



Focal Therapy

This is a trial targeting cancer using MRI, causing less damage and fewer side effects. Introducing mpMRI scans before biopsy and only treating the cancer and leaving the healthy areas of prostate untreated. Thus if a man has cancer on one side of his prostate, then just that side would be treated to get good cancer control with few side effects. But specific focal therapy cannot be delivered without a good way to image the prostate. The PROMIS trials showed that an mpMRI scan can be used to pinpoint where

in the prostate the cancer is. With the acceptance of this method of imaging the tools are in place to treat the cancer more precisely. Focal therapy will deliver a huge shift in prostate cancer treatment. But for the moment this is a pilot trial testing focal therapy against standard whole prostate treatment on a small scale. If successful then a large scale trial will follow, that could prove focal therapy should be a widely available treatment option in the UK. This trial is being funded by Prostate Cancer UK.

Chairman's Chat

There was no room in last month's Column to mention the Vectis Classic Car Show at Arreton. The age appropriate event drew a lot of attention to our stand, with 17 men completing the Data Protection Consent form for the PSA test and over 40 men making enquiries. Well done Trustees and Members who manned the stand.

The Speaker from Amey drew plenty of questions about recycling at the members' meeting.

Sadly one of our members, Gordon Squibb of Shanklin, died this month and his cremation was on 9th July, the same afternoon as the Men in Sheds. Our sympathies were sent to his family.

Sandown Airport saw a 6 hour stint for Men in Sheds when I was interviewed by a film crew making a film of the event, and with Peter Hunt helping to give a 30 minute presentation in the Speakers' Marquee. This gave more positive awareness for the Group, prostate testing and treatment.

The following Saturday we were at 36 Great Preston Road in Ryde for Geoff and Irene's annual Summer Garden Party. Great weather, plenty of people, delicious strawberries and cream and cream teas – well done everyone who attended or helped run this event, more later.

Sharon and John represented the Group in a photo session with the Island Savoyards and a presentation of the £1272 cheque with John Stephens. Many thanks to its production team for their generous donation.

Finally Angela and I attended a PSA Test event at Horsham run by PCaSO, using a new online booking in system. As ever, PCaSO were very welcoming and we are hoping to use this technology at one of our PSA testing events.

Alan Taylor

Garden Party

Our annual Summer Garden Party at Geoff and Irene's gorgeous garden really excelled itself this year. The weather was perfect, the cream teas, strawberries and cream and cakes were scrumptious, and the musical accompaniment outstanding. With almost 50 members and friends attending, the final count looks like raising almost £400. Well done to everyone who put so much effort and time into the event and again thanks Geoff and Irene.



Men in Sheds

As a follow-up from the speaker who attended our May members' meeting, we attended the Shedfest at Sandown Airport with Roger, Vic, and Tony Sallabanks. We spent 6 hours speaking to men and handing out Data Protection consent forms for membership and/or PSA test, and Peter assisting with the 30 minute presentation. There was plenty of interest at the stall, well worth the effort put in by everyone.



Future Events

Saturday 27th July

Sandown Carnival, 6 – 9pm Assembly point by Brown's Putting Green, Volunteers please contact Sharon

Wednesday 31st July

Promotional Stall, St Mary's Hospital 2 – 4pm

Thursday 8th August

Cowes Carnival 6 – 9pm. Volunteers please contact Sharon

Wednesday 14th August

Promotional Stall, St Mary's Hospital 2 – 4 pm

Saturday 17th August

Ventnor Illuminated Carnival 8 – 10.30pm. Volunteers please contact Sharon

Thursday 22nd August

Members' Meeting at the Cricket Club Pavilion, Blackwater – Speaker Vic Howells, Relaxation Techniques



Here we are giving details of Trustee's experiences in the treatment of Prostate Cancer so that members of the Group can speak to them if they think that their own case has some relevance.

Angela Taylor (Trustee)

In 2011 we were living in Valencia, Spain, having lived there since 2004. Having been on watch and wait for a few years, my husband Alan's PSA had risen to 7 and it was decided that he should have a biopsy. His Gleeson was 7.5. He was diagnosed with prostate cancer and it was recommended to have either radiotherapy or removal of the prostate. He decided to have the operation, which took longer than expected, due to an old hernia operation which caused complications, 5 hours in all. I was waiting for him to come out of

theatre all this time, and was finally called. Fortunately I had a friend who was looking after our two sons. All this happened about 3 weeks after Alan had broken both wrists and was in plaster!

Subsequently Alan was kept in hospital for 3 weeks, and brought home in an ambulance. In Spain a relative has to look after the patient – I was travelling backwards and forwards all this time and sleeping in his room for the first week.

There were problems when he got home – the catheter was due to stay in for 3 weeks, which became blocked up after 2 weeks, so I had to take him to the hospital again for this to be taken out. There were a lot of trips to the hospital for various issues. It was a stressful time, trying to look after Alan, the orange farm, house, chickens, two dogs, three cats and two boys to take to school. I finally gave the chickens to the local priest!

It seemed to go on and on, with new tumours and radiotherapy in 2012, and a hernia problem caused by the radical prostatectomy in 2013. But we managed to enjoy a few outings with friends,

including a Flamenco dance, which was a relief from daily pressures.

We returned to the Island in 2014, and life has settled down a bit since then, with our two sons grown up and living in their own places. Both of them have always been concerned for their Dad, and of course his situation has made a big impact on their lives. Alan makes sure that they know about having a PSA test sooner rather than later since it is an inherited gene that can cause prostate cancer. Both sons are actively involved with the Group.

Alan became involved with the IWPCSG in 2015, as he passionately wanted to help other men to be aware of prostate cancer tests, treatment and support available. So I helped out where I could and have become more involved, now being a Trustee and in particular with PSA test days. I am currently looking at an online appointments system to replace the methods used for the last two events.

With very best wishes to you all,

Angela Taylor



Amey Waste Recycling speaker

The Speaker was full of information on how to successfully recycle our waste, especially for mixed waste. The problematic pill sachet as well as waste that was unclean was mentioned. The speaker had a real passion for her subject and I'm sure everyone went away with added knowledge on recycling.

Quote – Unquote

Let us not look back in anger, nor forward in fear, but around in awareness.

The quieter you become, the more you are able to hear.

You only get one chance to live your life fully.

Awareness is like the sun. When it shines on things they are transformed.

Calendars

Please have a look at the Calendar that Vic has produced and which we have been working on for the past 4 months. I think it is extremely good with the tie in from Roy with the sponsorship from the Isle of Wight Distillery, it's a very professionally finished article. See if you can spot yourself on one of the months!

Vectis Classic Car Show

A new venture into a Show we had not attended before, and it proved to be very worthwhile with numerous men signing up for a PSA test. Well done to all who helped with the stand and the members who went around with the flag and bucket. Great support.



Horsham PSA Test Event

Run by PCaSO using a new online booking in system with men being quickly checked in with a printed ticket and bar code scanner. Angela is hopeful that by incorporating this system we can alleviate the time consuming form filling that we have to use at present, as well as improving the time taken to check in men for their PSA tests. It will allow faster, accurate transfer of data to QA Hospital and the Graham Fulford Charity Trust. It would be nice to use it in October, but we may be only partially ready by then, and our newly arranged 2020 date – 25th April – could be fully online.