

Prostate issues in the news

It was heartening to see that prostate issues have again featured in the press over the past few months. The 'Movember' campaign for prostate health or grow a moustache for November resulted in considerable coverage particularly in the Scottish Sun.

for overall health and reported a lower death rate for men who took three or more hours of vigorous physical activity a week. It further concluded that the death rate from prostate cancer for men who exercised vigorously was lower than from those who didn't.

In October it was reported that another high profile celebrity, Lord Andrew Lloyd-Webber (61) had been diagnosed and treated for prostate cancer. In January this year, the Scottish Mail on Sunday ran a 3 page interview from Andrew Lloyd Webber who gave a very frank description of his experience in being diagnosed with and treated for prostate cancer. He concluded by saying "I say to every red-blooded male, if you do begin to have a problem down under, however embarrassing, go to your GP at once"

The Scotsman added their voice to this in January by running a full page article entitled "Macho men are at greater risk of dying from cancer". This story quoted figures by Professor Alan White, the world's first professor of men's health, showing that Scottish men are nearly twice as likely to die from cancer than women. Prof White said that men in Scotland are not only more likely to develop and die of those cancers that should affect men and women equally but they have a 17% higher cancer mortality rate than the UK

average. He said that the only way to change this is to improve information to men as to their risks of developing cancer and what they can do to prevent it.

The Scotsman and Herald both reported in December research from the University of Pennsylvania that a molecule had been discovered that could save the lives of men with currently incurable prostate cancer. The monoclonal antibody selectively targets both early-stage and advanced prostate cancer tumours. As well as attacking the disease directly, it also helps the immune system recognise and destroy cancer cells. Whilst the research is at a very early stage it raises the vision of a treatment for non-hormone-sensitive advanced prostate cancer for the first time.

In January, researchers in the States and Sweden identified for the first time a gene variant that is linked to aggressive prostate cancer. Although previous studies had found several genetic variants linked to the risk of developing prostate cancer this is the first study to find one linked to the aggressive form of the disease. In future this genetic information may be used, in conjunction with other factors, to help and guide treatment decisions.

In the past we have reported on stories on the beneficial effects of drinking green tea. Now for all those coffee lovers a new study reported in the Herald has indicated that drinking coffee may reduce a man's risk of developing aggressive prostate cancer. While the researcher did not advocate people change their coffee-drinking habits, she saw no compelling reason to cut back on coffee intake. It appears that the caffeine in coffee was not the link since the same effect was shown in those who drank de-cafeinated coffee.

For many, New Year heralds resolutions of taking more exercise. In December a study in America looked at levels of physical activity among 2,686 men who were diagnosed with prostate cancer. In general, the study found that exercise is good

Duncan Paterson

We are very sad to report the death late last year of Duncan Paterson and offer our sincere sympathies to his widow Lucille and to his family. Duncan Paterson had been a longstanding friend and supporter of Prostate Scotland, generously giving of his time to open doors for the charity to develop its awareness work. 'Dunc' as he was known was a huge

influence at the highest level of Scottish rugby - he had been both an internationalist and a leading seven's player, as well as having run the Scottish Rugby Union and being team manager of the Scotland team. Duncan Paterson won ten Scotland caps including two in the space of ten days in 1971 with consecutive victories over England. After a successful spell in business

he went on to be manager of the Scotland rugby team in the 1990's for two successive world cups. Following this he went on to lead the Scottish Rugby Union's development, overseeing the creation of professional teams and developing the administration of Scottish rugby. A hugely energetic, knowledgeable and passionate man, he will be sorely missed.

Prestonfield Burns Supper in aid of Prostate Scotland



Prestonfield's Annual Burns Supper was held this year in aid of Prostate Scotland and was attended by over 250 guests and featured a sparkling line up

of speakers. Sir Tom Farmer, Prostate Scotland's Patron, gave an inspirational address about the need for prostate disease to be afforded greater priority and to increase awareness of it. Journalist and broadcaster Hardeep Singh Kholi gave his very own unique twist to the toast to the lassies and 'Gregory's Girl' and Altered Images star Clare Grogan replied. As part of her reply she encouraged greater awareness and understanding of prostate disease. World renowned Burn's expert, Professor David Purdie gave an illuminating

Immortal Memory to the Bard. The evening was hosted by Grant Stott the well-known television presenter, broadcaster and journalist and supporter of Prostate Scotland. Aileen Carr, one of the foremost interpreters of Scottish Traditional song headed the musical highlights. The event, which took place in Edinburgh at Prestonfield, one of Scotland's most famous venues, raised a huge £9,000. Prostate Scotland would like to record its thanks to James Thomson of Prestonfield for his generosity in hosting the event.

Prostate Scotland Office

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Survival rates for prostate cancer in Scotland increase

Prostate cancer has become the most common cancer in men in Scotland according to the latest statistics from NHS National Services Scotland (ISD) with nearly a fifth of all cancers in men being prostate cancer (19.1%). At the same time as this rise in incidence there has also been a welcome reduction in the percentage rate of men dying of prostate cancer of some 12% over the past ten years.

Over the past 20 years, according to ISD, survival rates from prostate cancer have improved substantially from 46% to 80% and survival rates from all cancers in men from 26% to 42%. The latest report from ISD published in December 2009 on cancer in Scotland suggests that the increase in survival rates since the 1990's is likely to be from the increased use of PSA (prostate specific antigen) testing as well as from early diagnosis. It is also likely that increased availability of treatments across Scotland may also have played a part.

The welcome reduction in the rate of men dying from prostate cancer follows a trend amongst a number of cancer types in Scotland. Over the past decade there has

been a reduction in death rates and increased survival in colorectal, stomach and lung cancer in men, and breast cancer in women. Prostate cancer has now overtaken lung cancer as the most common cancer in men. Whilst lung cancer rates for men have fallen by over 20% in the last 10 years, prostate cancer rates have increased by 17.9%. The lifetime risk of developing prostate cancer is now 1 in 12 men, with 3.9% of men over the age of 65 living with prostate cancer.

At a seminar in Glasgow, the latest research by Professor Alan White from the Centre for Men's Health at Leeds Metropolitan University suggested that although the incidence of prostate cancer in Scotland was below the UK average, mortality rates were higher and that a complex number of factors underlie this.

NHS projections suggest a significant continuing rise in the prevalence of prostate cancer over the next 10 years. In view of this and the need to continue to increase survival rates of men with prostate cancer suggests that therefore further emphasis should be placed on raising awareness, early diagnosis and lifestyle adjustments. There is growing evidence suggesting links between diet and prostate health, as well as some recent research suggesting that exercise can be helpful for those men living with prostate cancer. Of importance too is awareness amongst 'at risk groups' where there is a family history of prostate cancer.

Awards for Prostate Scotland



Prostate Scotland recently won two national awards. In January, Prostate Scotland was one of ten winners from over 350 nominations of the GSK IMPACT awards, with the award ceremony in April. The awards are funded by GlaxoSmithKline and run by the King's Fund Health Institute. These awards recognise the contribution that health charities make in community health care across the UK and to promote excellence. The award, with a prize of £25,000, followed a rigorous assessment.

In October, Prostate Scotland received "Best Charitable Initiative" at the UK wide Excellence in Oncology Awards in recognition for its website and increasing information and awareness of prostate disease and prostate cancer. The awards acknowledge the best achievements in cancer care in the UK.

In addition a series of adverts developed for Prostate Scotland, by Edinburgh based agency The Union, raising awareness of prostate disease and symptoms, were highly commended in the Scottish Advertising Awards for Public Sector Advertisement of the Year, and were also shortlisted for best small advert.

Robert Wilson Chairman of Prostate Scotland said: "These awards are fantastic news - and are a real boost to us in our work to provide information about and build awareness of prostate disease and prostate cancer and their treatments across Scotland. Prostate disease can affect as many as one man in two in Scotland at some stage in their life and one man in twelve may develop prostate cancer. It is really encouraging to have the impact of the charity independently recognised - the award will enable us to take our work further. We would like to thank the patients, clinicians, celebrities as well as the Union who have kindly given up their time and knowledge to help us in our work to try to break the barriers surrounding this rarely talked about issue."



● Fundraising and Supporter News

It may have been cold recently but that hasn't stopped the many supporters from undertaking fundraising activity for Prostate Scotland the length and breadth of Scotland and beyond. These have included:



Allan Sim from Johnston Simillie presenting the cheque to Sir Tom Farmer and Peter Mann.

JOHNSTON SMILLIE LUNCH

Longstanding Prostate Scotland supporters Edinburgh based accountants and business services company Johnston Smillie organised a third special luncheon in aid of Prostate Scotland. A huge total of £4,000 was raised.

SILVER WEDDING

Ann and Ken Murray from Dundee who were celebrating their Silver Wedding decided that instead of presents that they would ask friends and family to donate to Prostate Scotland in memory of Ann's Dad, Alister, who sadly lost his battle with prostate cancer in January 2006. The very generous donations led to an enormous £1810 being raised.



Staff and participants from the Ship Inn

RACE NIGHT AND FUNDRAISING EVENING

Nicky Barrie, Claire Wilson and several other colleagues from the Ship Inn in Newburgh, Fife organised a special race night in the pub followed by darts and dominoes the next day, which raised a whopping £1700.

Runners have been out about across Scotland raising awareness of prostate disease and raising vital funds recently:



LOCH NESS MARATHON

John Fulham ran his second marathon of the year for Prostate Scotland bringing the total he has raised during the year to a huge £1122.



MORAY HALF-MARATHON

Debbie Paterson and Karen Norvell ran the Moray Half-marathon raising a massive £600.



PAISLEY 10K

Iain Littler ran the Paisley 10K race in aid of Prostate Scotland and raised a huge £600.

● Remember, remember the month of Movember

This past year saw an unprecedented number of people growing moustaches and undertaking events and activity across the country for Movember - in order to raise awareness of prostate health. This included many people donating the proceedings from their activities to Prostate Scotland. Amongst those raising funds for Prostate Scotland were:

The Landy Boys who between them raised a very welcome £271.25 in not only growing moustaches, but also getting their hair cut and coloured to match.

Members of Shawlands Academy Staff 5-a side football team entered into the spirit of the occasion growing moustaches and raising a colossal £341.



16 officers from Greenock Prison who all grew moustaches for the month and raised a massive £1192.

Katia Ratta and Donna McPhie from Glasgow who became Mo-Sistas and wore moustaches for the month and were supported by customers from Cafe Katia in Glasgow raising an amazing £400.



● Upcoming activities

February sees Joy Hooks taking on the arduous and very tough task of scaling Mount Kilimanjaro in memory of her brother Tom who sadly passed away recently from prostate cancer. We send our condolences to Joy and members of her family. We wish Joy well in her endeavour to scale Kilimanjaro.

Staff at AEGON Asset Management in Edinburgh recently voted Prostate Scotland to be their local charity of the year in 2010, with a range of fundraising activities on the agenda which we shall be reporting on in future issues. AEGON have a distinguished history of supporting charities, and have been very supportive of Prostate Scotland in the past.

● Donations

Prostate Scotland would like to thank the many people who have donated to us since the last newsletter including:

- Moyra Banyard
- Janet Berkley
- Mike Betts
- Mr and Mrs Crabbe
- East of Scotland Caravan Club
- Marilyn Jeffcoat
- Donald Ferguson
- George Gilchrist
- Karen Gray
- Members of the Urology Dept at the Western General Hospital
- National Union of Students Scotland
- Paul Pasquil
- Jess Stirling and family
- Andrew Snaddon
- Kevin Slater
- Thomas Tunnock Ltd

● Making Prostate disease better known

Work to create awareness of prostate disease and its treatments has been a central feature of Prostate Scotland's work over the past few months.

This has included developing more materials and posters to draw attention to the symptoms of prostate disease and urging men with possible symptoms to Check It Out either via the self test facility on the Prostate Scotland website or to visit their doctor. The self test has proved to be very popular with thousands of people clicking on it.

Materials to raise awareness have been distributed to a wide variety of health settings

including a growing number of GP surgeries, health centres and in healthy living centres across Scotland. Sports clubs have been targeted too with a special mailing of awareness materials being sent to all rugby clubs in Scotland. Several football clubs have also taken the opportunity to promote prostate health materials.

Late last year Prostate Scotland had a stand at the pre-retirement show in Scottish Exhibition and Conference Centre (SECC) in Glasgow for

two days. The awareness materials were popular and although portraying a serious message the posters were eye catching and 'chuckled over'.

As a route to reach out to employees, plans are underway for a workplace initiative in 2010. This will provide employers and businesses with information about prostate health and so in turn inform employees. Several companies and organisations have already expressed interest.

● Information and Advice Project

This three year project got off the ground in September last year with Mae Bell being appointed as Information and Advice Coordinator following funding from Sir Tom Farmer through the Farmer Foundation and the Scottish Government. Her goal is to develop relevant and accurate leaflets and booklets on all aspects of prostate disease which are very readable and with a minimum of medical jargon.

The aim is to ensure that every man throughout Scotland has access to at least one piece of information on prostate disease which is relevant to Scotland.

The following leaflets have already been updated and are now available:

"Brief Guide to Prostate Disease", A5 card on prostate disease - "A major issue but little known problem" and a leaflet about prostate disease and the work of Prostate Scotland.

Leaflets and booklets currently being developed include:

Benign Prostatic Hyperplasia, PSA Test, and a quiz on prostate disease. These will be available in the next few months both as leaflets to order, but will also be available to download from our website.

● Presentations, Talks Exhibitions and Events

Prostate Scotland is very keen to raise awareness of prostate disease in as many different ways that it can. So, if you are a member of a club, group, men's (or women's) healthy living group, gym etc then we would

be pleased to come along and provide a presentation. Also if you have an event in the pipeline and would welcome a stand or display from Prostate Scotland then we would be happy to supply this.

● Help Us to help others

Prostate Scotland is looking for volunteers to help us raise awareness of prostate disease in all areas of Scotland, by distributing leaflets and posters to pubs, clubs, health centres, community centres, libraries etc in various parts of Scotland. Perhaps you can also think of more innovative places where we can reach our target audience - men over 50 and their families? We already have many volunteers who are kindly giving up their time to make our materials available and get the message out there but there is still a long way to go as we would like to have a presence in as many locations as possible throughout Scotland. Perhaps you might like to help by attending an event in your local area and manning a display stand on behalf of Prostate Scotland?

The Pros8 group of volunteers in Dingwall and Inverness have also been out and about distributing

literature to hotels, pubs, shops as well as at football grounds. Michaela Street one of the Pros8 said: 'We were so chuffed to find out some of the literature which we had distributed had led to some men going to their doctors for advice and then going on to get treatment - this has made the initiative thoroughly worthwhile'.

Another volunteer Michael Brown from Castle Douglas who has been involved in distributing materials across Dumfries and Galloway said:

'It has been very worthwhile - initially when I approach hotels and shops about displaying some materials people are a little surprised, but people have been very welcoming - so many people have a friend or a relative with prostate disease that once they realise the purpose of the materials they

PAGES

Where would any information project be without pages? This PAGES however is the name of the advisory group which has been established to review, comment on and prioritise all materials produced by Prostate Scotland's Information and Advice Project. It has a membership of three Consultant Urologists, two Clinical Nurse Specialists, a patient, and a former patient, who are scheduled to meet three times a year. If you would like to be involved by reviewing or having a say on the content of materials, contact Mae Bell who will be happy to discuss this with you.

are only too glad to help in displaying information materials."

If you would like to help us help others by distributing awareness materials in your area please contact Mae Bell at mae.bell@prostatescotland.org.uk or 0131-226 8157.

If distributing awareness literature is not your thing then you might prefer to organise a "fun'd" raising event such as prize bingo, a dance, sponsored event or to take part in a sponsored event. Join the many people in Team Prostate Scotland who have been putting on their running shoes and running marathons or half marathons, or putting on their walking boots to trek up mountains, all to raise funds to help in the fight against prostate disease. In some races such as the Edinburgh and Scottish Half Marathon, we have special charity places for those willing to help fundraise for us. For further information please contact Adam Gaines at adam.gaines@prostatescotland.org.uk or 0131 226 8157.