancer Support Federation, and help us to extend the support we can offer your group.

To book places please contact Ann MacEwan on 0141 314 0050 or email ann.macewan@prostatecanceruk.org advising the number of places you require, the venue you wish to attend and if you require accommodation.

Minutes

Due to Date limitations on the advertised seminars etc, the February minutes will follow as soon as possible in a separate email.

Thanks

ELPCSG