



# the PROSTATE project

giving men a better chance of beating prostate cancer

## Newsletter



### HELLO ALL,

Welcome to our latest newsletter, spring 2021, I mention spring because it always feels like such a hopeful time of year, with new life everywhere, trees heavy with blossom and the unmistakable sights, sounds and smells of approaching summer.

Of course it has been a tough year for many of us, and for some the struggles continue, so in looking forward we should also take time to reflect on our responsibility to be aware of others. But the Prostate Project is all about hope and ambition, the work we do today will be of benefit not just to ourselves but to future generations...we are very much in the tomorrow business.

And what a lot we have to look forward to, this newsletter is packed with good news stories about our new equipment, bought as a direct result of your generosity, there is also news of an exciting new partnership with K2 Consultancy, one of the key players in the building of the Stokes Centre.

We also take time to look at ways that people can donate to the Prostate Project, our wonderful volunteers and the chance to raise funds by taking part in the 'Captain Tom 100 Challenge', helping to support PP and celebrate the memory of a remarkable man.

I hope that you enjoy reading the newsletter, it's important for us to keep in touch because we couldn't do what we do without you.

All the best

*Alf Turner*

**Chairman**



Talk to your GP about having a prostate specific antigen (PSA) blood test, which can help diagnose prostate cancer. It's available free to any man aged 50 or over who asks for it.

### CONTINUOUS GIVING



We are of course grateful for every penny that we receive from our wonderful supporters, your generosity allows us to continue our research and purchase life-saving equipment and facilities.

Initiatives such as Continuous Giving really help us to plan our work and structure our activities based on regular donations. To set up a standing order please visit the Donate page of our website, here you will find all the details that you need as well as lots of information about Gift Aid and other helpful initiatives.

As always, we can't thank you enough.



## *An important Message from Stephen Langley, Professor of Urology & Prostate Project Trustee*

April is male cancer awareness month, so there has never been a better time to highlight some stark facts about prostate cancer, the most common life-threatening cancer in men in the UK with over 45,000 men being diagnosed and some 12,000 sadly dying from the disease every year.

As with most cancers, if caught early, it is usually curable, with some cancers not even requiring treatment, just safe monitoring. If caught late and spread beyond the prostate then the outlook is more serious. Whilst we have many lines of treatment to use, for some men the disease will prove fatal. The difficulty is that early prostate cancer usually causes no symptoms. The traditional urinary symptoms associated with the prostate such as a poor stream, getting up at night to pass urine and urinary frequency are rarely due to prostate cancer but due to a benign enlargement of the gland which most men develop as they get older.

### **So, if you want to catch it early you need to be checked!**

The idea of a rectal examination naturally puts many men off this idea, but as early prostate cancer is often undetectable by a physical examination, we now rely on a simple blood test called PSA, prostate specific antigen. Whilst not perfect, it's about as accurate as screening mammograms in breast cancer and it is extremely useful in helping to detect early disease.

If a man has an abnormal PSA test, the next step is to have an MRI of the prostate gland. This non-invasive scan will allow us to reassure approximately 25% of patients that no further tests are required. The remaining patients may be invited to have a prostate biopsy, where under ultrasound control a small sample of prostate tissue is taken for analysis in the laboratory.

Prostate biopsies can be performed under local or general anaesthetic, as a day case or in the clinic.

**The Royal Surrey has been a pioneer in prostate cancer detection and the latest biopsy techniques, the Trans perineal biopsy that are now used worldwide were first developed in Guildford.**

Thanks to the Prostate Project we have the very latest equipment to perform prostate biopsies. Our new fusion equipment superimposes the MRI information on the ultrasound screen, like the heads-up display on an aircraft, allowing pin point accuracy to be achieved.

More and more information from a large European multi-centre study, involving over 180,000 men, has shown the benefit in early detection of prostate cancer using PSA. Since 2005 it has been the right of every man, suitably informed, to have his PSA checked on the NHS and I would encourage all healthy men aged between 50 and 75 to take the test.

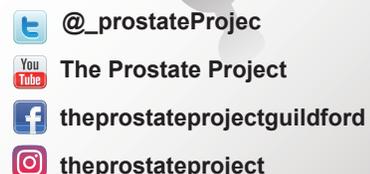
Men with a family history of prostate cancer and/or those of African Caribbean descent are particularly at risk of developing the disease.

If early prostate cancer is detected, there are many very effective treatment options to consider. The Royal Surrey is a leading centre for prostate cancer in the UK, treating more men with early disease than any other unit in the UK, and the results achieved are excellent. Early low risk cancer can often be merely safely monitored but those patients needing curative treatment have the options of robotic surgery, external beam radiotherapy and brachytherapy, a technique where tiny radioactive seeds are inserted into the prostate. All of these treatments are highly effective in eradicating the disease; our skill is helping to ensure that each patient gets the best treatment for them, with the minimum of side effects.

This newsletter was printed at no cost to the Prostate Project, we are grateful to Jeff at Windsor Jennings Printers for this very generous gesture, Jeff is a 'satisfied customer' of the Urology Centre and wanted to say thank you.

[info@prostate-project.org.uk](mailto:info@prostate-project.org.uk)

### FOLLOW US ON SOCIAL MEDIA



# Thank you for the *IncuCyte*

We are proud and thrilled to announce the arrival of a new piece of equipment for the research labs at the University of Surrey bought with money raised entirely by Prostate Project supporters.

The IncuCyte is a live cell imaging equipment that is specifically designed to fit inside any incubator, with it the research team are able to run experiments from home and access results in real time on personal computers, at home, making the equipment invaluable during lockdown.

The equipment does not require operatives to open up the incubator, meaning that optimal culture conditions are maintained, which is essential to cell culturing. The £160k device is ideal for long term experiments, for example when testing the effects of cancer-killing viruses on cancer cells or testing novel anti-cancer agents which require continuous monitoring. Samples do not have to be sacrificed to set up a time line in studies of dynamic cellular processes. .

Dr Nicola Annels of the Oncology Group asked us to pass on this message to you all.

“We would like to say a huge thank you to all the Prostate Project supporters who helped to fund our new IncuCyte SX5. Since being installed in the lab this technology is being extensively utilized for testing the effects of anti-cancer agents and virotherapy on tumour growth.

The ease of use, ability to consistently image cells in real-time from any computer, and the ability to collect reproducible, high quality results in half the time that it would have taken otherwise, have quickly secured this technology as an indispensable piece of equipment for our research and will enable us to improve outcomes for men with advanced prostate cancer, faster”.

We reached our £160,000 goal, thanks to large donations from one of our Patrons and a patient of Professor Hardev Pandha, we also used funds raised via the online art auction, an initiative organised appropriately enough by Dr Annels, as well as money raised by our recent ‘kitting out the labs’ appeal

A real example of how your efforts help to save lives.



**The shocking fact is that survival rates for men with advanced prostate cancer remain poor, with just 30% surviving 5 years. Our research team is developing new and highly targeted treatments to manage symptoms and ultimately extend the lives of men with advanced prostate cancer.**

It is with great pleasure, and a considerable amount of pride that we are able to announce a corporate support arrangement with K2 Consultancy.

Some of you may recognise the name K2 Consultancy from our website or press releases as they were the management company charged with delivering the NHS Stokes Centre for Urology. Their work was rewarded when the Stokes Centre received the Royal Institute of Chartered Surveyors Social Impact Award in the Healthcare Category in 2020.

John Setra, Managing Director at K2 has been the driving force behind the initiative 'We are thrilled to be helping such a dedicated team, your work is truly inspirational, and what you do saves lives'.

'Working with the team at the Royal Surrey and the fundraisers at the Prostate Project brought home to us just how important their work is, and how significant their research and treatments are to the our industry. We are determined to help raise awareness among construction community and men in every part of our business that they need to get a PSA test.

We mentioned how proud we were about the decision of K2 to support us and Tim Sharp, President and Trustee explains why.

'The decision by K2 is a huge fillip to everyone at the Prostate Project, obviously they are a hugely well-respected and substantial company working on projects all over the UK and beyond, and their commitment to introducing us to their partners and stakeholders means our message will reach many thousands of men in their industry.

As important as this is though, we are also delighted that they took their decision having worked alongside us and seen for themselves the strength of the Prostate Project and our ability to add value to their business.

This is a perfect example of how a charity can benefit corporate supporters in a tangible way and we are all very excited at the prospect of letting even more people know about the importance of testing and early treatment'.

## STOP THE PRESS...CAPT. TOM'S CHALLENGE...

As we were going to print with this newsletter, news reached us about the 'Captain Tom 100 Challenge', designed to raise money for your favourite charity (us, we hope) and have a great time remembering the wonderful Capt. Tom.

The idea is simplicity itself, between April 31st and May 3rd simply do something 100 times, you can do just about anything really as long as it's safe and 'sponsorable', and then donate the proceeds of your sponsorship to the Prostate Project.

So far we have heard that Roland Moss, MD of Butt Miller in Camberley is hitting 100 golf balls and being sponsored for every shot over 100 yards, Mark and Els at Green Team Interiors in Petersfield will be eating 100 jelly babies and 100 Maltesers respectively and Darren Stiff, owner of Guildford Financial is sponsoring his children to stay quiet for 100 seconds 'I tried for 100 minutes but they wouldn't do it' says Darren.

Whatever you choose to do, please let us know so that we can share your stories and pictures on our social media.

**Sponsorship money can be donated via our website [www.prostate-project.org.uk/event/captain-tom-100](http://www.prostate-project.org.uk/event/captain-tom-100) or donations can be made at the address below**

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## AN APPEAL FOR YOUR STORY

Our friends at the Surrey and Sussex Cancer Alliance are looking for people to tell the story of their prostate cancer journey, from testing through treatment and onward. They are interested in talking to men that have experienced the lows and the highs associated with the condition for a forthcoming research project.

If you have time for a chat, please email [keely.harrison@nhs.net](mailto:keely.harrison@nhs.net) with your details

**Thank you**

