

Well done! Wall walkers



The Seven Ages of Man (and two more) Team

Four teams of sponsored walkers all achieved their goal of walking across Britain along Hadrian's Wall, in the process raising £174,000 (and still rising) for **Prostate Research Campaign UK**. Thanks to them and to fantastic friends and supporters, many of them *Update* readers, who gave generously in sponsorship. Thanks, also, to one of the younger walkers, Joe Kirby, who wrote this account for us.

Occasionally an eclectic group of people with the most tenuous of links are thrown together and happen to combine with explosive chemistry. The fantastic team-spirit that sparked between all four teams testified that this expedition was undertaken by a very special band: *The Heroes of Hadrian's Wall*.

Perhaps it was the blend of history, wildlife and scenery that inspired us. Maybe it was the daunting



Joe Kirby, who wrote this article

knowledge that a 7-day, 84 mile trek had to be completed inside of five days. For me, the camaraderie was thanks to the coupling of youth and experience: the age ranged from 70 to 20 among the four teams, made up of twenty-nine individuals. (See box for names). Many had never met each other before; however we all bonded and focussed on our universal goal: conquering the coast-to-coast path and in so doing raising money for the **Prostate Research Campaign UK**.

The Pace-Setters team

was appropriately led by two professors Kirby and Fitzpatrick, who pioneered the path into the wilderness. Peter Amoroso's team, *The Seven Ages of Man (and two more)* came swiftly behind. My own band of brothers, *The Young Guns* pursued as hungrily as a pack of wolves, with bounding exuberance marshalled under the firm hand of *The Legionaires* team, led by the irrepressible Roger Plail and the man of steel, Brigadier John Anderson.

On Day One, morale was high and banter flowed. Sighting Fort Segedunum reminded us of our Roman heritage. Upon crossing the Tyne

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mixture of students, patients, consultants and nurses and **Prostate Research Campaign UK** supporters encapsulated the diversity and warm spirit of integration that was so important to the team. We finally emerged triumphant, with the wind howling in our faces, on the west coast of England at Bowness on Solway. The sores were eroding ever deeper into the soles of our feet, but we had made it, each of us repeating Caesar's famous boast: 'Veni, vidi, vici.' We had conquered the Wall.

The four teams

Pace-Setters

Roger Kirby
John Fitzpatrick
John Dick
Gill Dick
Jennifer Sheldon
Emma MacDonald
Hugh Sharp
Ted Clucas
Iona White

Seven Ages of Man

Peter Amoroso
Rex Willoughby
Andrew Etherington
Charles Larkum
Jack Carr
Nick Rogers
Andrew Lamont
Sue Lamont
Anna Raine

Young Guns

Joe Kirby
Nicholas Newman
Dan Birley
James Midmer
Ollie Thompson
James Burns
John Hudson

Legionaires

John Anderson
Roger Plail
Nigel Offen
Jane Dawoodi

we felt, as Caesar must have done on crossing the Rubicon, announcing (in Latin): 'The die is cast'. From now on, there would be no turning back. Having left the coast and the Tyne, we set our sights on crossing Britain.

The second and third days were spectacular: we were confronted by staggering beauty. The views ranged far out to horizons of English meadows and Scottish highlands, as we trudged our weary way alongside the vallum and the wall, incredibly preserved after two thousand years of history and weathering.

At this point, one sensation dominated all others: a dull, aching pain from the umbilicus down. The concrete paths

operation was conducted, thanks to mobile phone liaisons, with consummate military efficiency. In fact, it was some feat to bring all four groups together in Carlisle for the celebratory dinner (in what was, for my team, only our third day!). In the restaurant Casa Romana, the atmosphere was fantastic. The



through Newcastle had taken their toll on the cruciates; the heavy walking boots meant unrelenting pressure on the Achilles, and constant friction had several walkers suffering from blisters. You only had to glance at John Hudson to know that something was afoot(!). The team motto became, *no pain, no gain*. The whole



Donald du Parc Braham **Obituary**

Donald du Parc Braham, Hon Treasurer of **Prostate Research Campaign UK** from its inception in 1994 until the autumn of 2004 and thereafter, one of our Vice-Presidents until his death in August 2005, will be sorely missed. He had become increasingly hard of hearing in recent years but few realised how ill he really was.



Sadly, as his life ebbed away in Hampstead's Marie Curie Hospice, he was racked with cancer and knew little or nothing of people or things around him. Sad - because he had lived a life of service to others and had been unstinting in his support of charities and good works.

He was born at the end of June 1928 and grew up to become an estate agent and an expert in rating valuation and arbitration. He was Chairman of the Central London Valuation Tribunal 1977 onwards. Both he and his late brother (a Lt-Colonel in the Royal Welch Fusiliers) were members of the Board of Management of Hampstead Synagogue and pursued an orthodox faith. Donald was for many years a member of both the National Executive and the

Finance & General Purposes Committee of the Council for Christians and Jews.

In 1971 he was elected to Westminster City Council and served as a member or Chairman of various Council Committees becoming Lord Mayor of Westminster 1980-1981 before retiring from the Council in 1986 to devote time to public affairs in the City of London. From 1988-1990 he was Master of the Guild of Freemen of the City

of London - the largest organisation of its kind in London - and took a keen interest in his Livery company, becoming Master of the Worshipful Company of Horners 1991-1992. Simultaneously he held office in a number of charities including the Parkinson's Disease Society where he formed a successful London Branch in 1975 and was National Chairman 1990-1991.

Donald du Parc Braham was twice married and his children - especially David and Sophie - and the wider community will miss him hugely.

May he rest in peace.
Anthony Kilmister

BPH good news

BPH or benign prostatic hyperplasia is the enlargement of the prostate gland that obstructs the bladder and impairs urination. It affects around one in five men aged 50-59, rising to one in three in the over-60s.

Astellas (the name of the merged Japanese companies Fujisawa and Yamanouchi) has just launched Flomaxtra XL, an improved treatment for the symptoms of BPH.

Flomaxtra XL releases its active ingredient, tamsulosin, more consistently over 24 hours than its predecessor. This helps reduce the need for patients to urinate during the night. As a recent NOP

new treatments alleviate bothersome symptoms

survey of over 200 GPs revealed that 93% of their patients reported this inconvenient symptom as one of the top three most bothersome aspects of BPH this must be good news.

Other companies are hot on the heels of Astellas in what is a massive market for drug companies. The US Nymox Pharmaceuticals, for example, hopes soon to market its promising NX-1207 drug, which has shown significant symptom improvement without side effects.

Meanwhile, patients whose condition is not controlled by drugs and degenerates into acute urinary retention should be encouraged by a recently published report of 164 men treated with laser therapy (HoLEP). All of the patients recovered their urinary function, even though all were in urinary retention prior to HoLEP and many had poor bladder function. Additionally, all of the men remain catheter free. This has now become the treatment to choose if you are suffering from this unpleasant condition.

Still time to win holiday in the Sun

Readers may recall from *Update 16*, John Todd's intention to offer a splendid holiday to two skilful (or lucky) people who make the best estimate of his time to cross the Atlantic on his way to the Caribbean. After far too many

adventures on the way to the start line, John and Shirley are off at last.

They have managed to secure international sponsorship from the Portuguese PDM Travel, a subsidiary of the UK finance company, Resolution Holdings and also from Pijssen Elektro who have provided some of the equipment.

John leaves Las Palmas (Gran Canaria) on November 16. The time to estimate is that to Scarborough, Tobago. It should be between ten and twenty days. Phone the office before the 16th with your estimate and a £10 donation for a chance to win a flights paid one week holiday on Adagio in the next year. You may like to follow John's progress on:

www.sailadagio.co.uk



Recommend our Web Site

For trustworthy advice on all prostate diseases

www.prostate-research.org.uk
www.prostatecare.org.uk

To our fantastic fund raisers

In the last few months we have been bowled over by the fund raising events run by volunteers. They have exceeded all our expectations. Here we present a few interesting accounts of fund raising efforts. Space does not permit us to express our individual thanks to all who have worked so hard in this way. Our next edition will feature some more accounts of summer fund raising to warm and inspire you through the winter.

Dr Stewart's Run

'My name is Grant Stewart and I am a junior doctor from Edinburgh following a career in urology. I am currently undertaking research into

prostate cancer, investigating a molecule thought to play a role in the survival and spread of prostate cancer cells.

As well as a surgical trainee I have been running seriously since I was 12 years old. I am still



able to compete to a high level and as such get an elite entry for the Great North Run - the world's largest half marathon race, with 50,000 runners this year.

It is particularly difficult to secure funding for prostate cancer research which, despite being the commonest male cancer and second commonest cause of male cancer related deaths, has a poor level of public awareness and research funding. Because of this I raised some money for **Prostate Research Campaign UK**. My parents really got stuck in too, organising a big coffee morning. So far we have raised £1,165 and the money is still rolling in.'

Mike Hehir's Celtic Cruise

Departed May 27 after brilliant send off. Battled against a northwesterly to Pittenweem. Overnight to Aberdeen. Perfect conditions at the Pentland Firth. Sailed up past Old Man to Hoy Sound where engine failure. Grateful for tow into Stromness. Off to the West Coast, landfall at Lochinver. Wonderful sailing in midsummer inside Skye, under bridge. Crew a little mutinous, tacking down the Sound of Mull, because of skippers failure to turn into Tobermory for a full Scottish Breakfast. Excellent days sailing compensated as we reached Dunstaffnage. Overnight from Islay to Tory island in Donegal. Atlantic very quiet, saw only 2 fishing vessels near Co Clare and had visits from several schools of friendly dolphins and some whales. Family visits in Clare and generous donations to the charity. A lovely run up from the Fastnet to Cork. The steering cable snapped along this trip but quick response from the crew got the spinnaker down and rigged up a tiller.

Repairs and off again to Dublin where spent the last June weekend. Via Bangor to Troon where we needed to repair the steering cable again! It snapped as we were 1/2 mile from harbour entrance - most convenient! Through the Crinan canal. Visited Oban distillery, motored, then sailed up to Fort William entering the Caledonian Canal first thing on Saturday. The canal was lovely, lots of people and several donations for the charity and we

had a good Spinnaker run up Loch Ness. Becalmed and fogbound in the Moray Firth on Tuesday 12th so we finished the trip at Whitehills Marina that evening.

Thanks to crew, family and well-wishers for their support. Numerous friendly helpful seagoing folk, especially coast-guards. To the Forth Valley Health Board for the time off and the *Falkirk Herald* for publicising a trip that raised over £2,500. More still coming in.



Mike Hehir's yacht, Altair in Aberdeen, Derek Young on deck

THE KELLY'S SHREWSBURY

3rd October 2005

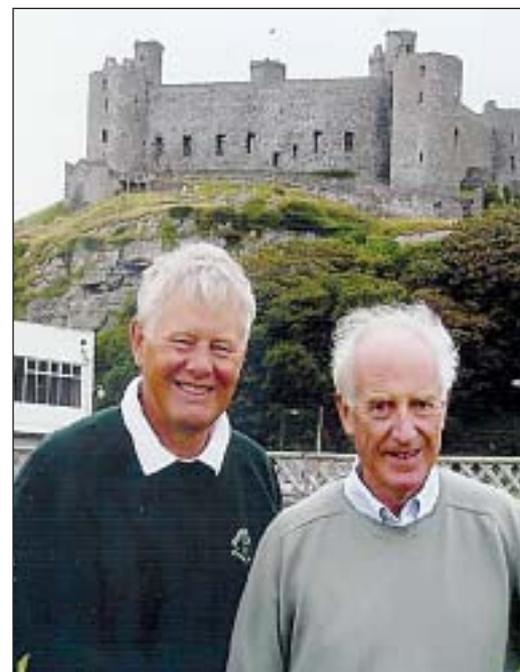
Dear John,

I enclose a photo of George Wilett and myself at the start of our round at Royal St David's. George you will recall very generously donated over £600 at last year's luncheon auction for the doubtful honour of playing with the captain. We had an excellent round and repeated the exercise the following day for good measure!

Yours sincerely

Niel Kelly

PS George is on the right. Harlech is the castle. £4,000 cheque enclosed.



The wall again?

A number of supporters have expressed the thought 'I would like to walk Hadrian's Wall, but perhaps not in such a rushed timescale'. Susan Yates has done just this and is currently collecting her sponsorship money. If you would like to do so next year, please phone Lesley at the office. If eight or more are interested, we will be happy to organise a gentler *Walk the Wall* in the Summer of 2006.

More Miles

Grandfather-of-two, Harley Atkinson, raised more than £3,000 for **Prostate Research Campaign UK** during his six day walk along the 95-mile West Highland Way from Milngavie, a suburb of Glasgow to Fort William.

He was in the middle of a course of radiotherapy so needed to ask his surgeon's permission. Roger Kirby is a great walker himself. 'If you feel well



enough, go for it' he said. 'And by the way, why not get yourself sponsored?'

'The radiotherapy left me feeling fairly knocked out but I was absolutely determined to go ahead. The highest peak was about 4,000 feet and the longest day, 23 miles,' Harley says.

He and his friends completed the walk over six days, carrying all their own gear on their backs and staying at B & Bs overnight. 'It's not a particularly hard walk,' he laughs. 'But there is a fair amount of climbing. My little triumph was to do this less than two weeks after finishing a six week course of radiotherapy.'

Xmas Messiah

The enclosed leaflet gives details of what promises to be a splendid evening on Friday 16 December at St Marylebone Parish Church, Marylebone Road. Handel's Messiah is a very well known work but seldom does one have the opportunity to hear it in the way that Handel intended. The performance in St Marylebone Church will be just such an interpretation. Using professional singers and the requisite number of orchestral players enables the true clarity and beautiful simplicity of Handel's work to be fully appreciated.

Prostate Research Campaign UK are extremely grateful to **Lazard Asset Management** for their generous sponsorship which will guarantee that the event will also be a resounding financial success.

One Off Ball

The One Off Ball is not to be missed. At the Marriott, Grosvenor Square, on Thursday 2 March 2006, the evening includes a Champagne Reception, Dinner inclusive of wine, a Casino, dancing into the small hours, 2 star guest entertainers, an Auction of 10 superb lots and a Silent Auction of 15 prizes.

It is being organised by Will Rowson of ING Real Estate, part of ING Bank, who are raising funds for the **Prostate Research Campaign UK** and the Everyman charity. They will share the proceeds equally.

This will be a major fund raiser for us as well as enormous fun. We hope that many of our supporters will join the Chairman and Trustees in attending this prestigious event.

Tickets are £140 before December 1st and £160 thereafter. So make haste to organise your table of ten, which you can book by calling Michele Mason on 0207 767 5669.

Annual Lunch

This edition of *Update* went to print prior to the Annual Luncheon at The Dorchester on Friday 21 October and before the wine tasting at the Vintner's Hall. Our next edition will include a full report on both events. Photos taken at the lunch will be available to view or download from our web site shortly.

Events Diary

6 - 9 December 2005

'Puss in Bats' Pantomime
at Aragon House, Parson's Green
London
Organised by Jonny Van Haeften.

16 December 2005

Performance of Handel's Messiah
The Sheldon Consort
(previously Wells Cathedral Chamber
Choir)
Marylebone Church.

For tickets phone:
Music Box on 01275 349010

16 February 2006

The ABC of Prostate Diseases
*A free seminar for Medical
Professionals*
Manchester Conference Centre
(see back page)

2 March 2006

One Off Ball
at Marriott Hotel London

12 - 19 March 2006

Hike for Hope
Jordan Desert Trek
from the Dead Sea to Petra

18 June 2006

Pants in the Park
Fun Run in Battersea Park
on Father's Day.

6 December 2006

Carol Concert
St Paul's, Wilton Place, Knightsbridge
Organised by Norman Webb

Candlelit Carols

Everyone loves carol concerts. We have to date never run one but will rectify this next year when Norman Webb will be staging a concert for us in St Paul's Church, Wilton Place, Knightsbridge. There will be a reception in the nearby Berkeley Hotel afterwards.

For a foretaste of the 2006 concert at the same venue readers may wish to attend this year's event on 6 December in aid of the Dyslexia Institute and the Loddon School for children with autism. Phone 01784 222322 for tickets.

Prostate care

central to good health

Fat men fare badly

If you go to all the trouble of having your prostate out, the last thing you want is for the cancer to come back. And yet that is just what happens to a significant proportion of men who undergo surgery. If you are one of the unfortunate ones, perhaps you ask yourself 'Why me?' Maybe it is something genetic, or a consequence of a late diagnosis or simply bad luck.

A study has been carried out involving over 500 men to look at factors that make it more or less likely for the cancer to come back. And surprise, surprise, they found that relapse of prostate cancer was much more frequent amongst obese patients than slimmer ones. They also found that the onset of biochemical failure, as it is called, measured as a rising PSA reading, came sooner after surgery than in men who did not gain weight rapidly or were not obese.

A separate study amongst 787 men showed an increase risk of contracting prostate cancer of two to three times amongst obese patients.

Currently some 14,000 male deaths are attributable to obesity, a figure set to increase alarmingly. Most men know of the association with heart disease and high blood pressure. Fewer know of the link to diabetes and less than a third are aware that it leads to erection problems. Perhaps this fact is the key to persuading men to lose weight. A recent survey for the Men's Health Forum suggests remaining attractive to women, having the ability to chat someone up and perform in the bedroom are good motivators for men to lose weight.

The moral of this story is clear - avoid becoming fat and, if already on the plump side, do something about it. And how much should you weigh to avoid this derogatory term? Your weight should be less (in kilograms) than 25 times your height (in metres) squared. So, out with the calculator.

Healthy tip

The Government's *Five a Day* campaign has raised our awareness of what we should be eating. We know that fruit and green vegetables are good for us and contain antioxidants, that can inhibit carcinogens. Recent research has gone further and shown that the younger the shoots of, for example, broccoli, the more the beneficial the effect.

In the last edition we wrongly suggested that readers take 200mg of selenium per day. This should have been 200µg. *Our apologies.*

Inflammation of the Prostate by Roger Kirby

Prostatitis, literally inflammation of the prostate, has long been a Cinderella subject. Compared with its two ugly sisters, prostate cancer and benign prostatic hyperplasia (BPH), very little serious research attention has been paid to the inflammatory disorder, the third most prevalent condition to affect the prostate gland. Now at last, things are beginning to change.

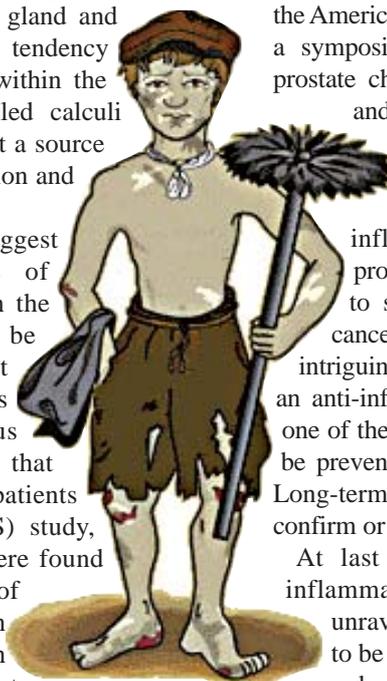
Prostatitis may be present without symptoms, or may result in discomfort in the perineum and groin areas together with frequency of urination and pain on ejaculation. In some cases the condition is due to a bacterial infection with an organism such as E coli, in which case it will usually respond to a prolonged course (often 6 weeks) of antibiotics,

chronic inflammation leads to cancer

the most commonly used of which is ciprofloxacin. If an infecting organism is present it should be possible to confirm this by sending a urine specimen to the laboratory for culture immediately after performing a massage of the prostate. If the cultures come back negative, as is often the case, a diagnosis of abacterial (literally 'no bacteria') prostatitis is made and treatment is started with an anti-inflammatory medicine such as Brufen or Voltarol, although many urologists add in ciprofloxacin for good measure whatever the cultures reveal.

So what is the cause of this mysterious inflammatory condition from which it is so difficult to identify an infecting organism? Some years ago we performed some experiments to show that in some patients urine has a tendency to pass backwards up the prostatic ducts into the prostate at the time of urination. This phenomenon may account for the high prevalence of inflammation in the gland and also for the marked tendency for stones to form within the gland. These so-called calculi are in their own right a source of further inflammation and infection.

Recent studies suggest that the presence of inflammation within the prostate may not be such an innocent finding after all. This year Dr Claus Roehrborn reported that a subset of 1197 patients from the (MTOPI) study, 544, almost half, were found to have evidence of inflammation on biopsy. Those with inflammation present were four times more likely (2.4% vs 0.6%) to develop acute urinary retention (complete inability to urinate) than those without inflammation and also seemed to have a greater tendency to suffer deterioration of their BPH symptoms.



Chronic inflammation in various parts of the body has also long been known to result in the development of cancer. Sir Percival Potts famously linked the development of scrotal cancer to the occupation of chimney sweep. This was back in the days when young men had to actually clamber up the chimney with the result that a great deal of soot found its way into their underpants! This summer the American Urological Association held a symposium on inflammation of the prostate chaired by Dr William Nelson and Robert Getzenberg. One of the conclusions from this meeting was that some of the molecules released by the inflammatory cells within the prostate clearly have the potential to stimulate the development of cancer. This of course raises the intriguing possibility that therapy with an anti-inflammatory agent, particularly one of the new COX 2 inhibitors, might be preventative against prostate cancer. Long-term studies will be needed to confirm or refute this.

At last the mysteries of prostatic inflammation are beginning to be unravelled, but much more needs to be done before we have a clearer understanding of the causes and effects of prostatitis, and before we can effectively treat it. In the meantime much research work, supported by the **Prostate Research Campaign UK** and other funding bodies, continues to be focussed on stopping prostate diseases ruining so many peoples' lives.

Is it a Tiger? Or a Pussycat?

The patient wants to know whether his newly diagnosed prostate cancer is aggressive or relatively slow growing. So too does the NHS, for it costs large sums to exclude diagnoses of cancer once raised PSAs have been found and even more if prostate glands are removed or treated unnecessarily.

A new technique has been developed at the Institute of Cancer Research that can markedly improve the testing of biopsy cores. It is called the Checkerboard Tissue Microarray method. It facilitates looking for multiple markers in each tissue sample

including the E2F3 gene which, if over-expressed, indicates aggressiveness. The technique will be pivotal in developing a test for aggressiveness which may ultimately prevent thousands of men undergoing

pivotal in developing a test for aggressiveness

unnecessary surgery with the associated side effects of impotence and, less often, incontinence.

Since discovering the E2F3 gene the

team at the Institute of Cancer Research has been committed to developing a test for it. The new technique is a major step forward in developing such a test. It involves embedding tissue samples in paraffin blocks, cutting these into cubes and reorienting them to expose a cross section of the sample. These are then sliced and stained for microscopic examination.

By studying all the data available it is already possible to give a very good estimate of whether a man is being attacked by a tiger or is host to a pussycat. This new test will add valuable evidence to that which may already be obtained.

Office receives Royal visit

Her Royal Highness The Duchess of Gloucester paid a visit in October to what are still thought of as our new offices in Putney. All the part time staff ensured they were present on the day, so that everyone was able to meet The Duchess. John Anderson, Chief Executive said, 'Her enthusiasm and commitment is evident for all to see. It contributes greatly to the motivation of everyone who works within the charity.' As Her Royal Highness was leaving she narrowly avoided a deluge of concrete from nearby building works.

Free Seminar

Prostate Research Campaign UK fights all prostate diseases through research and information, and to help us achieve this aim we are delighted to announce our first seminar - *The ABC of Prostate Diseases* aimed at General Practitioners and Practice Nurses. It is to be held at the Manchester Conference Centre, Manchester on Thursday February 16th 2006 and is free. The seminar is being organised for us by MA Healthcare and will include an overview of the three main prostate diseases, their symptoms, diagnosis and treatment. Recent advances and innovations will be covered as will Quality of Life issues. For a registration form please email your details to:

Louisa@markallengroup.com

Hike for Hope

There are 96 people now registered - would you like to make it a 100?

Prostate Research Campaign UK
 10 Northfields Prospect
 Putney Bridge Road
 London SW18 1PE

Telephone: 020 8877 5840

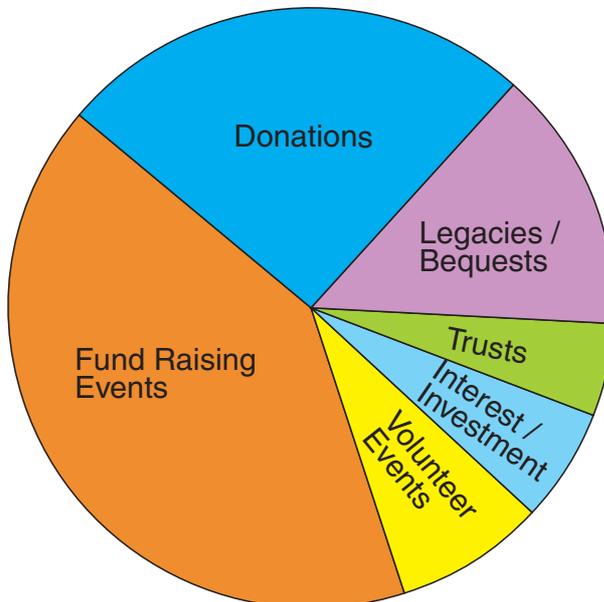
Fax: 020 8877 2609

email: info@prostate-research.org.uk
 website: www.prostate-research.org.uk

Another record breaking year

Our 2004/05 accounts are now available and show our income has increased by nearly a third.

INCOME £800,804



They report on a year when the charity went through a complete reorganization. We have seen sustained growth in both activity and income: the number of requests for information more than doubled, queries to our redesigned website rose by 71% and the number of supporters held on our database increased by 39%. We ran a major awareness campaign (*Ignorance Isn't Bliss*), introduced three new information brochures and a DVD/Video entitled *Treatment Options in Early Prostate Cancer*, and we have a strategic plan for the next five years which identifies what we need to do to improve the service we offer those affected by prostate diseases.

Our total income for the year was £800,804, an increase of 29% from the previous year, and we have budgeted on increasing this by 12% in the forthcoming period. Events, run by both the charity and by our supporters, remained our main income source, supplemented by donations, legacies, and trusts.

Expenditure grew by 9%. Research was up by 12% and the provision of

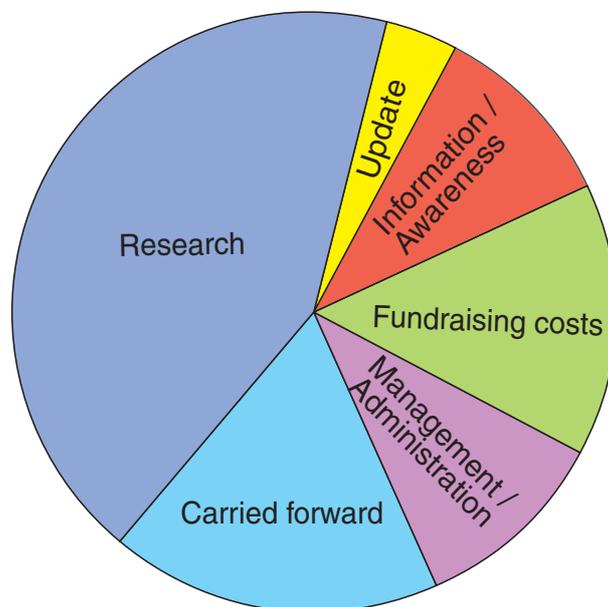
information and awareness material was the fastest growing sector. We awarded grants of £368,166 to twelve projects, including a substantial amount for the training of health professionals. We plan to increase awards to over £400,000 in this financial year.

Income exceeded expenditure by £141,541, which together with previous amounts carried forward, brought total reserves to £441,873. This included provision for a possible downturn in our income as a result of competing appeals for natural disasters such as the Tsunami.

So far this year, we have seen a significant drop in direct donations and a major rise in both income from Charitable Trusts and from events run by volunteers.

We are enormously indebted to all

EXPENDITURE £659,263 net of Carried Forward



those individuals, trusts and companies who support the charity: it is they who make the work and continued growth of the Prostate Research Campaign UK possible.

Contact the office if you would like a copy of the Report and Accounts or you can view them on the web site.