



Torbay Prostate Support Association

Serving men of all ages, and their partners, through a programme of support before, during and after diagnosis
Newsletter Winter Newsletter Issue No.46

A Note from the President

Dear Members,

Here we are again, the festive season upon us – I would like to take time and wish you all a Happy New Year.

We are however lacking a secretary the duties of which I have covered for some time but it would help enormously if a volunteer would step forward to assist. Even a Minute Secretary would be helpful at our meetings. Please think about it. In 2017 we will continue to move forward and help Torbay Hospital and Staff to progress their excellent work as well as provide some of the equipment they may need. I am delighted to report that the equipment we supplied to the Consultants recently have been a huge success. We now await their next request. There have been several changes within the Trustees but we urgently need more Trustees to assist the core in their responsibilities and duties. Please come forward to help – we do not wish to disband but we do need assistance. Please volunteer to myself or Darrell or Mark. The work is not onerous and you could well be helping others who may be very much worse off than ourselves. We have two very ambitious projects ahead – one for Urology Department and the other for Oncology Department. Please support us - we will be able to give you more specific information in our next issue.

Best Wishes and Good Health to you all and your families.

Peter Hosking
President

Support after diagnosis

Dear Members,

We have been contacted by University College London about a project they are undertaking aimed at developing a health/lifestyle phone app to support people after cancer diagnosis. To make the app as useful as possible and as part of their ongoing work they would really like to feedback on some existing apps that are already available to download from the various app stores. They are asking members to try using these apps for a 2 week period. They are looking to hear from people who have been diagnosed with breast, prostate or bowel cancer and have approached us as a prostate cancer charity.

You need to own a smartphone, live in the UK and have finished your main treatment of surgery, radiotherapy or chemotherapy. You are also eligible if you are still receiving hormone therapy. There is also a £10 voucher for members as a thank you if you take part. If you are interested and would like to hear more details about what is involved or have any questions, please contact Anna Roberts at UCL via email: anna.roberts.15@ucl.ac.uk or telephone: 020 7679 1723.

Urgent Message from our Treasurer

Whilst Peter is still in post for the time being it is vital and imperative that we find another person to take on the role of chairperson. My plea to you, our members, is to help find such a volunteer. The incumbent need not have suffered illness associated with the prostate or have experience of prostate cancer. A partner, wife or any other person who wishes to give of their time in the voluntary sector would be most welcome. Maybe you know someone who can fill this role, someone for instance about to retire who wishes to fill their new found spare time. The position is unpaid but expenses associated with the role will of course be met.



Brixham Methodist Church Bicentenary Celebrations



TPSA would like to say thank you to Jo Clulow (on right of photo) and Nicola Whitford from Torbay NHS Trust who gave a very informative presentation and open forum on Healthy Eating in relation to prostate cancer. At the the Members meeting held at the Redcliffe Hotel on Thursday 30th June were

Will it come back?

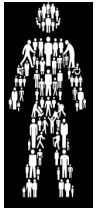
US study raises alarm on prostate cancer. The Financial Review published an article on 12 July 2016 that looked at many men who were told their surgery for prostate cancer had been a success, only later to discover that this is not the case. While the surgery provided good local control of their disease and they have no symptoms, their blood tests started showing signs that their cancer had not been vanquished. This happened in at least 20 per cent of cases in Australia. These men have what is known as a "biochemical recurrence". The level of a protein in their blood, called prostate specific antigen, PSA, begins to rise signalling they still have prostate cells in their body even though they were told the entire prostate had been removed. There has been long standing debate about how best to predict who will fail after surgery. Many factors increase the risk of relapse including the aggressiveness and size of the cancer, whether it has spread outside the gland and if a little bit of it has been left behind at the margins after surgery. But the current debate centres on something different. It focuses on the value of pathologists examining the excised prostate and trying to detect, under the microscope, whether tumour cells have invaded the lymph and blood systems. To read more on this subject go to - <http://www.prostate.org.au/news-media/news>

A big thank you to our guest speaker
Lesley-Ann Simpson Director of the Chestnut
Appeal Group (prostate cancer)



We recently received the very generous benefits of being nominated as the Charity for the Brixham Methodist Church on their 200th Bicentenary Year Celebrations. Peter the President of the Association was presented with a **cheque for £2258** by the Reverend Doug Rix. The extremely hard work of the organizer Cynthia Burington and her team were acknowledged together with the very generous contributions of the congregation.





Prostate Cancer UK

Has developed a new animation for men recently diagnosed – please see info and links below.

When you're diagnosed with prostate cancer, there's a lot of new information to get your head around. It can seem overwhelming. Our new animation is for men who have recently been diagnosed with prostate cancer, and their partners, friends and family. It explains what prostate cancer is, what the different stages mean, and where people can get support. To view please paste link into the address bar on your PC :-

<https://www.youtube.com/watch?v=Bs4zv6TwhYw>

<http://prostatecanceruk.org/prostate-information/getting-diagnosed/getting-your-results#understanding-your-prostate-cancer>



Men and Sexual Health – Prostate Cancer Study

One in three men have concerns about their sexual health after prostate cancer treatment. Many men are reluctant to get help for their sexual concerns, and when they do, often men do not continue with treatment. There is little research to help us understand men's concerns about their sexual health after prostate cancer. Griffith University, Cancer Council and partners are working together to better understand men's sexual concerns after prostate cancer treatment and how we can best give men the help they need. The Men and Sexual Health – Prostate Cancer Study is an online survey that will take approximately 30 to 40 minutes of your time. The survey asks about your sexual concerns, side effects after prostate cancer treatment, quality of life, decisions to use services. In the survey we will ask your permission to contact you again to complete another survey in 6 months and 12 months so that we can understand if your sexual concerns and need for support services change over time. To go to the study follow the link: www.menandprostatecancer.org

MEMBERSHIP APPLICATION FORM

I wish to join the TPSA I authorize the TPSA to hold my details. Please note correspondence will be sent by email unless requested otherwise to cut down on costs. Please return the completed form to Peter Hosking 46 Singer Court Manor Crescent PAIGNTON TQ3 2BP or Email president@tpsa.org.uk

NAME AND ADDRESS (please give one name only)

Surname..... Initials Title

Address

..... Post Code

Telephone number Email address.....

Gift Aid declaration –for a single donation

I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to: **TPSA**. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given. **Please forward completed forms and donations to Darrell Fulford (Treasurer) Corbys, Ridgeway Road, Torquay TQ1 2HL**

Donor's details

First name & Surname _____

Full Home address _____

Postcode _____

Date _____

Signature _____

Telephone No _____ (Acknowledgement of donations)

Please notify the charity if you want to cancel this declaration Or Change your name or home address

No longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code. **Please note that, to keep costs down, acknowledgement of donations will not be sent unless you include a Stamped Addressed Envelope. We will Acknowledge donations via the telephone if your telephone number is entered above.**

Newsletter

Subscribe to our newsletter by email or post. Please include your name, mailing address, phone number and email address to newsletter@tpsa.org.uk and please indicate your preference (**POST or EMAIL**)

Email preferred to keep cost down.

Trustees

Email Address

Contact telephone numbers

Peter Hosking (President)	President@tpsa.org.uk	01803 363028
Chairman Positon Vacant		
Darrell Fulford (Treasurer)	treasurer@tpsa.org.uk	01803 292171
Robin Causley	robin@tpsa.org.uk	01803 311407
Ernest Bartley	Ernest@tpsa.org.uk	01626 866936
Mark Smith (Newsletter Editor)	newsletter@tpsa.org.uk	01530 481802
Mark Smith (Website Editor)	website@tpsa.org.uk	01530 481802

Disclaimer

From time to time in our newsletters we provide information about developments in the diagnosis and treatment of prostate cancer, research articles, documents, presentations and other interesting materials. However, the TPSA Trustees and the editor of this newsletter do not have the medical expertise required to make an informed evaluation of the conclusions and recommendations presented in such materials, and we have not verified such conclusions and recommendations through appropriately qualified medical professionals. The information presented in this newsletter must not be interpreted as being endorsed or recommended by the Trustees or the editor. Any recommendations made in such materials may not be applicable in your particular case. Before implementing any recommendations made in the materials that are reported, it is essential that you obtain advice from appropriately qualified medical professionals. The view of the TPSA Trustees is that no two prostate cancer cases are alike and that no single treatment option is better than any other in all cases. While the information in this newsletter should be of interest, there is no substitute for getting informed medical advice from your own GP, specialists and other medical professionals.