

Patient Support Group gathering momentum

Guildford Group to 'go live' in Feb 2005

As expected, our Patient Support Group is proving to be a vital and growing element of our Charity. Principally centred in Frimley but soon to be operational in Guildford, the Group now holds regular meetings with patients and their families who are touched by prostate cancer.

One of the key reasons why the Group's work is appreciated so much is that patients newly diagnosed with prostate cancer are faced with such a wide variety of choices concerning their treatment. It can be a very lonely time and to be able to talk to fellow sufferers who have been confronted with exactly the same dilemma is extremely valuable and reassuring. Meetings are open to wives, friends and

families and cover a wide variety of topics including treatment options, possible side effects and self-help suggestions. All members of the

Prostate Project Support Group are prostate cancer sufferers themselves with the exception of Cassia Morris whose husband was diagnosed with the disease in 2002.

A series of meetings with invited speakers are planned for 2005 at Frimley Park Hospital and the Royal Surrey County Hospital. Dates will be published in the next issue of this Newsletter.



Members of our Frimley Support and Awareness Group collecting in Camberley

If you would like to register for any of our meetings next year or would just like more information about the Group and its work, please contact either Peter Smale on 01252 714807 or Cassia Morris on 01483 526401.

Please remember that all our work is voluntary and we constantly need new funds, so any donations you are able to make will be warmly welcomed.



Cassia Morris

Cassia Morris's husband discovered he had prostate cancer during a routine health check. Now she is a key figure in our patient support group

"Tim's discovery just proves how important it is to take this disease seriously" says Cassia "and it's not just the over 50's who need to be checked on a regular basis."

Everything was going along fine for the Morris family when out of the blue a routine insurance health check for husband Tim revealed a high PSA count (the first sign of prostate cancer). Subsequent tests showed that Tim had advanced prostate cancer which required an immediate radical prostatectomy (complete removal of the prostate). His operation was completed in 2002 and he has since made an excellent recovery. "It was absolutely shattering" says Cassia. "We always regarded prostate cancer as a disease affecting men over 50, not in their late 30's.

I know from personal experience how difficult it is to come to terms with the shock of being told a loved one has a serious health problem and that has made me determined to do everything I can to help anyone in a similar position to me.

The Prostate Project is a wonderful Charity and I am delighted to be able to work with like minded people in our patient support group to help other prostate cancer sufferers, their friends and families to come to terms with the disease."

Patient Support Helpline

If you would like to talk to someone from our patient support group, please call either Mac Derwig on 01483 811878 (mobile 07971 855195), Peter Smale on 01252 714807 or Cassia Morris on 01483 526401 (mobile 07775 522377). All calls are strictly confidential.

Avoid inheritance tax and leave us a legacy

Any amount you leave us in your will is entirely free of inheritance tax - one of the best avoidance measures we can think of!

HIFU ultrasonic beam trials for prostate cancer

High Intensity focused ultrasound treatment for prostate cancer was the subject of wide press coverage in November. Hailed as a revolutionary new technique, it has in fact been around for some time. Trials have been under way in Germany and France for over seven years. But what is new is the ability to provide more accurate targeting of the sound beams. As with all forms of radiotherapy it is the precision with which it can now be used that is making this technique a more realistic proposition. HIFU uses high energy ultrasound generated from a probe inserted in the rectum under a local anaesthetic. The sound waves are focused into an area of the

prostate the size of a rice grain. First, the probe scans the the prostate and displays a three dimensional image of the gland on a computer screen. The surgeon then draws on the screen to tell the computer which areas of the prostate to destroy and which nerves to avoid. The probe heats up each piece of tissue to 90C in just one second, melting fat within the cells and causing them to die. In many ways the technique is very similar to cryosurgery which utilises the same concept of killing diseased cells but by a freezing process rather than one using heat. It seems likely that HIFU will be available at The Royal Surrey once trials are completed.

THOUGHTS OF CHAIRMAN COLIN



The big news for the Charity is the development of the Support Group at Frimley Park and, of course, plans to fund, for five years, a Professor of Urological Oncology specialising in Prostate Cancer at the Post Graduate Medical School in the University of Surrey. More about these very important developments elsewhere in the newsletter so I will not dwell on them, only to say thank you to everyone involved.

We continue to surprise ourselves with all that we have been able to do over the last few years. It is all simply down to support we have received from so many people. Every day I have the great pleasure of receiving contributions. Everyone is important to us whether they are donating £2 or £2000. A very special thank you to those contributors who give us regular amounts on a monthly, quarterly or yearly basis and allow us to claim gift aid which adds 28% to their gift.

We have a new leaflet available to help those unfortunate men who believe they may have Prostate Cancer. It is based on the experience of many men who have been through the event themselves. This leaflet is being distributed as widely as we are able.

Thank you all very much for your support. We have no paid fund raising personnel just a team of very willing volunteers. So thank you to Tim Sharp who has put together this newsletter so we are able to communicate with you all. Please feel free to contact me on any subject connected to the charity.

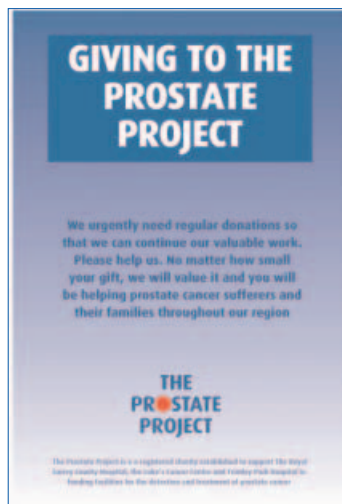
New prostate cancer Database on line between Guildford and Frimley

Good News From Frimley Park!

The Southwest Prostate Cancer (SPOC) Database which is run from St. Luke's Cancer Centre in Guildford, is now available at Frimley Park Hospital via the Computer Network. This means that patients with prostate cancer will have information entered by clinicians at Frimley Park Hospital and St Luke's onto a common record which will be available to patients wherever they are seen. Patients will also be able to track the progress of their treatment with graphs of their PSA (a marker for how much prostate cancer is present).

Its use is being pioneered in the Brachytherapy outpatient clinic with patients undergoing Surgery, Radiotherapy and Cryotherapy added to the database as work progresses.

New Donation and Gift Aid Form



Designed principally to accompany our new 'Prostate Aware' booklet, this new donation leaflet includes everything you need to make donations to the Prostate Project, either as a one off payment or a regular standing order. It also includes a Gift Aid form. Copies are available from Tim Sharp on 01483 811263.



John Blowers collecting for us at Secrets Garden Centre

Our intrepid GP is off on another fund raising trip to the Himalayas

Local GP John Blowers just can't keep away from those mountains. He's taking on an even more challenging expedition next year - a three week trek to Kanchenjunga base camp (5139m), the third highest mountain in the world and described by some trekking companies as 'very strenuous'! John is a prodigious fund raiser - not just for the Prostate Project but also for other Charities associated with the Royal Surrey County Hospital. Apart

from the £13,400 he raised for us in 2001 by trekking the Annapurna Circuit, he has so far raised over £35,000 for Charities associated with the Royal Surrey. He is planning several fundraising events to promote his next trip so if you see him around please give generously! He has asked us to stress that he is funding the entire trip himself, so every penny you give will go straight to the Prostate Project.

Our list of donations to RSCH and Frimley Park is impressive and growing, and it's all thanks to you.



Royal Surrey County Hospital



Frimley Park Hospital

Here is where the money you have given us has been spent. Every pound you donate goes straight to where it is needed most. Our admin costs are virtually zero because everyone who works for our charity gives their time and effort absolutely free.

HOSPITAL EQUIPMENT

DATE	ITEM	COST
May 2000	Ultrasound Scanner	£29,000
May 2000	Video and Audio equipment	£15,000
May 2001	Framed prints for Urology Clinic	£ 231
May 2001	Video recorder and printer	£ 5,856
May 2001	Oncology Training models	£ 2,573
May 2001	Flowtron DVT prophylaxis system	£ 930
October 2001	Probes for Cryosurgery	£ 9,000
November 2001	Urology reference books	£ 455
December 2001	Gas assisted stirrups	£ 3,220
January 2002	Information booklet	£ 1,281
January 2002	Desktop computers with 2 monitors	£ 2,300
January 2002	Compaq laptop and accessories	£ 1,250
January 2002	Laser printers, inkjet printer and scanner	£ 842
June 2002	Urology reference book	£ 278
October 2002	Ultrasound scanner	£39,673
March 2003	Ligasure blood sealing unit	£15,000
May 2003	Theatre camera and video link system	£21,450
September 2003	Cryosurgery system	£43,000
October 2003	Sony laptop and accessories	£ 2,500
October 2003	Digital camera	£ 390
October 2003	Printer	£ 380
October 2003	Cryosurgery reference books	£ 230

HOSPITAL EQUIPMENT (cont'd)

DATE	ITEM	COST
October 2003	Ultrasound probe	£12,000
December 2003	Ligasure blood sealing unit	£12,000
January 2004	Sony laptop and accessories	£ 2,500
January 2004	Computer video equipment	£ 200
March 2004	Footswitch for ultrasound probe unit	£ 330
July 2004	Lithoclast urological stone breaking unit	£15,450
November 2004	Cryosurgery unit mounting arm/template	£ 8,600

HOSPITAL STAFF & SUPPORT

July/Sept 2000	Specialist Urology Nurse (part funding)	£ 6,000
Dec/April 2002	Radiographer	£ 8,500
October 2002	Spec. Nurse/Radiographer training fees	£ 300
December 2002	Nurse Assistant (part funding)	£ 704
April 2003	Cryosurgery Procedures	£ 3,000
April 2003	Trainee Radiographer	£ 8,750
October 2003	Specialist nurse	£ 6,000
December 2003	Nursing conference expenses	£ 300

RESEARCH PROJECT

September 2003	Funds allocated for 3 year prostate cancer research project	£250,000
----------------	---	----------

PROSTATE CANCER TRIALS AT FRIMLEY PARK AND ST LUKE'S CANCER CENTRE

The PC-Spes2 study is an option for prostate cancer patients who have ceased to respond to first or second line hormone treatment. We are aiming to recruit 20 patients into the study and are currently half way with our recruitment. Initial results are mixed; some patients appear to be having a good response whilst others unfortunately have not responded. The Familial Prostate Study is a trial being run in conjunction with the Institute of Cancer Research. This study looks at a patient's genetic and family history in order to try and find out why prostate cancer is occurring in younger men and to look into the genetic causes of this disease.

The Prostate Quality of Life study is looking at how the various treatment options for prostate cancer such as radiotherapy, brachytherapy or surgery, affect quality of life. This will give doctors a better idea of how to advise patients on the possible side effects of each option.

There are two other studies open at St. Luke's Cancer Centre for prostate cancer patients. The Intercontinental study is looking at whether continuous or intermittent androgen suppression has a longer effect on the cancer. The PRO7 study is another hormonal study looking at the



Julie Love

addition of radiotherapy in a very specific group of patients.

For further information on any of these studies please contact Julie Love, Oncology Clinical Trials Sister, Frimley Park Hospital. 01276 526779.

Prostate Project Foundation to fund a Professor of Urological Oncology at University of Surrey Postgraduate Medical School

Motivated almost entirely by the extraordinary generosity of one anonymous donor, the Prostate Project looks set to make a significant contribution to prostate cancer research.

The funding for this project, under the banner of The Prostate Project Foundation, is to be quite separate to that of the Project which will continue its activities as before. This is, in essence, one man's determination to accelerate the national research effort into improving treatments for prostate cancer.

We are attempting to raise £250,000 on top of monies we already have to fund a Chair of Urological Oncology at the University of Surrey Postgraduate Medical School. The Chair and its department will carry out clinically focused prostate cancer research in close cooperation with the Urology and Oncology departments of the Royal Surrey County Hospital and St Luke's Cancer Centre.

Here in Guildford, we are uniquely positioned to initiate this research project. We have a large, increasingly successful District General Hospital that has been selected as a Centre of Excellence for the diagnosis and treatment of prostate cancer. We have a team of highly committed Urology and Oncology Consultants who are international leaders in their fields and specialists in leading edge technologies. Each of them are highly skilled in their chosen area of expertise and collectively they can offer all treatment options currently available for prostate cancer.

And finally, we have the new and adjacent Post Graduate Medical School whose work is primarily focused on research. The integration of medical disciplines and the close relationship between the University and RSCH make the Postgraduate Medical School the ideal place to undertake a project of this



The front cover of our appeal brochure

nature. Money donated to The Prostate Project Foundation will only be used for research purposes.

If you would like to know more about this important new initiative, please contact Mike Collett on 01483 892423.



Jackie Alliss with John Davies

5th PP Golf Day raises £11,000

Another wonderfully successful golf day was completed at Hindhead Golf Club in September. This year 80 players battled it out for the day's honours. Very many thanks to all those who participated, both on and off the course, and of course special thanks to Jackie Alliss for organising another great day for us.

The auction raised an amazing £6500. We are so grateful for everyone's generosity. This event adds significantly to our fundraising efforts every year.

GIFT AID YOUR DONATIONS

Please remember that it makes a huge difference to our income if you are able to gift aid your donations. Provided you are a UK taxpayer, we can claim an extra 28% of everything you donate to us. If you would like a gift aid form please contact Tim Sharp on 01483 811263.

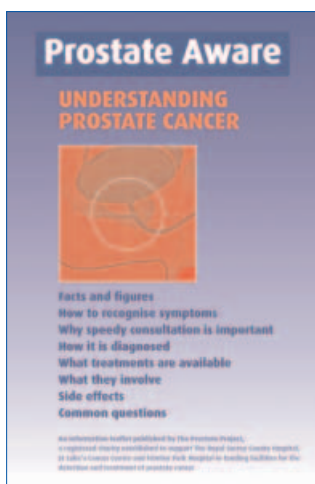
All donations should be sent to our Chairman, Colin Stokes at the address below.

Our new 'Prostate Aware' booklet is a hit with the NHS

After all the hard work that went into its production, we thought we had a winner on our hands and so too it seems does the NHS. We offered it to the Regional NHS Trusts as reference for GP's and general use in surgeries. Response has been very positive and we are now busy sending out copies to

surgeries all over the county and beyond.

Much of the praise must go to our Patient Support Group who were responsible for the content of the booklet in consultation with Bruce Montgomery, Consultant Urological Surgeon at Frimley Park Hospital.



Thanks for the memory

We are extremely grateful to friends and relatives of Thomas Tuite, Morris Bathurst and Ted Farmer who have made donations to us in their memory

If you would like to comment on any of the items in this Newsletter or provide contributions for inclusion in future issues, please write to the editor, Tim Sharp, at Monksgate, Priors Hatch Lane, Godalming Surrey GU7 2RJ. Tel: 01483 811263