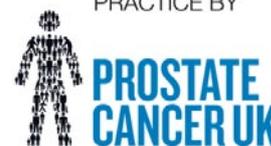




AWARDED GOOD PRACTICE BY



Free to Total –Testing Free and Bound PSA

A standard PSA Test measures the total PSA in the blood. But PSA has different forms. It can either be Bound – attached to a protein in the blood, or Free – not attached to a protein.

It is known from research that the proportion of free and bound PSA are different in men with prostate cancer, compared to men who have benign prostate disease. The general opinion is that a higher amount of free PSA in a test means a lower chance of cancer.

Many doctors think that if more than 25% of the total PSA is free, there is

less chance of having Prostate Cancer, so men with Prostate Cancer have a lower proportion of free PSA.

So it is possible this test could help doctors find the cause of raised PSA levels. This might mean that some men with benign conditions avoid unnecessary biopsies.

But methods of testing free and bound PSA in laboratories vary. Also doctors are not agreed on the ratios of free to bound PSA that indicate cancer. So it is not used routinely, only when PSA results are borderline.

Chairman's Chat

So the PSA testing day passed and from all reports was very successfully organised and run on the day. Congratulations to all who took part and helped in any way to make this such a well appreciated day. Our value and credibility continues to rise. The results are printed elsewhere. Articles and photo were printed in the local paper the Observer, and an abbreviated article and no photo in the County Press.

The following Saturday Vic and I ran the promotional stall at a motorcycle ride out event, then Sunday we were at the Bicentennial event in Cowes with Tony Sallabanks, and then off to Bembridge on Monday for the Street Fair with Roy, Tony, Vic, Angela, John W, Gill.

Wednesday – across to the mainland to talk to guys on the minibus. Mr Trump's visit the following week and the banning of all vehicles in the vicinity put pressure on their treatment plan. Numerous phone calls were made and the outcome was a police escort for the minibus – result!

I was out with Tony Sallabanks on Friday changing posters, collecting tins and replacing banners. Many thanks to Tony for accepting responsibility to look after the tins.

Plans are already being made for the October PSA test, advertising, and at the Trustee meeting, financial support from us and the Lions confirmed for this event (we already have details of advance bookings for 45 men).

The next day I was off to Birmingham for the Tackle AGM. It included a full day of presentations, but as always the best was the interaction with others during the lunch and tea breaks. It was good to get back to the Island away from the rain of Birmingham, and mingle with the flower people attending the Pop Festival (50 years old already)!

Alan Taylor

Bank Holiday Fun

Saturday

Vic and I attended the Motor Cycle ride out at Newport Pit-stop Training centre. It was a hot day, with plenty of people interested in our stall and our next PSA test day.

Sunday

On the invitation of Councillor Karl Love, we attended the Bicentennial event at East Cowes. Tony and Vic made a quick job of putting up the gazebo, and then we spent the day shaking hands and having our picture taken with numerous dignitaries from the Island, only our MP seemed a little sheepish in talking to us.

Monday

The Bembridge Fair was an

overwhelming event. We were told 4000 people attended it and we soon ran out of newsletters etc. There was a great deal of interest in the Support Group and our drive for PSA testing. Angela came up with the idea of giving men who want to book an appointment for October, a data protection consent form, so that we could hold on to their data until September when appointment bookings open. The number of men wishing to attend the autumn event continues to rise with about 45 so far. What an amazing event and well done to Roy, Tony S, Vic, Angela, John W and Gill for working so hard in hot, crowded conditions. Over £100 was collected in the tin over the 3 events.



Men in Sheds – Speaker at our May Members' Meeting

The speaker created an interest amongst members, especially those interested in becoming involved with sheds in their area. We will be present at the Shed Fest next month.



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.

Tony Wheatley (Part 2) (Trustee)

I attended my first IWPCSG meeting in June and was warmly welcomed and put at ease having had a long chat with both Alan Taylor and Roger Denness.

American Independence Day 2018 was the designated date for my surgery (A Robotic Assisted Laparoscopic Radical Prostatectomy) and I was booked into QA Portsmouth. The theatre staff reassured me and so I was surprisingly calm and once the cool white liquid was pumped in and I was securely anaesthetised, I was in the very capable hands of surgeon Simon Wilkinson.

I spent an extra night (two in total) at QA because of low blood pressure, fitted with the obligatory catheter for a 10 day period, surgical hose, Enoxaparin (blood thinning) injection course (28 days), pain relief and laxative (very important) having been supplied, we headed for home.

Wightlink were very helpful with an adjacent berth next to the lift and use of a wheelchair, do ask, it makes a huge difference.

I'm now ten months post op and two blood tests later, both of which came back 'undetectable', I'm so glad I did not ignore my symptoms. I am reminded when told a great joke or coughing uncontrollably that I am still recovering my pelvic floor muscles!

I look forward to assisting wherever I can to further the invaluable work of the Isle of Wight Prostate Cancer Support Group and its band of amazing volunteers.

Always happy to share my PC experience – 612857.



Graham Fulford Presentation AGM

AGM Tackle (Birmingham)

We arrived at a rainy, cold venue on the outskirts of Birmingham ready to be immersed in reasons to have PSA screening.

1 Outside the venue was Tackle Man Van a £1/4m bus converted for mobile PSA testing and promotions at various national events. It costs £100 to book for a 9 – 2 day session and comes with banners, posters and handouts.

2 Did you know that your PSA result can vary depending on the seasons of the year, yes really. Winter up 1.27%, Spring down 0.17%, Summer up 0.86% and Autumn up 1.5%.

3 A session on Free total testing, report elsewhere.

4 Advantage of taking Vitamin D and A supplements to help stop recurrence of cancer, as well as outdoor physical exercise; forget the gym membership!

5 It was disappointing to hear that R & D from Prostate Cancer UK only finance improving survival rates and reducing harmful effects of treatment. There is no intention of looking at prevention or cure. Not good news for our sons and daughters (same cancer gene in Prostate Cancer and Breast Cancer).

6 In the USA between 2006 – 2013, PSA testing reduced mortality by 61%. So no need to continue, so testing was suspended. By 2016 an increase in mortality has led to a re-think.

7 There is a new European strategy – Risk Stratification – ie PSA test, then apply risk assessment, then MRI, then another risk assessment before moving on to a Biopsy, so as to avoid unnecessary biopsies.

8 Referral of all PSA results over 3 to a Urologist.

9 Most GP's do not have the knowledge or experience to make an assessment!!

10 Regular repeat PSA's essential.

11 The need for screening but to call it something else and not organised by NHS – sounds familiar.

12 The debate on Harms and Benefits of PSA testing is running out of steam.

It was an exhaustive, interesting and expansive day on Prostate Cancer and the debate on Screening.

Quote – Unquote

A kind gesture can reach a wound that only compassion can heal.

Doing nothing for others is the undoing of ourselves.

One of the most important things you can do on this earth is to let a person know they are not alone.

If you haven't done much giving in your life – try it and see how you feel afterwards.



PSA Test Day 18th May

240 men were tested at the Masons Lodge, Cowes. From the results 21 men were advised to seek medical help. Photo shows Paul Spreadbury and partner about to deliver blood samples to QA Hospital via Wightlink (who supplied free passage).

Future Events

Wednesday 4th July Promotional Stall St Mary's Hospital 2 – 4 pm.

Tuesday 9th July Shed Fest, Sandown Airport 12 – 6pm. Volunteers please.

Saturday 13th July Fund Raising Garden Party. Cream Teas, tombola, raffle and musical entertainment 2 – 5 pm, 36 Great Prospect Road, Ryde. Volunteers please for helping serve teas, manning tombola and raffle.

Wednesday 17th July Promotional Stall St Mary's Hospital 2 – 4 pm

Thursday 25th July Members' meeting at Cricket Club Pavilion, Blackwater – First Act Concert performance 6.15 – 8pm