

Artificial Intelligence (AI) Shows Prostate Cancer is not Just a disease

Scientists have used Artificial Intelligence to reveal a new form of aggressive prostate cancer which they said could help thousands of lives by revolutionising how the disease is diagnosed and treated in the future. It reveals that Prostate Cancer includes two different subtypes termed evotypes. The findings could help provide tailored treatment to each individual patient according to a genetic test which will also be delivered using AI. The research shows prostate cancer tumours evolve leading to two distinct subtypes. The aim is to develop a genetic test that can provide a more precise prognosis for each patient, allowing specific treatment decision. The research used AI to study changes in the DNA of prostate cancer samples using whole genome sequencing from 159 patients. This identified two distinct cancer groups among these patients and it went on to integrate all the information to generate

an evolutionary tree showing the two subtypes of prostate cancer.

This understanding is pivotal as it allows the classification of tumours based on their evolutionary trajectory rather than solely on individual gene mutation. This means that unnecessary treatment can often be avoided sparing men from side effects such as incontinence and impotence.

So with this study and advances in AI it can be shown that there are two different subtypes and so treatment can be better targeted for the needs of each individual patient.

Of course, all this is still not available to today's patients, but it is hoped that in the not-too-distant future, patients will be able to benefit from the ground breaking research.

Taken from Prostate Cancer Newsletter Male Care, March 2024



Hi everyone

So far in 2024 the Support Group has been involved in a number of new areas including a Defibrillator, Vectis Radio Awards, CHAPS Conference workshop, Daisy Bus donation, Podcast and Carry bag locations.

The Support Group continues to run its Promotion and Awareness events, a list with dates and details can be found on the re-vitalised website. You may have noticed more frequent emails to keep you up to date with events and meetings, thanks to Angela's input as Membership Administrator. The PSA program, with less is more, (events and appointments) is starting in April, with the usual events – ladies' meeting, members' meeting, and you will also find some of your favourites, Quote Unquote and Prostate Cancer medical update.

So I hope this has inspired you to read our Newsletter, one of four this year and I look forward to meeting you at one of the listed events.

Alan Taylor

An Interview with our Social Secretary

Rita Smith recently took on the job of Social Secretary and Trustee of our Support Group and as an ongoing chance for you the readers to get to know your Trustees, she has agreed to take the 6 question survey.

Question 1

How do you see the Group moving on in the next 12 months?

Rita thought that the Group would continue to grow and saw the work the Group was doing carry on for the foreseeable future. She was pleased that the Group's PSA testing program had been recognised off the Island and that other support groups up and down the UK would be benefiting from the expertise the Island group had gained over the past few years. She is very

passionate about saving men's lives by diagnosing Prostate Cancer early and is a true believer in the value of PSA testing. Rita thinks that the Group still has a few wrinkles to iron out but is confident that the present Trustee group with help from the members can do this. She is delighted that a number of interested parties are offering alternate venues for the PSA tests.

Question 2

How do you see the PSA testing running in the future?

As mentioned in question 1, Rita looks forward to having alternative venues to run the PSA test event in. She is also confident that the organising group are

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An Interview with our Social Secretary

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continually improving the event with more facilities available and increased skill levels of the volunteers. She feels that the PSA tests are well established on the Island and this is down to a steady improvement of resources, knowledge and support for men attending the events. She is 100% behind the PSA group initiative.

Question 3

How would you improve the role of the Trustees?

Rita feels that the Trustees would

benefit from some young blood to ease the load of the Trustees. This would enable the established Trustees to concentrate on their areas of responsibility and improve the efficiency of running the Support Group.

Question 4

How could the Group further support the members?

Rita believes that there is a need for more feedback from the members in what their needs and wants are so that the Trustees could respond and organise the Group to help its members. She is sometimes frustrated with the poor response to some of the initiatives that the Trustees have tried, but is determined to continue trying to improve the service for the members. One of her ideas is to propose a small buffet at each members' meeting for those who have come directly from work in the evenings and also to encourage more comments during the meeting over a snack with tea and coffee.

Question 5

What had surprised her most in her role as Social Secretary?

Rita had not expected just how much time she needed to give to the job as Social Secretary but is determined to

do the job to a standard she would expect herself. Rita attends all the Awareness and Promotional events and is very prominent in approaching the public to get them to sign up for PSA testing. She has introduced some new venues which has helped to spread the word about PSA testing and is working hard on her public speaking skills. Rita was recently interviewed on Vectis Radio and did not hesitate to give her experience and personal commitments to the Support Group. She never turns down any job for the Group and is totally committed to the aims and objectives of the Support Group.

Question 6

Which awareness/promotion event/activity gave you the greatest satisfaction?

Rita gained great satisfaction in seeing the men she had spoken to at the may promotional events she attended turning up at the PSA events to be tested. This situation of promoting awareness about saving men's lives by testing them and then encouraging them to repeat the test the following year, gave Rita a great deal of satisfaction. She also felt that the Group had increased its awareness on the Island and together with the very successful ladies' group that she organised, motivated her to strive for more in the future.

Diet May Affect Prostate Cancer Risk

Harvard University 2019

Researchers have linked certain foods to prostate cancer risk and a man's risk of dying prematurely from the illness. This is leading some clinicians to suggest that men turn to nutrition to help prevent and manage prostate cancer.

The focus is changing to "Let's treat this cancer in the context of the person as a whole".

So here are a few foods that researchers say may help prevent or manage prostate cancer:

- Tomatoes and tomato sauce
- Carrots
- Soy

- Soy milk
 - Grapefruit
 - Tofu
 - Edamame beans
 - Cruciferous vegetables like cauliflower, broccoli and brussels sprouts, kale (3 times a week is better than 1)
 - Salmon
 - Trout
 - Tuna
 - Swordfish
 - Mackerel
 - Oysters
 - Chia seeds
 - Walnuts
- More lycopene consumption is related to a lower risk and better management of prostate cancer. Interestingly the lycopene in processed tomato products (tomato paste, cooked tinned tomatoes) is more easily absorbed by the body than the nutrient in whole raw tomatoes. Don't forget red bell peppers

and pomegranates are also lycopene-rich too. Fatty fish which is high in Omega 3 fatty acids, and Vitamin D, with robust research, has been linked to lowering the risk and helping the management of prostate cancer.

And what foods may not help prevent or manage prostate cancer?

Again, researchers have linked high consumption of red meat, processed meat and foods high in sugar and salt to an increased risk of prostate cancer and failure to manage the illness.

Try limiting your red meat consumption to 8 ounces a week and avoiding meat cooked over high heat, which can release cancer-promoting chemicals.

Following a more plant based diet is the way to go whether your aim is heart health, cancer prevention or control, weight loss, more energy or longevity.

*Harvard Hospital University USA 2019
School of Public Health*



Our bags are being seen all over the place . . .



. . . at the Bembridge Lifeboat Station

General Support Group Acknowledgements

Having purchased a defibrillator and we now have 20 fully trained operators, we will be taking the defibrillator to all our Awareness and Promotional events as well as the PSA testing events.

We are very grateful to Wightlink for again supporting us with complementary tickets to take the blood samples from our 5 PSA test events to QA Hospital for analysis, and returning to the Island after. With the increased size of the PSA events, 360 patients, it will be necessary for our courier to use a car so this arrangement will save us a considerable amount of expense over the 5 events.

We are also grateful to Island Environmental Hygiene for dealing with the recycling of our sharps from our 5 PSA test events this year. This is the fourth year they have provided this service free of charge and this helps us to keep our costs down as well as providing us with an essential service.

As you may have noticed, our website is fully functional again, thanks to Trevor Green taking charge of the site. We will be putting extra information on the site so that you can access various video recordings of the Group's activities, together with a QR code should you wish to listen to the Support Group's own Podcast. We will also

to iwpcsg@gmail.com. Podcast link: <https://podcaster.spotify.com/pod/show/chocbeach1>

I have been asked to remind members of the free Wellbeing courses funded by the Support Group including Yoga, both sitting and standing; and exercise classes, again both sitting and standing. Both these classes are tailored to individual needs, so that all levels of mobility can be catered for, yet still give beneficial results to those who attend. Information on how to attend these free courses please phone the Group's number 07856606197.



. . . at Vectis Radio



. . . in the Maldiv Islands



create a collage of photos showing our bags from various locations, so please keep sending in your photos via email



. . . and even far-away Japan

Promotion and Awareness Meetings January/February/March



Volunteers Fair

Our first event was the Volunteers' Fair held on Saturday 20th January at the Riverside Centre. This took up most of the Riverside rooms and being a Saturday it was well supported by the public, many attending to acquire specific information and others looking to offer their help to a charity of their choice. Since this event we have gained 5 new volunteers who are particularly interested in helping with our PSA testing program, so we are grateful for their offer of help.

Our next Promotional/Fundraising event was held at the Town Club, Ryde by the IW Manchester City Supporters Club. This was very crowded as an ex City player was in attendance so a lot of children attended the early part of the event, wanting selfies with him. As the event extended into the evening, so older fans turned up and because of the connection of PCUK MAN with the premier league, there was a lot of

IW Manchester City Supporters Club



interest in our PSA program. Just before the QA with the ex City player, there was a presentation to Roger, our Chairman, of £500 towards our PSA testing program, which was gratefully received.

Into February and a new venue arranged by Rita, was Aldi in Cowes on the 15th February. We are grateful to the Manager and Aldi Head Office for allowing us to have our Awareness stall there which was very busy and with the Cowes PSA test event still open, proved to be an ideal venue to promote that event.

Cheque from Christmas Tree event run at Brighstone in December



Marks & Spencer at Cowes

Three days later the Support Group was presented with a cheque at the 3 Bishops Inn at Brighstone on behalf of the Christmas Tree event run at Brighstone in December and the next day the Group had an invitation to Albany Prison for another cheque presentation by the Governor, to Roger, who also offered the use of a public area for a PSA test event should we need a venue in the future.

The month ended with another new venue for the Awareness stall, Marks & Spencer at Cowes, in conjunction with the promotion of the Cowes PSA test

The Group making a donation towards the Daisy Bus





Awareness/Promotion stall at Asda

event in April. Again a large number of interested people were spoken to and shortly after the Cowes event was fully booked, totally justifying Rita's choice of venue.

March started with a fundraising event at the Vine Inn at St Helen's, but in this case the Group was making a donation towards the Daisy Bus that so many members have used during their treatment at QA Hospital.

The following Saturday the Awareness/Promotion stall was at Asda and because the next day was Mothers' day, business was very brisk at the store and so a large number of flyers for the Sandown event were given out to the general public.

Home Bargains 3 days later was the next Awareness/Promotion venue and as always occurs at this store, there was a large number of people to approach about getting tested at our Sandown or Totland events.

Two days later we were at the Co-op in Ryde. Again a good venue with a steady flow of customers being invited to attend our program of PSA tests, together with interest in the illness and a number of men were offered support who had already been treated.

Our final event for March was the Vectis Radio Community Awards evening, which is reported on elsewhere in this newsletter. Our thanks to Roger, Jean, Rita, Graeme, Vic, Jane, Geoff, Roy, Tony and Alan who without their support at the events the Group would not be able to deliver the awareness and support so many of the public need.



Home Bargains



The Co-op in Ryde



The Vectis Radio Community Awards evening

PSA Update

The 2024 PSA program will be slightly different than the 2023 program, which so successfully tested 1,994 men and found 191 needing medical follow up.

We will only be running 5 events at 5 different venues at various locations around the Island this year. We are going to test more men at each venue except Totland, so change was needed. The appointment times will now be every 10 minutes with 12 patients each time slot. To make sure we do not have any hold-up, we are increasing the number of Phlebotomists to 6 with one extra booth for them all to work in. We are also increasing the number of receptionists and administrators, an extra Phlebotomist's helper, and an extra exit Marshal. All volunteers will need to wear a HiVis waistcoat so that patients can be quickly identified and assisted.

We are proposing to offer a selection of sandwiches for volunteers at lunchtime as well as tea and coffee throughout the event. There will not be a 12 noon appointment time to allow a break at this time and we will also have a quiet

area for any patient who feels unwell during their appointment time.

As many of you will know, the Group has purchased a defibrillator, as yet another safeguard to care for the men being tested and as many as 20 volunteers have been trained so far to use it. This, alongside our other First Aid measures, will be present at all of our PSA test events.

It looks like Tackle, an arm of PCUK, are moving towards encouraging support groups up and down the country to run PSA blood tests in the areas the groups cover. To this end we were approached to give a list of 10 points essential to run a PSA test. We finally settled for 15 and these were sent to Tackle HQ and were then listed in their newsletter together with a brief report on the PSA tests we are organising on the Island. This PSA blueprint that groups (there are 120 registered in the UK) can use or modify as they will, is hoped to enable and encourage others to run PSA tests and so form a nationwide screening test for Prostate Cancer. The success of our screen test on the Island is down to the fantastic group of volunteers who willingly give up their time on the preparation Friday evening

and most of the Saturday test day, to enable the tests to run efficiently and professionally.

We are continually congratulated on just how smoothly and competently the events run, and often these compliments come out at meetings and promotions quite unsolicited.

This Newsletter will accompany the first PSA test at the Masonic Hall at Cowes on 13th April and the second test on 1st June at Sandown & Shanklin Rugby FC and we are grateful to both these groups for generously donating these venues free of charge. We are also grateful to Wightlink for continuing to support us by covering our ferry costs for the delivery of the blood samples to QA Hospital, and to Island Environmental Hygiene for recycling our needles free of charge. Without their support we would not be able to test the number of men that we plan to test this year.

And finally to everyone who has made a donation towards the running costs of operating these tests, whether small or large, every penny helps to save men's lives. On their behalf we thank you. So press on this year and we look forward to seeing you all at the test events.

Chaps/Tackle/Masonic Prostate Cancer Screening Conference

This Conference will be attended by Alan and Angela Taylor, Organiser and Administrator of the IWPCSG PSA testing program since 2018. The Conference was convened to give information about the need to test and pass on useful information to anyone who has a mind to run a PSA testing event. It will provide the Why, Who, What and How for a comprehensive national screening policy as the only effective way to deal with the unacceptable death rate from the UK's most common cancer in men of all ages, the only one of our top 4 cancer killers for which there is no national screening program.

So Why Screen?

The UK has one of the worst death rates from Prostate Cancer in Europe, ranking 23rd out of 31 countries. Prostate Cancer is the commonest major cancer in UK men and the second commonest cancer killer, now causing 56,000 new cases each year and 13,000 deaths each year (2022 results) ie one every 40 minutes. Screen studies

running over the last 20 years confirm that PSA screening blood tests can halve the death rate improving quality of life and cut the cost of care.

Who needs Screening?

All men should be screened from 50 years onwards, and those with high risk should be tested from 40 years eg:

Men in their 40's who have an initial PSA of 1.5 or above

Black men or mixed race men of African or Caribbean descent

Men with family history of Prostate Cancer, breast and ovarian cancer.

What are the Problems?

Failure to diagnose Prostate Cancer at an early stage with only 10% of men being tested

Benign enlargement affects most men over 65 years of age, causing similar symptoms.

But early Prostate Cancer may cause no symptoms until it spreads. Current NHS advice is inadequate and does not

stress the need for repetitive PSA testing until the man is in his 70's.

How to Screen?

Start testing at 40 and continue with regular testing so that Prostate Cancer can be diagnosed by the PSA results. MRI is the next option for men with abnormal PSA results. Above 1 in 4 with abnormal PSA are diagnosed with Prostate Cancer, 2 in 4 will be referred to active surveillance, receiving regular PSA tests and occasional MRI and Biopsies. The final 1 in 4 will need treatment for enlarged prostate. By following a national screening pathway, we could reduce the yearly Prostate Cancer deaths from 13,000 to 7,000.

During the morning session a series of lectures by prominent Consultants and Professors both in the UK and from the Continent including Sweden will take place. The afternoon session will be for more practical information and implementation Workshops on how various Groups are organising and administering PSA testing to large numbers. Breakout groups will allow more personal contact for those wishing to gain more experience and help in their aim to run PSA tests. More information will be detailed in our next Newsletter.

Calendar of Events

April

Thur 4th Promotion/Awareness stall at Busy Bee, Ryde 10.30am – 2.30pm

Thur 11th Promotion/Awareness stall at Tesco Ryde 10.30am – 2.30pm

Fri 12th PSA Preparation day at Masonic Hall, Cowes 7 – 8.30pm

Sat 13th PSA Testing day at Masonic Hall, Cowes 8.30 am – 2.30pm

Sun 14th Promotion/Awareness stall at Vintage Motorcycle Show at the IW Riding Centre, Staplers Road, Newport 10am – 4pm

Sat 20th Fundraising/Promotion at Sandown & Shanklin Rugby Football Club, Lake 11am – 4pm

Fundraising/Promotion The Elderberries Concert, Freshwater Memorial Hall, Raffle and Show 7 – 9.30pm

Mon 22nd Ladies' meeting at God's Providence Café, Newport 10.30 am – 12 noon

Wed 24th Promotion/Awareness stall at Honor & Jeffreys Garden Centre, Lake 10.30am – 2.30pm

Thur 25th IWPCSG AGM at the Riverside Centre, Newport with refreshments and entertainment with the Boogie Woogie Sisters 6.15– 8.30pm (please note members' meetings will be evenings April to August)

Sat 27th Promotion/Awareness stall at Asda, Newport 10.30am – 2.30pm

May

Thur 2nd Promotion/Awareness stall at Tesco, Ryde 10.30am – 2.30pm

Sat 4th Promotion/Awareness stall at Motorcycle Rally, Sandown Airport 10.30 am – 4 pm

Thur 9th Promotion/Awareness/Presentation Probus Club – Royal Solent Yacht Club 11am – 12.30pm

Sun 19th Promotion/Awareness stall Gazebo at Festival of Transport Havenstreet Steam Show 10am – 4.30pm

Mon 20th Ladies' meeting at God's Providence Café, Newport 10.30am – 12 noon

Thur 23rd Members' meeting at the Riverside Centre, Newport with speaker Lindsey Lawson, Ability Dogs 6 – 8 pm

Sat 25th Gallybagger event, Village Hall Chillerton, 11am – 4pm

Sun 26th Promotion/Awareness stall Vectis Vintage Tractors, Route TBC

Mon 27th Promotion/Awareness Gazebo Bembridge Street Fair 11am – 4pm

Fri 31st PSA preparation evening Sandown/Shanklin Rugby FC Lake 7 – 8.30pm

June

Sat 1st PSA test event Sandown/Shanklin Rugby FC Lake 8.10 am – 2.30pm

Thur 6th Promotion/Awareness stall Tesco Freshwater 10.30am – 2.30pm

Sun 9th Charity Picnic Day, Northwood House Cowes 10.30 am

Thur 13th Promotion/Awareness stall Morrison's Lake 10.30am – 2.30pm

Sat 15th Promotion/Awareness/Fundraising day for PSA testing Ryde Academy 10 – 4pm

Sat 15th Promotion/Awareness stall Asda Newport 10.30am – 2.30pm

Mon 24th Ladies' meeting God's Providence Café 10.30am – 12noon

Thur 27th Members' meeting Riverside Centre Newport Speaker Sarah Grey Tackle 6 – 8pm

Sat 29th Promotion/Awareness Gazebo Ventnor Day, Ventnor Park Gardens 10am – 4pm

Sat 29th/Sun 30th Promotion/Awareness Gazebo Men in Sheds Sandown Airport 9am – 4pm

Sun 30th Promotion/Awareness Gazebo Wight Wheels 2024 American Auto Club Classic Car Show Chale Showground 10am – 4pm



Ladies' Meetings

The ladies' meetings lead by Rita continue to thrive, held on the Monday of the week of the members' meeting. Since Newport is so central to the Island with a bus service running to and from all points on the Island, it seems sensible that the venue of God's

Providence café should continue as the port of call. The number attending at 10.30 am to 12 noon continue to increase and the subjects discussed reflect the wide variety of interests these ladies have. The next meeting is shown on the calendar of events and all ladies, whether members or not, are very welcome if they have an interest in prostate cancer.

Quote/Unquote

Sometimes there is no next time, no timeouts, and no second chances, sometimes it's now or never.

We don't grow when things are easy, we grow when we face challenges.

Life is about accepting the challenges along the way, choosing to keep moving forward, and savouring the journey.

Be selective in your battles, sometimes peace is better than being right, Challenges are what make life interesting.

Overcoming challenges is what makes them meaningful.

Don't limit your challenges, challenge your limits.

Never trying is a lot worse than losing.

To change what is on the outside, you must first change what is on the inside.

Life has no remote. Get up and change it yourself.

Things that are impossible just take longer.



Media Support – Vectis Radio and Observer Newspaper

Over the last 3 months we have been very fortunate in the support we have received from media outlets helping us to spread the word about the Support Group and the 2024 PSA testing program.

There have been a number of photographs and articles in the IW Observer, thanks to Geoff and Roger and even one in the IW County Press.

But the major amount of help has been from Vectis Radio. Not only have they agreed to again run an advertisement for our PSA test program from March to November on a daily basis, but also have broadcasted a number of interviews to reinforce our message of testing for all men over 40 years of age on the Island.

On the strength of the work the Group is doing for the men on the Island, and thus the local community, we were encouraged to enter the Group into two of the categories for the Annual Awards for the Isle of Wight County Award 2024. The two categories we entered were Community Project of the Year – our PSA test program for 2023, and People Focused Community Project of the Year.

Rita, Jean and Alan attended the Friday night event, together with 60 others from various Charities and Groups from the Island.

First up was Community Project of the Year, and from all the submissions, 4 had been nominated for the final. We were awarded a Silver certificate, coming second in the group. We had to



wait for 3 more finals before we came up again, in the People Focused Community Project of the Year. It is worth explaining that a lengthy submission had to be presented to Vectis Radio to get onto the shortlist, finalised before a group of judges decided who the winner could be.

With the results being read out in ascending order, when we were one of the two left, the excitement was palpable, and when the other group was announced as second place winner, our excitement was difficult to contain! All three of us went up to receive the gold certificate from the Lord Lieutenant of the Isle of Wight and were photographed receiving it. Alan said some brief words on the importance of getting tested and then we were back in our seats to recover from the experience. Terry and Sue were also present at the event and received a bronze award for their particular category, well done for their efforts.

In the interval, we distributed flyers to all the tables and were asked to pass on congratulations and thanks by all for the work we are doing. Well done IWPCSG.

