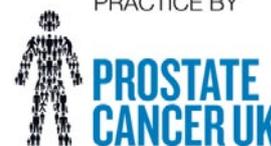




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PRACTICE BY



Biomarkers are the Future for Prostate Cancer Diagnosis

Studies show that novel biomarkers are making prostate cancer diagnosis more accurate and effective which means fewer men will undergo unnecessary biopsies in the future.

The term 'bio marker' is a measurable indicator of the presence, activity or likely course of a disease. PSA is a biomarker that acts as a proxy for the likely cause of disease. MRI scanning is a biomarker that allows the visualisation of how the disease has manifested itself. Genetic biomarkers are moving increasingly to the fore as binary indicators of clinically significant diseases.

So what are biomarkers?

Biomarker tests allow for the discrimination between prostate cancer and benign prostate conditions such as prostatitis. They include genetic

information from a patient, and are more reliable. The tests give an indication of the likelihood of finding cancer cells upon prostate biopsy and differentiate between significant and aggressive prostate cancer.

So biomarkers are blood or urine tests that combine genetic information of prostate cells with clinical information to give a quick and objective assessment of the likelihood of having prostate cancer.

The MRC (Medical Research Council) and CRUK (Cancer Research UK) have funded a study called 'Re-imagine' which will test possible new screening techniques including biomarkers. Results will not be available for a couple of years, but it could pave the way to revolutionise our ability to screen for and effectively treat prostate cancer.

Chairman's Chat

The countdown to the PSA testing day has well and truly started. Thanks to the Ryde Lions we have posters and flyers to give out, and already 40 posters have been placed. It was decided that the phone numbers for booking on the day would be available from 1st October and already more than 30 bookings have been taken by Sharon and Gill.

I recently attended the Transport Improvement Group and was informed that the fund for claiming back the ferry fare for patients going to QA for treatment was still available. Also the ferry companies would be negotiating new reductions in ferry fares for passengers attending appointments at Hospitals, and a new Daisy Bus would be purchased in January next year.

This month's speaker Andy Savage was well received and generated a great deal of motivation to improve our fitness.

Despite a stormy day the Macmillan event at Wroxall that we attended was well supported and we had plenty of enquiries about the Free PSA Testing Day. Thanks to Roger and Peter for supporting this event with me.

I met 7 men on the Daisy Bus this month, the majority had heard of us but did not know about our meeting.

We have replaced a couple of banners this month and placed a new one at the White Lion in Arreton, the venue for our Christmas Dinner on 20th December. See website for more details.

And finally we will have our stall at Jewson's in Newport on Tuesday 9th October as part of a Health and Safety Campaign they are running.

Hope to see you at the next members' meeting, or at the Health Walk on Shanklin Front on Sunday 21st October at 11.00 am.

Don't forget to have your Flu Jab!!

Free PSA Testing Day Update

Due to the telephone numbers for booking of the Testing Day leaking out, a decision was made to release the phone numbers early. From 1st October the numbers were available and due to advertising in Facebook, leaflets, posters and attendance at events, the numbers booked are approaching 100. The Lions Group support has eased the pressure on us in this area and the team have offered a 3rd Phlebotomist should the numbers exceed our original estimate. We have managed to weather the anti PSA testing storm,

but must not sit on our laurels over the next 6 weeks, and will continue to press on with our media campaign until all the places are taken. We will need help on the day, 24th November, so if any of you could volunteer to help even for a short period, please contact Alan.

The latest banner was placed in the White Lion car park kindly supported by the proprietors, Louise and Gary Turner.

This will be the venue of our Christmas Dinner on thursday 20th December at 7pm. See website for details and menu,

Watch out for the attachment to a number of banners advertising our PSA testing day around the Island.



New Year's Resolution!

Change and date of venue for Monthly Membership Meetings starting January 2019

The new venue is The New Close Isle of Wight County Cricket Club, Blackwater Road, Newport, PO30 3BD and the date will be the **4th** Thursday of each month at 6.15pm. Email reminders will be sent as usual.



Recent Events

A Cancer Awareness Day – Sainsbury's Newport

On Thursday 10th October, we attended the Cancer Awareness Day run by NHS England, together with other cancer support groups. We managed to book the foyer location, and spent 6 hours talking with shoppers as they entered Sainsbury's for the weekly shop. The interest in the PSA testing day was overwhelming with people booking their places by phone on the spot once the need for the test had been explained. Sharon reported 35 appointments made on that day alone.

An incredibly successful day for us and thanks must go to the members and Trustees who ran the gauntlet of shoppers trying to avoid us! Well done Roger, Vic, Geoff, Irene, Michael and Angela.



Jewson's Health and Safety Day

We were invited to put up our stall in the foyer of Jewson's, Trafalgar Road, with our MAN on Tuesday 8th October and handout flyers, information to builders attending Jewson's that day. Yet again there was interest in our testing day and details wanted for booking appointments. Our thanks to Ron Bowler, CEO Jewsons, for the invitation and support given to us on the day.

Don't forget our excellent web-site. It contains masses of information on all matters of concern to our Group.



Wroxall Macmillan Day

In spite of the horrendous weather conditions on Saturday 22nd September, over 50 people attended the event and our MAN again attracted plenty of attention. Our PSA testing day flyers were in great demand and we were able to raise £61 on the day as people attempted to guess the number of men on the MAN. Many thanks to Jenny Gardner for inviting us to the event and to the Trustees who manned the stand.

Man2Man

Alcohol and Health

When giving a toast the French say "A votre sante", Italians say "Salute", the Russians say "Na Zdorovya" and the Yiddish say "L' Chaim". Yes, all over the world people use alcohol to toast to good health. This is the question... can alcohol lend itself to good health? Can it favourably affect the body's metabolism? Is it a substance which reduces the risk of heart disease? Is it a social lubricant with a more favourable impact on men compared to women and can it be a supplement that prolongs life?

Despite its attendant evils which are notable in its abuse, the answer appears to be YES! We acknowledge that besides its salutary impact it paradoxically can be destructive. In the words of John Seldon "'Tis not the drinking that is to be blamed, but the excess." Men drink for a number of reasons, personal pleasure, to facilitate fraternity, calm nerves, and even lift the spirit. However, few drink to improve health.

At the right time, in the right amount and with the right people alcohol CAN improve health. The Health Professionals and Physicians' Health Studies have both demonstrated that drinking can decrease the incidence of coronary disease. The first study reported a reduction of the sequelae of heart attacks, angioplasties, bypass surgeries or cardiac death from 30%

Future Events

Sunday 21st October, Walk for Health, Fun Walk Shanklin/Sandown 11am starts at bottom of Shanklin lift. All welcome.

Thursday 15th November

Katie and Joanna, our Macmillan Nurses for St Mary's Hospital will be talking to us about their work at the hospital and how they can support us with our condition.

Saturday 24th November

Free PSA testing day at Ryde Bowls Club, 10.20 – 2.20 pm. Volunteers needed to help with the day, please contact Alan if you can help any time during the day, meeting and greeting etc.

A note for your diaries – the **Christmas Dinner on Thursday 20th December at the White Lion, Arreton, 7pm start.** Details on our website.

(light drinker, 1/3 to 2 drinks per day) to 50% for moderate drinkers (2-3 drinks per day). These benefits were confirmed even when corrected for other cardiac risk factors such as smoking, blood pressure and cholesterol.

The study even noted other information: Men who drank 3-4 days each week were 34% less likely to develop heart disease when compared to those who drank once or less per week. Furthermore beer, wine and distilled liquor are ALL protective, with liquor edging out as best compared to the rest. Additionally, drinking was associated with higher levels of HDL (the good cholesterol). These favourable findings were corroborated by the Physicians' Health Study. They also noted the apparent benefits when corrected for obesity, diabetes, exercise, family history and other cardiac risk factors. By the way Aspirin did not influence results.

To be continued in the next Newsletter

Charles Clarke

Quote – Unquote

Meaning of life is to give life meaning.

Don't count the days, make every day count.

We all have the power to change lives, and give others the strength to face another day.