

# Prostate issues in the news

Tests, statistics, vitamins and celebrities: what do they all have in common?

Over the past few months, they have all appeared in the press or television in connection with prostate disease. So let's take a look back over the past few months to see the stories that have been making the news.

easy to detect because it is found in urine and would potentially be a very simple test to carry out on men to identify those most at risk of developing the disease".

The British Medical Journal published a study from America suggesting that a single PSA blood test at age 60 could pick out the vast majority of men likely to die from prostate cancer and could reveal men who need no further checks for prostate cancer.

Australian researchers have suggested that survival rates of men with prostate cancer might soon be increased with a new vitamin E treatment which was reported to significantly reduce tumour growth. The next stage of the study is to determine the long term effectiveness of the treatment with plans to progress to clinical trials in future.

Men with moderate to severe benign prostatic hyperplasia (BPH) can now be prescribed with Combodart as the Scottish Medicines Consortium agreed that it can now be used in the NHS. Combodart is the first fixed dose combination of a 5- alpha reductase inhibitor

and alpha blocker. Reductase inhibitors slow down the production of the male hormone testosterone which stimulates prostate growth while the alpha blocker relaxes the muscles.

In August, Scotland on Sunday, the Sunday Herald and many other papers paid tribute to Edwin Morgan who died. He was recognised internationally as one of the great poets of the 20th century and was appointed 'Scots Makar'. He had been diagnosed with prostate cancer in 1999 and wrote a poem about the disease and the battle between healthy and cancerous cells."

Perhaps one of the most important reports over the past few months indicate that there may be a new urine test for prostate cancer in the future. The research is in its very early stages but British scientists have discovered that a protein found in urine is affected by a genetic change linked to the cancer. It was reported that although more research was needed it could potentially lead to developing a reliable urine test costing around £5.50.

Dr Hayley Whitaker from Cambridge Research Institute was quoted as saying "The protein is

## Working out with the Workplace Initiative!

In the last edition we reported that a workplace initiative taking information about prostate disease to people in their workplace was coming soon!

A very successful workplace event was held by Diageo, Leven, who combined the opening of their new gym facilities with an event to raise awareness of prostate disease for all staff. The gym facilities were opened by Chris Paterson, the Scottish Rugby Internationalist and long time supporter of Prostate Scotland. Diageo have already achieved the Healthy Working Lives Gold Award and are keen to

keep the momentum going.

Tulliallan Police College was the venue for another workplace event as Prostate Scotland provided an information stand at an ACPOS (Association of Chief Police Officers) conference on health and safety issues. Officers from across Scotland attended.

Prostate Scotland was also involved at Jewel and Esk College in Dalkeith during their Health Fair for staff which was another very successful day in raising awareness. Thanks to Tish Chalmers who volunteered to help out with the display.

## Prostate cancer on the conference agenda

Cancer and Prostate cancer have been on the agenda during the recent political party conference season in Scotland. This included the Scottish National Party conference where a resolution drawing attention to the prevalence of prostate cancer, and welcoming the increase

in survival rates of men with prostate cancer and calling for increased awareness of prostate cancer across Scotland in order to encourage early diagnosis was carried unanimously. Cancer issues also arose at the Scottish Labour conference where a pledge to halve the waiting time for people to be referred to a cancer specialist from a month to two weeks was made by Iain Gray MSP.

## Burns Supper

The Prestonfield Burns Supper 2011 on the 27th January is being held in support of Prostate Scotland. Priced at £60 the evening features fabulous speakers including Willie Hunter, Alison Walker, Grant Stott and Len Murray. For bookings call 0131 662 2305 or email [events@prestonfield.com](mailto:events@prestonfield.com)

## Talk about a Toolkit.....!

The Prostate Scotland Workplace toolkit is now available featuring sections on Top Tips for running an initiative, information about prostate disease, sample leaflets and materials to use in the workplace and some key statistics on prostate disease. Sir Tom Farmer, Patron of Prostate Scotland, in his foreword encourages businesses and organisations to get involved and support the initiative to help make prostate disease no longer an unspoken topic and help improve health in the workplace.

For your copy or more information contact [info@prostatescotland.org.uk](mailto:info@prostatescotland.org.uk) or telephone 0131 226 8157.



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# Raising Prostate Awareness

The Prostate Scotland awareness programme has continued to move forward and in the past few months has developed a series of new innovative routes to providing information and increasing awareness.

The need for creating awareness of prostate disease, its symptoms and treatments is a key issue, especially in view of the prevalence of prostate disease.

A major breakthrough in making prostate disease information available across Scotland was recently made with Co-operative Pharmacies in Scotland kindly agreeing to stock Prostate Scotland literature. All sixty seven Co-operative Pharmacies have agreed to display our simple guide leaflets on PSA tests, BPH, Ladies and the prostate and Brief Guides to Prostate Disease. As these pharmacies are located throughout Scotland, this will assist men and their families throughout Scotland, including rural areas and the islands, to have a new route to access information about prostate disease.

On the theme of new routes, over the coming months passengers on buses across Scotland will have a novel alphabet to read whilst on the move. Prostate Scotland in conjunction with Union Advertising and SpiritMedia have developed a bus panel on the theme of 'Too many pees', that is being displayed on many bus routes across the country. It is aimed at encouraging people to

recognise prostate problems and know where to look for more information and help. Look out for this on your route.

The 30 second Prostate Scotland awareness advert that was broadcast on STV player before the live transmission of the World Cup games and on the replay facility for viewing games proved even more successful than we had originally envisioned. This is the first time that prostate health information has been available on STV player and it far exceeded expectations in raising awareness with tens of thousands of people viewing it. Many viewers went straight from the advert to the Prostate Scotland website to look for information, with many returning to our website over the World Cup period and beyond.

The annual two day Retirement Show held at the SECC, Glasgow in November attracted several thousand people. The Prostate Scotland exhibition stand proved to be popular again this year with many people paying a visit to the stand, requesting leaflets and having a bit of a chuckle over the awareness posters. It again reinforced the benefits of raising awareness of prostate disease to our target audience.

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Too many pees?

Constantly needing to urinate could be a sign of prostate disease, which affects nearly 1 in 2 men over middle age in Scotland. Visit your doctor or for more information go to [prostatescotland.org.uk](http://prostatescotland.org.uk)



## Prostate Cancer survival increases

The incidence of prostate cancer in Scotland has continued to grow and now accounts for nearly 20% of all cancers in men in Scotland. This represents an increase of 16.8% over the past 10 years. The latest figures released by ISD NHS National Services for Scotland from the Scottish Cancer Registry, however also show a welcome increase of 17.7% in the 5 year survival rate of men with prostate cancer. Prostate cancer remains not only the most common

cancer in men in Scotland but there are now some 3.9 % of all men in Scotland over the age of 65 living with prostate cancer.

ISD puts much of the improved survival rate down to the use of PSA testing in Scotland. In addition according to Alan McNeill Consultant Urological Surgeon at the Western General Hospital increases in early diagnosis and wider availability of treatments may also be playing a part. He said: 'the improvement in survival rates from prostate cancer in Scotland is certainly encouraging but we need to continue to ensure that awareness of symptoms and

of the disease is increased, as recent research has shown that early diagnosis can make a difference for some men'.

These statistics come at a time when the issue of screening for Prostate cancer has been under review by the UK National Screening Committee, which has responsibility for the advising Governments on screening in the UK. Currently there is no national screening system in place in the UK, due to concerns about the amount of overtreatment that could result from a national screening system.

# Fundraising and Supporter News...Fundraising and Supporter News...Fundraising and Supporter News

The past few months have proved to be busier than ever for our supporters who have undertaken fundraising the length and breadth of the country and beyond, generously raising significant funds to help us in our work to raise awareness and tackle prostate disease. Activities have included a veritable A-Z of activities including cycling, golfing, running, trekking, swimming, and quizzes:

## • St Mary's Loch Swim



A dozen dedicated, hardy and intrepid friends from the Borders, led by Bruce McClory took on the task of training for and completing a team relay swim the length of St Mary's Loch in the Borders to raise funds for Prostate Scotland in order to help raise awareness of prostate disease. The loch which is one of the coldest and deepest in Scotland is some 5 kilometres long. Cheered on by a hundred friends and relations all 12 completed the task. Safety considerations were an integral part of the group's plans and the group were backed up during the swim by lifeguards, canoeists and support boats. Not content to rest on their laurels the Group also organised a special golf day at Torwoodlee Golf Club in Galashiels - attracting some 30 teams for a wonderful day of golf. Teams young and older participated, as well as from many firms

across the Borders. A team of urological consultants from the Western General Hospital also took part (pictured below). The two fundraising events raised an amazing £5,000.



## • Glasgow Half-Marathon

Fraser Russell ran the Glasgow Half-Marathon raising the magnificent sum of £475.

## • Borders cycle ride

Jim Sutherland and a team of 12 riders undertook a cycle ride from Edinburgh round the borders raising a huge £2711.



## • Women's 10k



This year's Ignis Women's 10k proved to be a popular run with seven runners participating in aid of Prostate Scotland including Christine Turnbull and Annie Macleod. A team of five - Caroline Miller, Claire Wilson, Jayne McCorquodale, Sue O'Hara and Claire Robinson succeeded in raised the astonishing sum of £2340.

## • C-Campaign

The staff and students at Jewel and Esk College staff made a further very welcome donation of £635 to Prostate Scotland as part of their C- Campaign (Cancer Initiative).

## • Hadrian's Wall Trek

In September Jan Rodger trekked the length of Hadrian's Wall with her husband and daughter in memory of her father raising the great sum of £505.

## • Jazz Evening

Graeme Henderson organised a special fundraising evening of Jazz with the Gael's Blue Band in Fife raising a superb £1,000.



## • Chicago Marathon

Derek McCulloch completed the Chicago Marathon in blistering heat on 10/10/10. Showing he was also a hot paced fundraiser he raised the extraordinary amount of £1319 for Prostate Scotland and a similar sum for Mercy Corps.

## • Art

Artist Peter Liversidge held a raffle at Jupiter Artland the proceeds raising a monumental £1375.

## • Quiz Night

A big thanks to the staff at AEGON Asset Management for donating the wonderful sum of £830 from a quiz night.

## • The Globe Inn Social Club

in Dumfries organised a special 10 mile walk round the perimeter of Dumfries raising a superb £500.

## • Anne & Walter Moodie

organised a special fundraiser in the Borders in aid of Prostate Scotland raising a tremendous £460.

## • Think Blue Day

The staff at Hyman's Robertson in Edinburgh and Glasgow held a Think Blue day raising a brilliant £191.35.

## • Land's End to John O' Groats

Ken Grigor took on the arduous, long and extremely tough task of cycling the length of Great Britain from Lands End to John O' Groats in aid of Prostate Scotland and the Parkinson's Disease Society, raising a huge £1008 for Prostate Scotland.



## • Ian & Moyra Banyard

raised an amazing £135 from the sale of home grown garden produce and garden plants.

## • Big Fun Run



Nicky Braidwood, Craig Campbell and Elaine Rogers ran in the Big Fun Run in Edinburgh raising a superb total of £702.

## • Swimathon

A third Swimathon in memory of William Sonny Kennedy took place at the Drumsheugh Baths in Edinburgh. The huge efforts of the team of 8 swimmers raised a whopping £1,019.

## • Peddle for Scotland



Geoff Salt took part in the Peddle for Scotland ride and cycled from Glasgow to Edinburgh, raising the fantastic sum of £1042.

## • Screening

The UK Screening Committee reviewed the evidence on prostate cancer screening in light of two major studies from Europe and the United States.

This included commissioning research from Sheffield University School of Health Research into the implications of the benefits, harms and costs of introducing a screening system in the UK - including looking at a number of scenarios for screening across the UK.

Following this the Committee embarked on a consultation process with interested organisations. The Committee decided

at the beginning of December that in light of the evidence that the harms of population screening would outweigh the benefits, due to the amount of overtreatment that could arise.

Responding to the Committee's decision Prostate Scotland set out that 'Whilst we agree that on the basis of the current evidence a policy of overall population screening for men for prostate cancer is likely to lead to overtreatment, we are disappointed that the Committee hasn't looked further at the potential for screening for those men in high risk groups such as those with close relatives who have had prostate cancer.

In addition given that prostate cancer is now the most common cancer in men in Scotland there is a real need for a country-wide campaign to increase awareness'.

In its submission Prostate Scotland had also set out that many of the scenarios considered would not fully meet the criteria for an effective screening system.

However it had called for further investigation by the Committee of the evidence of single screening at ages 55 or 60 or 65, or a combination of one or more of these, as these appeared to have greater benefits, with lesser levels of overtreatment.

## • Information and Advice Project

Since the simple guide series of leaflets on prostate disease became available in July there has been a staggering amount of these leaflets supplied throughout Scotland from Stronsay to Selkirk and most areas in between! To give some perspective approximately 2000 of each of the 3 simple guides and almost 3,500 Brief Guides to prostate disease have been distributed. With over 10,500 pieces of literature having gone out since April, raising awareness and providing information is a key priority for Prostate Scotland.

Recently we have had a good response from GPs in the west of Scotland requesting a variety of materials from Prostate Scotland. WoSCAN (West of Scotland Cancer Network)

sent information about Prostate Scotland literature to all lead GPs in the WoSCAN area suggesting that they forward to all GPs and Practice Managers in the four health boards.

PAGES, our advisory group goes from strength to strength. Three new members have become part of the group Lesley McKinlay Deputy Charge Nurse, Nurse Urology Unit WGH Edinburgh, GP Dr Barbara Phipps and Frances McLinden Clinical Service Manager Urology Greater Glasgow and Clyde. Mr David Douglas, Consultant Urologist in Raigmore Hospital, has also kindly agreed to become part of the wider reading group.

Prostate Scotland was privileged in addressing the BAUN (British Association of Urological Nurses) Prostate Cancer Study Day in June on the topic of 'Patient Information and Support', thus enabling us to inform many key practitioners about the information provided by Prostate Scotland.

Prostate Scotland would like to thank the many people who have donated to us since the last newsletter including: Alistair Douglas, David Dunstan, Mary Simpson, Douglas McDougall, Donald Ferguson, Prof Triseliotis, Andrew Grant and Scottish Power.

We send our best wishes to Mr & Mrs Perkins on their Golden Wedding Anniversary and to thank them, their friends and family for so kindly donating to Prostate Scotland instead of receiving anniversary gifts. Best wishes and congratulations go to Karen Hannigan & Richard Macauley on their recent marriage. Sincere thanks to them and their friends for the generous donation to Prostate Scotland collected at their wedding.