

Two Hundred Pant Round the Park



Two hundred people donned silly pants over their clothes on a scorching Father's Day to walk or run round Battersea Park to the strains of a steel band, raising awareness and some £20,000 for **Prostate Research Campaign UK**.

New supporters and veterans alike completed the two lap course, despite temperatures soaring into the 80s in costumes that certainly turned heads.

The 11-strong Gee Gee's Gee Gees team were there, honouring their dear friend GG, who two years ago found the information we provided especially useful. It was the second year for the

7-strong Kenny's Heroes from Battersea who believe this is a great way to raise awareness.

Duncan Harman-Wilson, 56, from Croydon raised over £3,000, although he underwent a robotic prostatectomy only eight weeks before. Andrew Wakely from Wandsworth ran despite cracking two ribs from falling off his bike.

Antonia Fryer, 27, said 'I love running 5kms and found the run through Runner's World on the internet. I had to do it for my grandad. He's got prostate cancer.'

Running shoes signed by Darren Campbell were awarded to Robin Wood

with his impressive *Superman* outfit, Kath Robertson with her *baby bottoms up* knickers and eight year old Jaye Jones won best child with his home made, highly decorative pants.

We would like to thank everyone who took part and we hope to see you all again next year - the third annual **Pants in the Park** will take place on 17 June 2007, so please put the date in your diary!

Funds top £1 million

Prostate Research Campaign UK is delighted to announce that its income for the financial year ended 31 March was, for the first time, over £1 million. Chairman of Trustees, Roger Kirby said 'This is a fantastic result and a great tribute to our many supporters. Thank you so much to each of you who have contributed with your money, your enthusiasm for what we are doing and for your encouragement'.

Chief Executive, John Anderson commented, 'This result is splendid. Well done to everyone concerned. It has been an amazing year. In part, of course, it is attributable to the fantastic performance of the Hike for Hope team. The results of their next major trek will fall into the 2007 accounts so it may be difficult to achieve the £1 million mark in this current year. One should also

continued on page 2

INSIDE THIS ISSUE

Kit Hobday
Stuttaford on Incontinence
Eugene McInerney's Story
Fundraising news
Awareness news
Forthcoming events
West Highland Way Challenge
Men's health page
The Patient's Dilemma
Letter from BPH sufferer
The next Hike for Hope
Second Seminar Success

Funds top £1 Million

continued from page 1

remember that many charities have experienced a downturn in receipts due to the impact of some major world disasters – the Tsunami and the Pakistan earthquake in particular. Against that background the result is even more gratifying.’

One reason **Prostate Research Campaign UK** is being well supported is that it is spending the money it receives wisely. The charity has two goals: investing in **Research and Education** on the one hand and **Providing Information and Raising Awareness** on the other. Both are on an upward trend.

Our spending on research grants is at record levels while the success and popularity of our seminars for urological and practise nurses has astounded us. Our printing bill is rising as we provide more and more leaflets to both hospitals and primary care trusts around the country. In the past six months we were asked for some 40,000 leaflets. These cover all prostate diseases and are now being printed in minority languages as well. It is interesting to compare this figure with the number of new prostate cancer diagnoses per year (about 32,000), the much larger figure of men newly found to have benign enlargement and the even larger numbers of men at risk some time in the future.

All this activity needs staff to support it, yet compared to similar charities we have

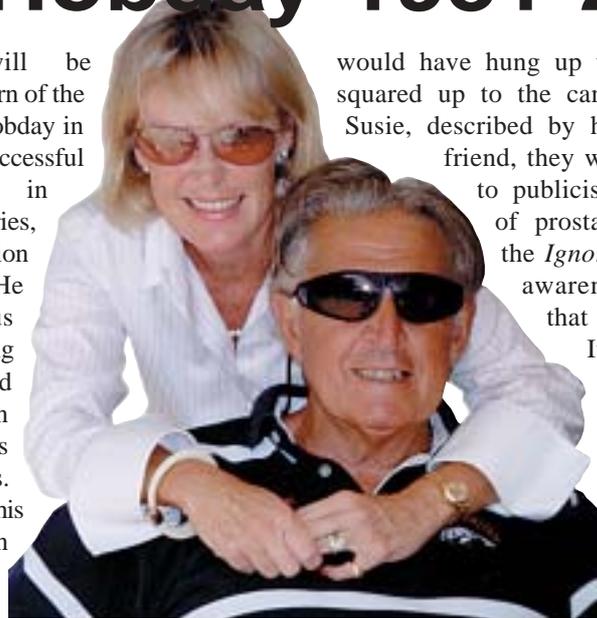


Clockwise from back left: Geraldine, Danni, Nikki, Candice.

a very few staff. **Prostate Research Campaign UK** now employs the equivalent of about six people. Chief Executive: John. Office Manager: Geraldine. Fundraisers: Candice and Danni. Database guru: Nikki. Part timers: Norma (Accountant), Andrea, Izu, Sam, and Anne. Together with unpaid volunteer helpers this makes up the team. Thanks to all of them for their contribution.

Kit Hobday 1931-2006

Readers will be saddened to learn of the death of Kit Hobday in late June. A successful businessman in various industries, Kit’s true passion was sailing. He won numerous titles in his long sailing career and was involved in two America’s Cup campaigns. More recently his focus has been on training youngsters to rise to world standard.



would have hung up their oilies, Kit squared up to the cancer. With wife Susie, described by him as his best friend, they worked tirelessly to publicise the problems of prostate cancer with the *Ignorance isn’t Bliss* awareness campaign that targets women.

It has been the official beneficiary of the Round the Island Race for the past two years.

All our thoughts are

with the Hobday family at this difficult time as we mourn the loss, but celebrate the life of a truly remarkable gentleman.

Round the Island

1,587 boats took part in the JP Morgan Round the Island Race with **Prostate Research Campaign UK** once again among the chosen charities. One of our trustees, Tony Wicks, attended the prize giving at the Island Sailing Club. A total

of £4,200 was raised to be split between us and the St. Mary’s Chemotherapy Unit on the Isle of Wight.

We owe a huge debt of gratitude to Kit Hobday, his wife Susie and Peter Dickson, Commodore of the Island Sailing Club for supporting the charity.

Tom Stuttaford on Incontinence

Tom Stuttaford, medical correspondent for *The Times*, recently mentioned a reader asking about treatments for incontinence that may follow a radical prostatectomy.

He wrote, ‘Incontinence is the most common problem post surgery. Immediately after the operation most men are slightly incontinent for a week or two but it soon clears up. Some men have severe incontinence for a few months after surgery, but the worst of the incontinence disappears. About 3 per cent of patients are left with incontinence that is a problem. A slightly larger proportion, up to 15 per cent, are left with incontinence that is a nuisance, but no more. When compared to the alternative, a possible recurrence of the cancer, most men would consider this an acceptable nuisance. The overwhelming majority of the small proportion who are

left incontinent control their condition with a small pad worn within their pants. The incontinence tends to be worse after standing, when tired, after alcohol or if there is any sexual interest.

What can you do about it? Patients are recommended to learn pelvic floor exercises before surgery, and to have pre and post-surgery physiotherapy. Some doctors believe that traditional physiotherapy to strengthen the pelvic floor is less important than constant practice at controlling urination. Others that recovery is in the lap of the gods coupled with the amount of neurological damage to the intricate network of nerves around the bladder. At some time or another I have experienced all of the complications, and three are still a nuisance. However, I never regret having had a radical, for nine years later I am still alive’.

It could happen to you

Mr Eugene McInerney's story

The results were back, the PSA was 9, but I wasn't worried, denial had set in. Then it was 12, then 18; my GP told me to agree to further investigation or he would get very cross.

The urologist said the Digital Rectal Examination would just be uncomfortable, so relax, and offer it up. Relax he said. Impossible said I, as I nodded for him to proceed. One can get used to the petty indignities associated with DRE but the sensation is always unique! 'Off for a biopsy' he said, 'see you for the main event'.

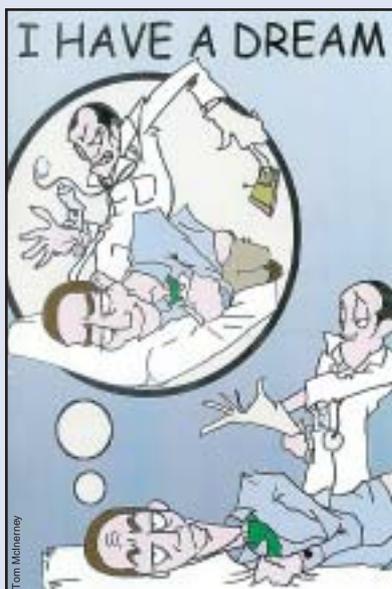
A shy young nurse, about my daughter's age came in to place the suppository, we discussed the weather, where she came from, where I was born, etc. However, it still had to be done. The operating theatre was crowded and I asked the anaesthetist why. 'Oh' he said, 'the other operating room was temporarily out of commission so they were killing some time by coming in for a look'. My insides on a TV screen didn't strike me as being a crowd puller.

Back to my urologist, to be told I had prostate cancer, but not to worry as his oldest patient was in his nineties. He neglected to mention whether he was dead or alive at the time. Hormone therapy and radiotherapy was my preferred choice and he agreed with that. Off I went armed with a letter which made comfortable reading as it did not mention disease, cancer or death once.

At the hospital I was introduced to the clinical nurse who would oversee my treatment, a woman with a calm, serene disposition - perfect for the job she held. The 42 treatments went off without a hitch, and testosterone's influence gradually faded out of my life. What an education that became. The mind clouding allure of the female form was gone. I was no longer victim to irrational desires - everybody equal in every way, social utopia! One could

now understand the contentment of the neutered cat or dog.

Three weeks after finishing treatment I suffered urinary retention, due to radiation cystitis, and headed for the A and E department at the speed of light. Shock and awe, it couldn't be happening to me, but it was. My mind was in meltdown, my body disintegrating, all I wanted was for them to put a catheter in and save me! Back home, I took on the form of a beached whale, afraid to move in case I suffered the fate of a bee that had used its sting, but a few calming phone calls from nurse serene had me up and about and back to work in no time.



Delays from the hospital in removing the catheter prompted me to remove it myself. With great care and trepidation I released the pressure from the bulb, and withdrew it very, very, slowly, one last pull and I was free! It was wonderful to see and hear my 'nurse serene' glide over the issue as to where the catheter had gone when queried by the doctors.

Every side effect possible came to me in ones and twos, except one and all are now gone, except one. In my dreamtime, I often mused about living longer than that famous French woman Jeanne Louise Calment, who lived to 122 but a Gleason 7 reading crashes me back to a different life span band very quickly. In the meantime I will gently ease myself on to a dairy free diet and indulge in the many herbal compounds available over the counter, for their placebo effects at least!

The remaining side effect kicked in just as the 'sap' was rising, about a year after the treatment finished. This has opened up a completely new world of endeavour for me with herbal substitutes for Viagra leading the charge. I am now like the vintage car owner working towards its full restoration and looking forward to bringing it out for occasional drives if optimum circumstances return!

Discounted Xmas cards

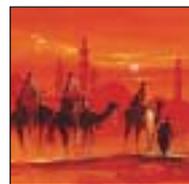
To save money for the charity we will be selling the remaining stock of Christmas Cards from the last two years. The cards will be sold at a discount from the office in Putney and thus all funds will come directly to the charity. We apologise to all those supporters who would prefer a different choice of cards this year but this will enable us to save money and start afresh in 2007 with a brand new selection. We would welcome the help of any volunteers who would be able to spend one or more days in the office processing orders. These six designs are available for £2 per pack of 10 or £5 for 3 packs (including postage and packing). Please use the enclosed order form.



Madonna and Child, (red)



St Martin's from Trafalgar Sq



Three Wise Men



Winter Robin



Madonna and Child (blue)



Treble Chants

Cholesterol link

Italian researchers have established an apparent link between high cholesterol levels and prostate cancer.

The research, published in the Annals of Oncology, was based upon studies carried out involving 1,294 men under the age of 75 with prostate cancer and 1,451 matched controls.

The lead author, Dr Bravi from a Milan based Research Institute said, 'We found that men with prostate cancer were around 50% more likely to have had higher cholesterol levels than our non-prostate cancer controls'.

Celebration scheme

While others choose cars or bikes for their 21st birthday gifts, **Max Parfitt** marked his coming of age differently. The Reading University student asked friends for donations in lieu of gifts.

Max chose to support Kit and Susie Hobday's *Ignorance Isn't Bliss* campaign after meeting the couple when he was selected for Kit's sailing academy for young, disadvantaged people.

'My father walked out when I was nine years old and my family has lived a very hand-to-mouth existence. As a result we have never been big on birthdays. Although everyone likes to receive surprise gifts, I decided I would prefer to give something on my birthday rather than receive it...'

And Max isn't the only one to have so generously asked for donations in lieu of gifts. Thank you also to **Humphrey Burton, Stan Chicksand, Bernard Edmunds and Stanley Clayman** for their kind donations in lieu of birthday gifts. Thanks also go to **Mr and Mrs Starr** who have collected donations from their friends in celebration of their golden wedding anniversary.

If you would like to ask your friends to donate money to the charity in lieu of gifts for a celebration (birthday, christening, anniversary or other) please contact the fundraising team for further information and a specially designed certificate.

Awareness campaigns

We have been delighted by the number of supporters who have decided to help raise awareness of prostate diseases.

Some examples of your fantastic support come from the **Rotary Club of Battle** who recently sent us £1,000 as a result of President

Marion Rigby nominating us as one of their charities for her year, after family experience of prostate cancer. Their awareness event last March was well attended. People could read our information leaflets and ask advice from a local consultant radiologist, a specialist nurse and the local Eastbourne Support Group. Local member of Eastbourne Support Group, Gerry Gillet said 'I applaud Battle Rotary Club's initiative. It provided key information for those who know nothing about the



On a wet Sunday morning in May, **Bernard Edmunds**, his son **Richard** and personal trainer **Kim** completed the BUPA 10km run in Manchester and have raised around £1,500 towards Prostate Research Campaign UK. **Muriel Hamer** and **Rex Willoughby** (not pictured) also completed the event.

disorder and encouraged men to face up to something that can be treated if tackled in time. I want to persuade other Rotary clubs in the Eastbourne area to arrange a similar event'.

Paul Grainger, after having successfully recovered from a radical prostatectomy, wanted to raise awareness amongst other men about prostate diseases and the importance of having regular health checks. He works for NHS Logistics and his employers were happy for him to hold a prostate disease awareness presentation and display our leaflets and posters. Paul tells us that many of his colleagues have now asked their doctors for a PSA test. His workplace now permanently displays our charity's posters and brochures in the men's washroom and is rolling out a two week presentation this summer to the other six NHS logistics depots across England. Paul comments, 'I hope that these presentations will inform my colleagues about prostate diseases, make them aware of the availability of the PSA test and encourage men around the age of 50, or older, to have the PSA test as part of their regular well-man check'.

It is a pleasure to work with the NHS!

If you would like help planning a similar awareness event or would like any of our information leaflets or posters to hand out then please call the office on 020 8877 5840.



Claire Butler cycled coast to coast from Whitehaven 140 miles over the North Lake District and the Pennines to Sunderland. 'The thought of everyone's great sponsorship and support helped my determination to get up those hills!'

Grateful thanks to

The **Rotary Club of Langley and Iver** who raised £800 at their tenth annual charity golf day.

Steve Riley for holding the *Will to Win* tennis tournaments around London parks to raise funds.

Bexhill Rotary Club for raising awareness of prostate problems as well as funds at a local health promotions day.

Shrivenham Bowls Club for raising £50 at a presentation evening.

Doris Boughtwood who gave up smoking for 3 months and raised £820.

Eric Saxton who walked 40 miles across the Ridgeway from Avebury to Streatley and raised £675 in sponsorship.

Jacqueline Lee for holding a surprise retirement lunch for her husband and raising £1000!

David Beaugeard, Bob Norman and Albert Brown who took part in the Rotary Liberation Day Charity Walk in Jersey and raised £970 from sponsors, plus matched giving from Lloyds TSB.

Lucy Greswell for taking the Million Prostate Miles Challenge seriously and clocked up those miles, swimming, cycling and running her way to the finishing line at the Windsor Triathlon in June. And if this wasn't a big enough achievement, Lucy has been hard at it on the fundraising stakes and has already raised over £2,500!

We are fortunate to have so many amazing fundraisers. Due to limited space we are unable to mention you all by name, but thank you for all of your hard work and support.

Please sponsor

For the past six years a small group of dedicated fundraisers, including our Chairman Professor Roger Kirby, have completed an annual challenge in aid of **Prostate Research Campaign UK**. Every year, thanks to your fantastic support, they have raised a huge amount of money for the charity. Their seventh challenge, taking place in September, is a 95-mile trek in just six days along the dramatic and demanding West Highland Way in Scotland, and with your help we hope to break all records with fundraising.



The most exciting thing about this year's event is the fact that a group of 20-year-old students will also be taking part, raising awareness amongst their peers. One of our trustees, Roy Kendrick, thinks this is an important breakthrough in the fight against prostate diseases – 'these young men are helping to raise awareness and to highlight the important fact that prostate diseases affect men of all ages! For those of us who have now hung up our walking boots but still want to help, please join me in sponsoring the walkers'.

If you or yours would like to sponsor our walkers please donate online at www.justgiving.com/westhighlandwaychallenge or use the enclosed donation form.

Please note that all costs are paid for by the walkers so every single penny of your sponsorship will go to the charity.

Annual Lunch

Our Annual Luncheon at The Dorchester Hotel on 20 October will be a wonderful occasion to enjoy fine wine, delicious food and excellent company. Tickets cost £95 per person and this includes a drinks reception, three-course lunch and wine at the table. There will also be a raffle and auction with exciting prizes and lots. Please book your tickets soon to avoid disappointment (tables of 12 can also be booked). If you would like to attend, please complete the enclosed form.

The guest speaker will be Christopher Matthew. Before he wrote *Now We Are Sixty, Now We Are Sixty (and a Bit)* and, more recently *Summoned by Balls*, Christopher was best known as the creator of Simon Crisp, whose hapless exploits were recorded in five volumes of diaries, from *Diary of a Somebody* to *Knocking On*. He is a television and book critic for the *Daily Mail* and is to be heard on BBC Radio 4 going off in all directions with Alan Coren in Freedom Pass.

Please don't miss this year's event as there may not be another lunch until October 2008. To add some variety to our events and to appeal to a wider range of supporters we are considering introducing a sporting dinner in October 2007 as an alternative.

Flora London Marathon 2007

We have one guaranteed place available for the London Marathon on 22 April and we hope to raise a minimum of £5,000 in sponsorship. If you would like to run for **Prostate Research Campaign UK** and are able to raise that amount, please call us on 020 8877 5845 or email fundraisingteam@prostate-research.org.uk. We also welcome runners who are lucky enough to get a place via the national ballot. The entry system will open on 1 August – the entry form is contained within a free magazine called *Marathon News* which is available from all major high street sports stores. You will need to complete the entry form and return it to London Marathon by the specified closing date in October. Please let us know if you are successful in the ballot and we will happily support you with your training and fundraising.

Events Diary

9 - 17 September 2006
West Highland Way Challenge
95 mile walk in six days

4 October 2006
The ABC of Prostate Diseases
- a free seminar for medical professionals
Birmingham

20 October 2006
Annual Luncheon
The Dorchester Hotel, London

6 December 2006
Candlelight Carol Concert
St Paul's church, Knightsbridge
Organised by Norman Webb

16 February 2007
The ABC of Prostate Diseases
- a free seminar for medical professionals
Belfast

22 April 2007
Flora London Marathon

17 June 2007
Pants in the Park
5km Fun Run in Battersea Park
on Father's Day

24 Nov - 3 Dec 2007
Hike for Hope
Rift Valley Trek, Kenya

Walk the Wall

Good luck to everyone taking part in Walk the Wall this summer. There are 17 dedicated walkers either walking the length or part of Hadrian's Wall, whilst raising funds for **Prostate Research Campaign UK**.

Among them is your editor and his wife. They request your sponsorship at www.justgiving.com/killicks

Prostate care

central to good health

What Exercise is best for men?

Aerobic training is low intensity and high duration. Strength training is high intensity and low duration.

The biggest mistake men make when trying to combine aerobic exercises with strength exercises is that they employ a progressive overload methodology to their aerobic training. For example, they start out by walking a few days per week, then they increase the intensity to jogging, then they mix intervals of jogging with running. Then run up hills, and so on.

That method increases intensity to the point where the body needs extended recovery time, which means more days off without training. In turn, fewer calories are burned and less fat is lost. The key to effective aerobic training is long-term consistency.

Whether you run, walk or jog a mile, it all burns the same amount of calories. If you go for a walk seven days a week, you will burn more calories than going for a run six days a week.

Muscle is doubly valuable because it requires energy to maintain itself. Every pound of new muscle you add to your body will burn about 60 extra calories per day - year after year. That means that when you've lost the fat, you can eat a bit more and not gain back the fat. Also, with less fat and more muscle, your body will have the lean, toned, fit look that every man aspires to.

So by combining aerobics with strength training, you can transform your body, and keep it lean and muscular all year round without starving yourself on a low-calorie diet.

For an example of a good workout visit www.askmen.com

The case for Vitamin D

Two studies, presented in April 2006 at a meeting of the American Association for Cancer Research, confirm the protective role of vitamin D for women. In the first, high levels of vitamin D translated to a greatly reduced risk of breast cancer. This would translate to 5,000 fewer cases a year if it were true for all British women.

The second study found that women who spent time outdoors or got a lot of vitamin D from their diets or supplements were a third less likely to develop breast cancer than women with less of the vitamin.

As ever, the corresponding research into male behaviour and prostate cancer has not been done. However, extrapolating from the results for the ladies indicates that an intake as high as 25µg may be needed to confer the best protection against cancer.

This is some five times higher than the Recommended Daily Allowance for vitamin D, which is based on what is needed for healthy bones. Many foods deliver vitamin D, especially oily fish, with eggs and milk good as well. 15 minutes sunshine a day might give a quarter of what is needed. But there is likely to be a shortfall so why not up one's Vitamin D intake with supplements that need not cost more than a few pence per day?

A Prostate Cancer Charity poll explored male awareness of prostate cancer risk factors. Most men know that risk rises with age and that family history is important. But there are still 25% who have not yet grasped these facts.

Over 85% already claim to know that diet and body mass is important, which we find encouraging. But are they doing anything about it?

Beer is good?

A main ingredient in beer may help prevent prostate cancer and enlargement, according to an Oregon State University study. But researchers say don't rush out to stock the refrigerator because the ingredient is present in such small amounts that a person would have to drink more than 17 pints daily to benefit.

The NHS Library for Health says

Diets rich in lycopene (coloured pigment found in tomato based foods), cruciferous vegetable such as broccoli, cabbage and cauliflower, soya produce, Vitamin E and Selenium have been shown to be protective against the development of prostate cancer. Such effects are mediated by way of naturally occurring food-based antioxidants, phytochemicals and by way of apoptotic (cell killing) effects. By contrast, foods containing high quantities of saturated animal fat are associated with an increased risk of disease, possibly mediated through prostaglandins or by altered angiogenesis (supplying blood to cancer cells). Recent laboratory research suggests that eating oily fish might help protect men with prostate cancer from developing a more aggressive form of the disease.

In practical terms, the general public should be encouraged to eat a healthy balanced diet in the hope that it may reduce the incidence of prostate cancer. Ideally, such a diet would contain at least five portions of fruit and vegetables a day, less saturated fat (try to reduce intake from 25% of calories to about 10%), less red meat (<90gm red meat per week) and baked, steamed or poached rather than fried food.



The Patient's Dilemma

By Mark Feneley,

Senior Lecturer in Urological Oncology, UCL

Nobody should have cancer treatment without a confirmed diagnosis. But can the diagnosis be made too early? In the PSA era, a diagnosis of prostate cancer is often made by prostate biopsy before the onset of symptoms. However, not all men with tumours detectable by biopsy would, if untreated, ever develop the symptoms or the life-threatening complications of prostate cancer. Many tumours in the very early stages can exist in relatively quiescent states for long periods of time, and it may be impossible for doctors to be sure that treatment is necessary. But sadly for men who do not have their PSA checked and are eventually diagnosed with cancer, treatment is frequently too late to be curative. This is the patient's dilemma.

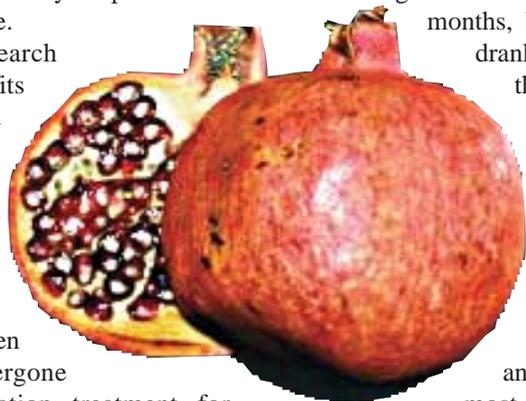
Exciting research to change the patient's dilemma is under way (Mark promises an article entitled Breaking the Molecular Code for Prostate Cancer for the next *Update*). In the very early stages of prostate cancer development, the risk of clinical disease may be a modifiable rather than a constant or inevitable risk. This possibility may enable immediate treatment to be avoided, or safely deferred, according to the level of biological risk. This biological risk relates to a tumour's molecular behaviour, and powerful new techniques are now being developed that may in future provide a 'molecular diagnosis' that identifies the pattern of molecular derangement as a prognostic signature. External factors (dietary, environmental, even medical interventions) are known to induce changes in the prostate that may significantly influence so-called pussy cats to become tigers. Research programmes examining the make-up of developing tumours are vital to refine diagnostic and prognostic tools and to develop techniques for detecting molecular damage to the prostate before 'signatures' of life-threatening disease are irreversibly established.

Pomegranates

Drinking a daily eight ounce glass of pomegranate juice could significantly slow the progress of prostate cancer. It is so effective that it may help older men outlive the disease.

Previous research had shown benefits in mice. Now, a University of California study has shown that humans can benefit too.

The team focused on 50 men who had undergone surgery or radiation treatment for prostate cancer - but had rising PSAs



showing that the disease was returning. They measured how long it took for PSA levels to double in individual patients - the shorter the doubling time the more aggressive the cancer.

Average doubling times were 15 months, but in patients who drank pomegranate juice this increased to an average of 54 months.

There is more on this story on our website but the case for drinking pomegranate juice seems pretty strong and it can be bought in most supermarkets and health food shops.

A reader writes

May 2006

Dear Sir

The article *Herbs for BPH* (*Update* 25) commented that although saw palmetto is often prescribed in France and Germany, it is *only considered a useful supplement* in the United Kingdom. I write, based on my own experience, to encourage men with BPH to try *saw palmetto* (*Serenoa Repens*) and GPs to consider prescribing it. I started to suffer the effects of BPH in my late forties. The treatment options appeared to be drugs or surgery. Both options had unpredictable side effects, so I lived with the condition for a number of years.

After reading an American booklet, bought from a Kuala Lumpur airport bookstall, I spoke to my GP who arranged for me to visit the London Homeopathic Hospital. Consequently my local Primary Care Group gave approval for me to have a regular prescription for twice daily usage of 160mg *saw palmetto* capsules. Additionally, my GP recommended I take a daily dessert spoonful of pumpkin seeds with my breakfast cereal. I have now been taking these for over three years and find my BPH condition to be greatly improved, so much so that I have bought a road bike and joined my local South Bucks cycling club.

Based on my experience, I would commend all those who are suffering silently from BPH to try *saw palmetto*. It takes about three months for the benefit to be felt.

Yours truly,
George Thackray

Candlelight Carol Concert

Please join us for a magical evening at the Candlelight Carol Concert on 6 December at St Paul's church in Knightsbridge. The concert will include the renowned Goldsmith Choral Union, an organ solo and readings by a wide range of celebrities including Geoffrey Palmer OBE. The event is jointly in aid of Prostate Research Campaign UK and

the Pelican Cancer Foundation. Tickets cost £20 per person.

There will also be a champagne and mulled wine reception before the concert (between 6-7pm) in the ballroom of the neighbouring Berkeley Hotel. Tickets for both the reception and the concert cost £40 per person. If you would like to attend, please complete the enclosed form.

Leaving a legacy

We have recently learnt that one of our supporters has left £10,000 to Prostate Research Campaign UK in his will. This is a most welcome gift and we would like to thank any of you who are able to support the charity in this way. Whether large or small, a legacy will make a huge difference to the future of many men and their families. We can help with appropriate will wording should you need it.

The next Hike for Hope

We were delighted to attend a cheque presentation for the fantastic sum of £600,000, which is the anticipated amount raised by the Hike for Hope participants who trekked across the desert from the Dead Sea to Petra. It is a great pleasure to be working together with WellBeing for Women for a further year, when there will be a second Hike for Hope trek along the Rift Valley in Kenya in November 2007 in aid of both charities. If you would like further details, please register your interest with us.



The cheque was presented to Marcus Setchell and Eve Pollard, Trustee and Vice Chairman of WellBeing for Women and Roger Kirby, Chairman of Prostate Research Campaign UK.

Take pride

Javel Pradip from the Mid Cheshire Trust writes

'I have carried out laparoscopic radical prostatectomies for localised prostate cancer for over 18 months. The technique offers advantages with reduced blood loss, improved potency preservation and earlier recovery. A voice activated robotic arm for camera assistance has helped the progress of my team and the early learning curve. However, there is always more to learn so my team (regular theatre staff) decided to visit centres of excellence to improve technique and theatre ergonomics.

Our Trust was unable to support us with this venture but **Prostate Research Campaign UK** kindly agreed to do so. We travelled to Leipzig to attend Prof Stolzenburg's operating sessions last November at a total cost of some £1,700.

Since returning we have noticed improved and quicker port placement, no surgical emphysema, and a marked reduction in operating times. I hope this makes your supporters feel proud. It should do so.'

Second Seminar Success

More than 140 doctors, practice managers, nurses and health care professionals from all over London and the Home Counties were treated to **Prostate Research Campaign UK's** second free master class *The ABC of Prostate Diseases* at the Royal Society of Medicine on 2 June, sponsored by our charity in association with the HSA Charitable Trust. The first free seminar was held in Manchester earlier this year.

Practice Nurse Jane Risley, from the Brocklebank Health Centre in Tooting said, 'I found the whole experience extremely helpful. As far as our practice is concerned, today's experience will change the way I manage patients as I now understand prostate diseases much better.'

Wendy Prescott, who works as a urological nurse at Barnet Hospital added, 'This master class has been extremely useful and has widened my experience of prostate disease considerably.'

There is no doubt we are filling a real need in running these seminars

and it is thanks to our supporters that we can afford to do so. A further seven free seminars for healthcare professionals are planned countrywide. The next is in Birmingham on 4 October to be followed by seminars in Belfast, Edinburgh and Cardiff in 2007.

To book, phone Exptel on 0845 054 8422

Pat Richford

We are sad to report that one of the participants on the Hike for Hope Jordan trek - Pat Richford - died in June of cancer. Pat, a retired teacher, joined the hike after her husband died last year. She made many new friends on the trek and they and we join in offering our condolences to the family.

Medical and Research help

We are delighted to announce that a number of eminent professional surgeons, physicians or researchers working in the field of prostate disease have agreed to join our medical and research sub-group. On top of the assistance we already receive from Trustees Professor Roger Kirby, Mr Neil O'Donoghue and Dr Thomas Stuttaford we shall now be drawing on the skills and experience of:

Professor John R W Masters, *Institute of Urology, University College London*

Professor Stephen E M Langley, *Guildford Nuffield Hospital*

Professor David E Neal, *Addenbrooke's Hospital, Cambridge*

Professor T A McNicholas, *Lister Hospital, Stevenage*

Dr Fouad K Habib, *Edinburgh Cancer Centre*

Dr Heather Payne, *UCL Hospital, London*

Professor Nicholas James, *Institute for Cancer Studies, Birmingham*

Mr Noel W Clarke, *Christie Hospital, Manchester*