

East Lancashire Prostate Cancer Support Group Newsletter



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Prostate cancer discovery: Treatment which could stop disease coming back REVEALED

By OLIVIA LERCHE
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Happy New Year to Everybody, from the Crew @ ELPCSG



Prostate cancer affects more than 40,000 men every year in the UK with 25 per cent of cases resulting in death. However, now new research could reduce the recurrence of prostate cancer in males. An international team of researchers led by British scientists have investigated the impact of anti-hormone therapy on samples taken from patients with prostate cancer. They have revealed prescribing a drug commonly used in breast cancer patients - along with anti-hormone therapy treatment could re-

duce the risk of cancer coming back. Dr Mohammad Asim, lead author of the study from the University of Surrey, said: "Prostate cancer is a devastating illness with a high death rate. "Our exciting discovery will help remedy this and increase chances of survival for the thousands of men who contract the disease every year. "Our research shows that anti-hormone treatment could be combined with PARP inhibitor to prevent the progression of the disease." Anti-hormone therapy is a commonly prescribed treatment for

cancer of the prostate, which helps to reduce the levels of male hormones – that stimulate cancer cells to grow – in the gland. Researchers discovered that an inadvertent consequence of anti-hormone therapy treatment is the activation of the DNA repair enzyme, PARP. The triggering of PARP enables cancer cells to withstand anti-hormone therapy treatment, causing cells to cultivate and develop into a more aggressive form. To be effective and reduce recurrence of cancer in the prostate, researchers found that prescribing PARP in-

inhibitors, a drug commonly used in breast cancer, alongside anti-hormone therapy treatment may benefit men with prostate cancer.

PARP inhibitors prevent DNA repair causing cancer cells to die rather than repair.

Latest figures from Prostate Cancer UK has found that one in eight men will get prostate cancer in their lifetime showing the widespread prevalence of the disease.

Dr Catherine Pickworth from Cancer Research UK, said: "This early stage study adds to the growing evidence that some men with prostate cancer could benefit from being given PARP inhibitors alongside hormone deprivation treatment.

"The next step is to carry out clinical trials to test if this treatment combination is safe to use in patients and if it helps more men survive the disease."

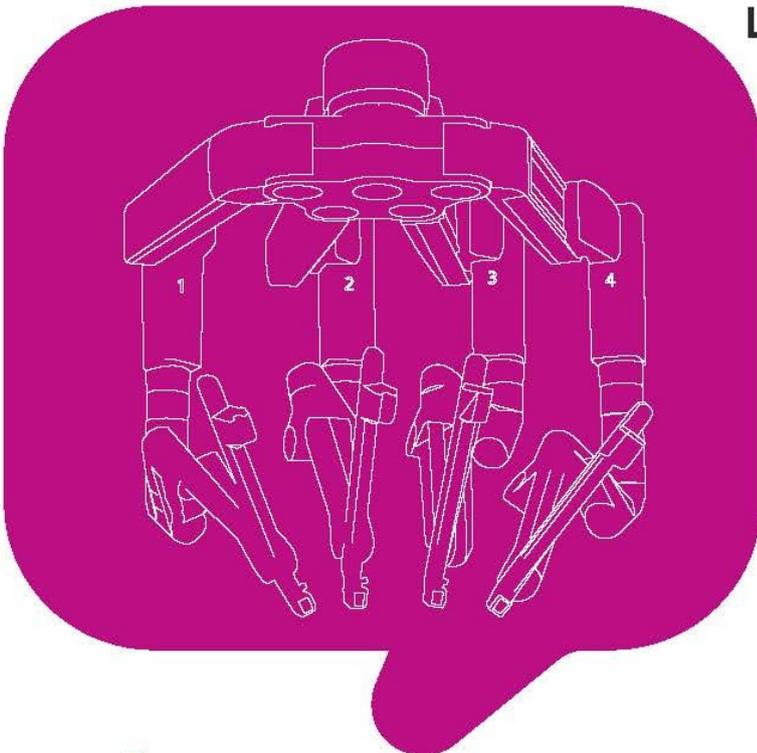
This exciting new discovery offers hope to thousands of males and will limit the recurrence of prostate cancer.

The study was published in the journal Nature Communications.

We are pleased to inform you that our guest speaker at next Thursday's P.C.Support group meeting (1st Feb) will be Lancashire Senior Oncologist Dr. Parikh.

Some of our members have had consultations with Dr Parikh previously. We hope that this meeting will provide members with an opportunity to ask any questions they may have about their P.C.condition.

We hope to see as many of you as possible -- past or present members!



Robotic presentation evening

Friday 9th February 7.00pm – 9.00pm
Charters main restaurant **Royal Preston Hospital**

Are you perhaps considering robotic surgery or do you just want to know more?

Then Join us for an evening of robotic cancer surgery

Listen to Urology, Colorectal, and Gynaecology consultants describe the procedures and benefits of robotic surgery

Have your questions answered by our consultants during our question and answer session

Listen to the experiences of 3 patients who have recently undergone Robotic Surgery in Lancashire Teaching Hospitals

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Refreshments provided. Free parking (on request). For further information please contact

Alison Cookson on 01772 524576.

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Major new research programme kickstarts precision medicine revolution for incurable prostate cancer

Involving more than 100 hospitals and scientists, our new precision medicine research programme – which launches today – aims to tailor treatments based on the genetic make-up of a man's prostate cancer. The results could extend the lives of more than 9,000 men with advanced disease every year in the UK.

We're all unique. Just like no two men are exactly the same, no man's cancer is the same either. What makes his cancer cells tick, how his cancer grows and – most importantly – how his cancer responds to treatment varies enormously.

When a woman is diagnosed with incurable breast cancer, doctors conduct a series of tests to establish the 'type' of advanced breast cancer she has, and in turn they're able to decide exactly which drugs will work best to fight her disease.

However, men with incurable prostate cancer don't get the same deal and are instead treated with a 'one size fits all', blanket approach. Some men respond incredibly well and continue to lead a good quality of life for many years. But others aren't so lucky.

[Our most ambitious funding to kickstart precision medicine](#)

That's why, with the help of over 100 prostate cancer experts in the UK, we've launched our new precision medicine research programme. Our most ambitious research funding to date, it aims to find out exactly what drives each individual man's cancer and which drugs will work best to stop it in its tracks.

To kick off the programme, we've awarded £1.4 million to a nationwide study to develop targeted treatment pathways for men with advanced prostate cancer which is not yet resistant to hormone therapy. Co-funded by Prostate Cancer UK, the Movember Foundation and the Distinguished Gentleman's Ride, the study aims to do three key things:

Identify changes in the DNA make-up of prostate cancer cells not yet resistant to **hormone therapy** that are responsible for driving the cancer cell growth.

Develop a test that can easily detect these genetic changes.

Then establish which drugs best target the genetic changes and prevent the cancer from spreading further.

Game-changing research to prolong men's lives

"Every man's prostate cancer is unique to him and so – not surprisingly – the way men respond to treatments varies enormously," says Dr Iain Frame, our director of research. "Clinicians are in effect left to treat patients 'in the dark', with little idea as to which treatments will work best for which men.

"However, this new research programme could be game-changing, providing clinicians with the much clearer picture they desperately need. It will enable them to go straight to the right treatment for each individual man, saving precious time for those men who often have little time left." Men diagnosed with advanced prostate cancer are typically treated with hormone therapy, and move on to life-extending treatments – such as docetaxel, abiraterone and enzalutamide – once hormone therapy has stopped working. But in this initial study of our precision medicine programme, we'll focus specifically on men with advanced prostate cancer before it has become resistant to **hormone therapy** – which is the first time ever that this precision approach has been used to treat men at this stage of disease.

We know from other studies involving men with advanced prostate cancer, like **STAMPEDE**, that starting additional treatments alongside hormone therapy before they become resistant to it can prolong their lives – sometimes significantly. So we want to build on these findings and establish which treatment combinations work best for which men, whilst also developing new drugs to help extend more lives.

Over 100 UK hospitals and investigators involved

The study is being co-lead by researchers at the Institute of Cancer Research in London and Queen's University Belfast, and involves investigators at over 100 hospitals across the UK.

"They will use state-of-the-art technology to study thousands of tumours and develop tests that tell doctors which drug or combination of drugs will work best for an individual patient," says Dr Gert Attard, from the Institute of Cancer Research.

"By targeting treatment, we aim to maximise effectiveness whilst minimising unnecessary side-effects and financial costs from the use of ineffective drugs. We're committed to improving our treatment approaches and achieving long-term disease control for the majority of men and – for an increasing proportion – complete cure from their disease."

The lead researchers are hopeful that they'll be a position to open the first arm of the trial up to patients from as early as next year.

'Finger up the Bum' author uses humour to talk about prostate cancer

What originally started as a personal project for Michael Izen evolved into something much bigger

CBC News · Posted: July 5th 2016, 9:22:14 PM | Last Updated: July 5, 2016

"It was more something I felt like I had to do," said 49-year-old Michael Izen, author of an upcoming book called 'Finger up the Bum.'

The book is a humorous take on Izen's own prostate cancer diagnosis. It features a number of personal anecdotes from his own experiences and illustrations from his brother, Jon Izen.

"In the fall I found out it spread to my liver. I've got a prognosis of about a year left," he said in an interview with CBC Radio's The Early Edition.

He says one of the first reasons he wrote the book was to help him cope with the grief and difficulties that came with his diagnosis.

"There's so many little awkward moments," said Izen.

"From the surgery, to the diagnosis, even the radiation ... you just try to grab onto something that distracts you from the main event and you find a little humour in it."

However, after running a successful crowdfunding campaign to produce the book, Izen says he hopes the book will provide an outlet for men to talk more openly about prostate cancer.

"I had a number of guys in their 50s grab me and say what does it feel like? I really need to know," he said.

"That's when I knew I was onto something: if I can be honest in what it felt like for me."

Izen and his brother are continuing to do more work on the book over the summer, and hope to have it released this fall.



Michael Izen holds up a pin featuring his book's cover logo. (Charlie Cho/CBC)



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

Drug Interactions

