



Prostate Cancer Medical Information

Prostate Cancer is Silent

The idea that Prostate Cancer directly causes urinary symptoms is so prevalent it is hard to believe that this was never based on any objective evidence.

Yet this lack of association is a clear fact that emerges from a simple perusal of the literature but has been lost or ignored in favour of the narrative that because of the location of the gland, any malignancy within it must surely cause symptoms?

Paradoxically, the data reveals that the association between urinary symptoms and Prostate Cancer is in fact an inverse one. In other words on average a man is less likely to have Prostate Cancer if he has urinary symptoms than if he doesn't.

If in the absence of a screening or formal testing program men are encouraged to see their GP only when they have urinary symptoms, then they are not likely to seek testing if they don't have any, believing (falsely) that it is not possible for them to have Prostate Cancer because they don't have anything to complain about. This misconception may result in men delaying going to the GP and have a later

diagnosis. Indeed there is now evidence of this. In a recent review, comparative data showed that men diagnosed through "symptomatic presentation to GP's" were more likely to have much later stage disease compared with a screening program.

Unfortunately many news, media and healthcare outlets continue to pedal this myth of urinary symptoms on Prostate Cancer, often based on the notion that "having any type of message to present" is better than none. Indeed in a survey of the general public only 1% are aware that Prostate Cancer is actually a silent disease.

Thus there is a great need to actively dispel the notion that men can feel safe because they are the envy of their colleagues and friends with the lack of urinary symptoms. To address this a campaign to highlight the fact that Prostate Cancer is silent has been launched recently by researchers at the University of Cambridge and Charity partners. It is hoped that Support groups up and down the country will pass on this message to dispel this very prevalent misconception.

Taken from Autumn issue of Prostate Matters of an article produced by Professor Vincent J Gnanapragasam of Cambridge University.



Hi everyone

So another successful year comes to an end for the IWPCSG with the Group still flourishing because of all the time and effort put into its activities by members, Trustees and volunteers throughout the year. I don't know about you but New Year Resolutions are too easily broken, so how about making weight loss and exercise one of your New Year challenges? Or have a go at the Fun Quiz!

At the end of the year, we always look back on the year's events so just what has been successful this year? Maybe the 7 PSA test events, the 80+ awareness and promotion events, the finance and donations received this year or the support given to so many men and their families via the website, members meetings and the 7/11 phone line.

Whichever, our thanks to all those who helped in any way and we hope for your continued support in 2024 with the program being planned by the events committee, headed by our Chairman Roger Denness and Rita Smith our Social Secretary.

So have a wonderful Christmas and a peaceful and healthy New Year.

Alan Taylor

Results of PSA Testing in 2023

I know a large number of our members would like to know the results of the 2023 program of PSA tests run by the Support Group.

In 2023 we organised 7 PSA test events, which resulted in the following:

Venue	Tested	Abnormal Results
Ryde IBC	298	37
Cowes	270	23
Sandown	274	29
Totland	277	26
Ryde Academy	293	23
Seaview	280	26
Newport	302	27
Total	1,994	191

This shows an approximate 10% of those tested had abnormal results, needing medical follow on.

So far the Group has been testing since 2018 resulting in 4,397 men tested.

Running several events in 2023 really stretched the resources of the IWPCSG and the PSA testing team, so it has been decided to reduce the number of test venues in 2024 to 5, but to increase the number being tested at each venue to 350, giving an approximate total for 2024 of 1750 tests. (See next page for dates).

Prostate Cancer Awareness Fun Quiz

- 1. What is the correct spelling of prostate?**
 - a. Prostrate
 - b. Prozstate
 - c. Prahstat
 - d. Prostate
- 2. Can both men and women have prostate cancer?**
 - a. Yes!
 - b. No!
- 3. How big is a normal prostate?**
 - a. The size of an orange
 - b. The size of a grape
 - c. The size of a walnut
 - d. The size of a football
- 4. The prostate gland is part of the lymphatic system.**
 - a. True
 - b. False
- 5. Where is the prostate gland located?**
 - a. Between the kidneys
 - b. Below the belly button
 - c. Attached to the appendix
 - d. Below the bladder
- 6. What is the number one cancer diagnosed in men today?**
 - a. Colon
 - b. Prostate
 - c. Lung
 - d. Brain
- 7. What causes prostate cancer?**
 - a. Heredity/genetics
 - b. Environment
 - c. Diet
 - d. Age
 - e. Any of the above
- 8. The blood test to assess prostate health is called**
 - a. PSA
 - b. PAD
 - c. PSI
 - d. PDQ
- 9. Lycopenes (which are "good" carotenoids) are found in**
 - a. Watermelon
 - b. Strawberries
 - c. Tomatoes
 - d. All of the above
- 10. Which of these are found in the prostate gland?**
 - a. Peripheral zone
 - b. Transitional zone
 - c. Central zone
 - d. Demilitarized zone
- 11. The prostate gland contains two**
 - a. Time zones
 - b. Hemispheres
 - c. Lobes
 - d. Seasons
- 12. The only way to definitively diagnose Prostate Cancer is with**
 - a. An Xray
 - b. An MRI
 - c. An Ultrasound
 - d. A Biopsy
- 13. The symptoms of Prostate Cancer can be**
 - a. Back Pain
 - b. Unexplained weight loss
 - c. Blood in urine or semen
 - d. Abnormal blood test
 - e. Difficulty urinating
 - f. Some or none of the above
- 14. The best treatment for Prostate Cancer is**
 - a. DaVinci robotic surgery
 - b. Hormone treatment
 - c. Radioactive seed implants
 - d. Proton therapy
 - e. Photon radiation therapy
 - f. Cryotherapy (freezing)
 - g. HDR
 - h. HIFU
 - i. This is a trick question!
- 15. When should men start being screened for Prostate Cancer?**
 - a. When they get married
 - b. When they get a driver's license
 - c. Around age 50
 - d. When they apply for Medicare
- 16. Prostate Cancer can be contagious**
 - a. No
 - b. Nyet
 - c. Never
 - d. No way
- 17. A diagnosis of Prostate Cancer means you will die**
 - a. Not right away
 - b. Maybe later
 - c. Maybe a long time from now
 - d. Eventually (we all die)
 - e. When your insurance runs out
- 9. D. Lycopenes are found in red pigmented foods, and are good for maintaining a healthy prostate gland.**
- 10. A.B. & C. These zones are used to describe areas within the gland.**
- 11. C. The two lobes of the prostate are described as "right and left."**
- 12. D. The diagnosis of any cancer is made by examining a cell sample taken through a biopsy.**
- 13. F. Often there are no symptoms of prostate cancer when the disease is just getting going early. By the time symptoms appear, the cancer has may have advanced and will be more difficult to treat.**
- 14. I. This is a trick question. There are many good treatment options for prostate cancer that should be explored before making a decision.**
- 15. C. National Cancer Institute has long recommended that men start screening for prostate cancer around age 50, unless there is a family history when screening should start earlier.**
- 16. A. B. C. & D. Prostate cancer is not contagious!**
- 17. Sorry – no one knows when you will die. Many men live many years after being successfully treated for prostate cancer. Each man's cancer is different, however, and each man responds differently to treatment.**

Answer Key:

- 1. D. The correct way to spell prostate is PROSTATE.** It is often misspelled or mispronounced as prostrate, which is a word meaning "lying down, or prone."
- 2. B. Only men can get prostate cancer (women, on the other hand can have ovarian and uterine cancer).**3. **C. The normal prostate gland is about the size of a walnut.**
- 4. B. The prostate gland is a part of the male reproductive system. Its function is to produce fluid to carry the semen.**
- 5. D. The prostate is located at the base of the bladder.**
- 6. B. The number one cancer diagnosis in men is prostate cancer. More than 230, 000 cases each year.**
- 7. E. We don't know exactly what causes prostate cancer. There is a strong genetic predisposition if a father or grandfather, brother or uncle had been found to have the disease.**
- 8. A. PSA is prostatic specific antigen. It tracks an antigen level but alone it cannot diagnose the disease.**

PSA Testing Program for 2024

The venues and dates for 2024 are:

13 April	Masonic Hall	Cowes
1 June	Sandown & Shanklin Rugby Football Club	Sandown
20 July	Totland Bowls Club	Totland
7 Sept	Ryde Academy	Ryde
2 Nov	Scout HQ Hall	Newport

All tests will run from 9 am – 2 pm and details of these events for booking will appear on our website at www.iwpcsg.org from the first week in January 2024. Any other details phone 07568 245124.



An Interview with our Group Treasurer

Geoff Waddington has been Treasurer of our Support Group for just over 2 years and we wondered how he had found his position thus far. We decided to ask him the same 6 questions as we asked the Chairman, to get his opinion.

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

A. As a newbie to the Charity, 2 years to date, I have been watching, learning, taking part in various awareness events and testing events to see how things work, who does what etc, as I knew nothing about Prostate Cancer, not being a sufferer.

The Charities finances are in a very good state to go into 2024, which is good as the main part of our program is around PSA testing run expertly by Alan/Angela and their team, PSA testing and support of IOW men is what we need to continue to do

Our Wellbeing program of providing FREE yoga and exercise events will be offered during 2024, we are looking at offering other activities, but what? Any suggestions would be looked at. As a support group we do need to be able to offer some form of counselling, loneliness, anxiety, mental health and indeed suicide is being mentioned, to add to the list of things we will be looking at.

The group is looking for a dry storage facility, have you an empty garage you don't use, no car, preferably in the east wight area? We can discuss a rent. If you can help, please ring me on 07867513865 or 01983 868152

Q. How do you see the PSA testing running next year?

A. Like the Chairman I believe that our PSA team are the best and are always looking for ways to improve, this information I hear at the exit door from men leaving the event all the time, I don't see 2024 being any different

The Trustees decided to give the PSA team its own Bank A/c, debit card etc, on trust, as neither Alan/Angela are Trustees, to run this part of the group, reporting to me as Treasurer and it is working well. They have enough money to run the 5 events in 2024 due to generous donations from organisations and from very satisfied men when they leave the event

When doing the budget, the cost-of-living crisis was starting to be kicked around so the budget team decided to lower our expected income to what we thought the public might donate, how wrong can we be, donations from all quarters are even higher.

Q. How would you improve the role of the Trustees?

A. A hard question, as it is, all the trustees do get involved in various events and activities depending on time available etc. It would be helpful to have a couple more Trustees to bring a little more diversity and experience around the table and spread the workload. It's very hard to get people to commit to taking on the responsibility of a Trustee.

Our previous Secretary who left recently was trying to get the Trustees to adopt a more formal and structural approach to our meetings, with reports being sent and not wasting time reading them out and getting on with the agenda and cutting the waffle.

Not everyone's cup of tea, but for me it would improve our meetings

Q. How could the Group further support its members

A. We are a support group so we should offer more activities, as I said earlier, but what? Members need to talk to us, tell us what they would like to do or what they might need to better their lives.

More members (200+) to open their emails and take time to read what's on

offer etc, I do thank all those that do.

Come to our monthly meetings, the fourth Thursday of each month at the Riverside, we do try to get interesting speakers so come along, 2pm-4pm

Those that can, look at our website (iwpcsg.org) loads of information to look at

Q. What had surprised him over the year as Treasurer of the Group

A. A number of things have surprised me during the year, the amount of organisations willing to donate monies to us, organisations that I have never heard of, phoning me up and saying that they have a cheque for you and where ever you go you always seem to bump into people and talk about what we do. The word is out there, folks, due to the PSA team and their slick operation and the keenness of the volunteers and the number of people who ask, "how can I help"

Just a couple of days ago I was told that two organisations in January will be giving us generous donations, one of which has agreed to sponsor an initiative that we will be announcing soon, now that's a surprise!!

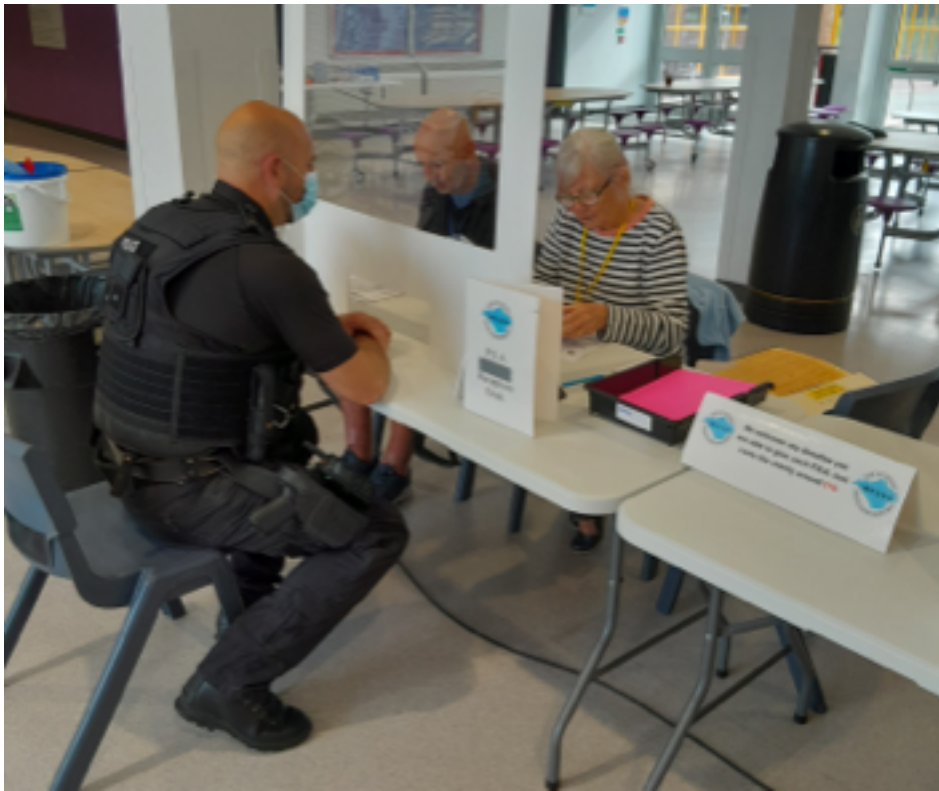
Q. Which awareness/promotion event/activity gave you the greatest satisfaction?

A. I don't have any one stand-out moment as such, I suppose spending time with the awareness team in a field or outside a shop and you convince an IOW man to book a test, that gives you a boost, after many sometimes, negative responses.

I would agree also with our chairman when he said that interacting with the public around educating them about prostate cancer was the way ahead, hard to do if you don't know your subject too well and to do cold speaking when you stop someone, a stranger, after some practice you do gain satisfaction and motivation.

News Flash

Angela has taken over the Membership Administrator's job, so do not be surprised when you receive a reminder email from her, it is not a scam and check your spam folder for emails from her. We are grateful for the time she has put into updating the membership database. The same email address – secretary@iwpcsg.org can be used to contact her for any enquiries.



These showed 26 men having abnormal results, two in particular stood out at 51 and 825, and 62 men had high risk Green scores. 6 Policemen turned up at the end of the event to be tested, but it had been noted by a survey being run by our Chairman, Roger, that 13 more had attended through the day in pre-booked appointments. This survey will be shared later, but it is basically asking every man who is tested how he found out about the event, a useful piece of data when planning next year's promotion and awareness events.

A few days later we received a very positive congratulation from a Ventnor Parish Councillor as to the professionalism of the Ryde event.

PSA Seaview Report

PSA Report for Saturday 30th September held at Ryde Academy

with the kind permission of Joy Ballard, Principal, and assisted by Simon Grice, Caretaker

Having put out over 30 signs on the Friday afternoon to enable everyone to find their way to the venue, the volunteers arrived at 7 pm to set up the event. With the huge amount of space on offer at the school and the room dividers enabling us a wider choice of layout, the "booths" were soon set up and the table and chairs and all the necessary Phlebotomists' equipment placed ready for Saturday.

Saturday dawned bright and dry and as usual a queue was developing at the door long before the start time of 9am. By 9am there was a problem to be overcome by the Organiser as one of the Phlebotomists had not turned up. After a brief negotiation with the 4 Phlebotomists, it was decided to run the event with the 4 and the door opened only a couple of minutes after 9am. We were aware of a large number of dropouts during the week leading up to the test mainly because of Covid and the Flu and we knew we

were going to extend the event beyond 2pm as the Island Constabulary had booked in a number of Police Officers to be tested at the end of the event. There was one problem at the entrance with one of the men refusing to wear a face mask despite the explanation about Covid and the Flu situation, but this was rapidly dealt with and the hard work put in by all the volunteers throughout the day especially Irene and Graeme on the refreshment front saw 287 men tested with results arriving 4 days later.

The Seaview event was squeezed in between Ryde Academy and Newport Scout hut and was always going to be a tight affair.

Delivery of all the equipment needed was on Thursday evening and over a dozen volunteers turned up for the Friday Prep evening after the sign posting had been placed from St Helen's and Ryde areas.

Again, the room dividers came into their own in the limited space available, enabling the booths to be set up and the exit marshals were





relegated to outside the exit door.

A last-minute change in personnel was organised and with 6 volunteers outside working the one way system access and car parking Saturday was soon flowing smoothly as only the PSA team know how.

The arrival of a large group of motorcyclists and the Parish Council Gazebo were not allowed to deflect from the organised flow of patients and by 2pm, 280 men had been tested and no serious incidents had occurred in the access road, thanks to the skill and co-ordination of the Car Park Marshals.

Our last-minute courier, Chris Brown, arrived at 2.30 and set off with the samples, and the volunteers had cleared up and were able to leave by 3pm.

Our thanks go to Roy Colledge for organising the venue and acquiring a £500 donation from the Parish Council.

Angela and Trevor comfortably coped with both data changes, invited registrations and the 6 drop in patients. Thanks also to all the other volunteers who coped so well with the cramped venue and to Alison for caring for the 3 fainters, a new record.

Our final PSA event is on 4th November at the Newport Scout Hut, 7pm Friday for set up and 8.30am Saturday for the main test event. We hope to have Terry Ramplin attending since it is only from his efforts that we have been able to finance this event. Again, thank you for all your support as we finish our 2023 programme of PSA testing.

Newport PSA Test Event 4th November 2023 at the Scout HQ Hall

The 7th and final PSA event run by the IWPCSG took place at Newport Scout HQ Hall on 4th November.

The previous night 12 volunteers turned up to put out the 5 Phlebotomists' booths ready for Saturday and since over 20 PSA road signs had been put up during the afternoon all was ready for the event.

Terry Ramplin had raised sufficient funds from last year's Christmas lights to fully finance the event and was present for most of the day, resplendent in his Christmas suit. The IW Observer reporter turned up with a photographer and after interviewing Terry, took a photo of him supporting one of the patients having his blood test. A case of the money raiser and a money user.

As you might remember storm Ciaran was soaking us that weekend, causing floods and difficulties all weekend. We decided to put up a gazebo for the Car Park Marshals so that they could find some shelter as the showers were so heavy, so we must thank Ron Pilbeam, Barry Bates, Bridgit Preston and Barry Aspinall for braving the dreadful weather to organise the parking so efficiently.

Despite the terrible weather, 302 men

were tested that day with very few problems if you don't include the 3 fainters expertly looked after by Alison Dunthorne. I must mention John Wood as he was in charge of the car park and reception area and helped when anyone needed a break. So between them, John and Alison did an excellent job. Of the 302 men tested, 27 had abnormal results, and were advised to contact their local medical practitioner.

The total number of men that the IWPCSG tested in 2023 came to 1,994 of which 191 had abnormal results. These results were sent to Manchester University, who are collecting the data for a formal presentation to be made to the Government Screening Commission in 2025, as evidence for the need for Prostate Cancer screening in the UK.

In conclusion, the Support Group owes the PSA testing team a vote of thanks for the commitment, work and time they have put in to this year's programme. As well as the volunteers mentioned above, the Promotion at Shows and Events led by Alan and Rita, with Vic, Roger, Roy and Geoff; the Reception, led by the Osbournes, Marilyn and Derek, with Geoff; the Phlebotomists' helpers with Pam, David, Diane, Sandy, Rita, Jean; the refreshments with Irene, Graeme; the Exit Marshalls with Roy, Vic, Roger, Geoff; the Courier with Paul, Jacqui and Chris; the Administration with Angela, Araya and Trevor; and lastly to our bank of Phlebotomists.

There are two Conferences being run by Tackle and CHAPS, and at both of these, the Island Model for running a PSA event will be presented to those attending, and those thinking of running events next year will be encouraged to follow our model.

There is also a possibility of a new type of Prostate Cancer testing being trialled on the Island next year.

Many congratulations to you all and we look forward to the 5 events we are planning to run next year with an increase in Phlebotomists and patients being tested.

Promotion and awareness September, October, November, December



allocation of our banner on the path into the store.

Isle of Wight Day on the September 16 at Brading was a sunny day on a very large site with a good attendance and our gazebo ran a "Guess the number of men" game which proved very popular with the public and needs repeating next year. The Roman Villa site was exceptional.

The following weekend we were in St Thomas' Square, Newport at the invite of the Vintage Motorcycle Club, as we are their nominated Charity. Alan entered his motorcycle for the concorde competition, better luck next year.

Normally in the Autumn time the Support Group tends to slow down, but this year with 3 PSA test events being run during this period, the need for copious promotion and awareness meant that the Group was as busy as in the summer months.

We attended the latest Community Action Health Road Show, this time held in Bembridge Village. As yet these events are not drawing the general public's attention and so attendance tends to be only nominal.

Our next stop was at the Busy Bee, Ryde, which was as busy for the awareness stall as ever. We are grateful not only to be given such a prominent position when we attend, but also for the year-round

We then moved on to Asda for a rare Saturday promotional event and with a high "footfall" were very busy for all the time we were there.

Vectis Vintage Tractors who have also made us their Charity of the year, ran their second Tractor Rally with 35 tractors setting off from Porchfield and 34 arriving at Shorwell after a very successful awareness and collection run.

Our fourth promotional event of the year at Tesco, Ryde was again very successful and we are grateful for the continued support by Tesco.

The first time we have been at an event at Mountbatten Hospice then followed with contact with a number of other charities established on the day.



Another new venue set up by Rita was the Home Bargains Superstore in Gunville, which being on Saturday, was again a very busy event even if the weather was very wet and the store had an electrical failure which caused some disturbance while we were there.

St Mary's Hospital had their annual staff support event, and this was well supported by hospital staff who were surprisingly ill informed as to the need for regular PSA tests.

A presentation, our second, at Parkhurst Prison was attended by 100+ prison officers, and although the talk time was greatly reduced, a number of Prison officers took flyers with details of our next PSA test event.

The Christmas lights on Long Lane, Staplers were lit up with a band, and a number of VIP's present. Roger was interviewed by Vectis Radio and a good



attendance by the public provided a good start to the fundraising event.

Our own Christmas tree was put up at the Pearl Centre for the Christmas period, where it will stay until January 2.

The AGM of the Vintage Motorcycle Club was attended by Roger who received a very generous cheque from the group, who continue to support us as their charity, and an excellent article and photo appeared in the County Press.

And finally Rita, Graeme, Jean and Roger attended the Curry and Bingo evening at the Sun Inn, Calbourne, an annual event run by Debs Downer so successfully.

Our thanks go out to all the organisations and groups who allow us to present our awareness stall at their shows and events. Also to all the volunteers who turn up to man the stall, including Roger and Jean, Rita and Graeme, Vic, Geoff and Alan.



Ladies' Meetings on Monday 25th September, 23rd October, 20th November

The ladies' meeting held on the Monday of the week leading up to the full members' meeting the following Thursday, being held in the central location of God's Providence Tea Rooms in Newport are a draw to a good number of ladies. New ladies are always welcome, even if they may not be members, but their husbands/partners have been diagnosed or are having treatment for or are in long term remission of Prostate Cancer. Jane Waddington was a new attendee having travelled in from Shanklin and imagine

Angela's surprise when she found out that she lives just around the corner from her.

When asked about the subject of conversation that the ladies talk about, it seemed to be very seasonal. They admit to not always remembering just what they have been talking about, but they all remember how much laughter it produced. I'm told the tea and coffee are very good at the tea room as are the buttered scones, so they hope more new ladies will come along and join them. Phone Rita on 07484 242133 for details.

Calendar of Events

January

Monday 1 – Friday 5 Bookings open for PSA tests.

Tuesday 20 Volunteer Fair at the Riverside Centre, Newport 10.30 – 3pm

Monday 22 Ladies' meeting at God's Providence Tea Rooms, Newport start between 10.30 and 11am

Thursday 25 Members' meeting at the Riverside Centre, Newport 2 – 4 pm, with John Eldridge speaking about the Bobby Scheme.

February

Thursday 1 Promotion/Awareness Asda, Newport 10.30 – 2.30 pm

Thursday 15 Promotion/Awareness Aldi, Cowes 10.30 – 2.30pm

Monday 19 Ladies' meeting, God's Providence Tea Rooms, Newport start between 10.30 and 11am

Thursday 22 Members' meeting, at the Riverside Centre, Newport 2 – 4 pm, with Defibrillator training given by Sally Newman for 20 volunteers.

Quote/Unquote

We make a living by what we get but we make a life by what we give.

As we work to create light for others, we naturally light our own way.

The thrill of taking lasts a day, the thrill of giving lasts a lifetime.

It is in giving that we receive.

When one gives, two get happy.

When you learn, teach. When you get, give.

If you think you are too small to be effective, you have never been in bed with a mosquito.

At the end it's not about what you have or even what you've accomplished. It's about what you've given back.

Find a need and fill it.

The work of volunteers impacts all our lives, even if we are not aware of it.

Good actions give strength, to ourselves and inspire good actions in others.

GFCT Conference

(Graham Fulford Charity Trust)

Held at Warwick 7th December 2023

The Conference was opened by Graham Fulford who immediately got everyone's attention when he announced that the highest PSA result had been recorded at a recent Test Event run by the GFCT. The score – 12,463. He next announced the Charity GFCT had been awarded the King's Award for Voluntary Services and were entitled to display the Royal crest on all their paperwork and displays. There also involved a garden party at Buckingham Palace and although only 2 could attend this function he could not overstate how this was a team award because of all the hard work of both his team and all the delegates sitting in front of him that day.

The Conference was attended by over 70 people. GFCT had been involved in over 56,000 tests this year with abnormal results being 9% of those tested. He also mentioned Manchester University's involvement in collating the data and a new Mobile facility costing £200K.

Latest Developments

"The Transform" project announced by the Government was spoken about, £42million being raised with a target of 300,000 men to have MRI tests between the age of 50 – 75 years. It would start being organised in April 2024 with possible first tests in October 2024, but due to limited machines and analytical technicians, would have to run for 10 – 12 years before any meaningful outcome and report could be produced. Meanwhile 120,000 men would succumb to the illness, while this project was being run and the possibility of men withdrawing from the PSA test program thinking they might be in line for an MRI. The project will run in only certain areas and the needs of the MRI for normal use would delay the Project. The delegates were reminded that it takes a technician 50 minutes plus to analyse an MRI so until AI (artificial intelligence) could be introduced this was also a constraint.

An indicator of risk run by Prosclerix already in use in Europe was being made available to the UK, but at a cost of £195 per test was unlikely to replace the PSA test now costing £40 per person, or a home test kit at £28 per kit.

Stockholm 3, a blood test needing specialist monitoring equipment is now being installed at Southampton Hospital ready for testing to be run on the Isle of Wight in 2024 at their PSA program. The normal blood taken at a PSA test could also be used for Stockholm 3 results. Only bloods that had a result of 1.5 and above would be tested using Stockholm 3.

This would have an effect on how the IWPCSG run their events and further discussion with Southampton Hospital, GFCT and CHAPs will follow to finalise this new test. The IWPCSG had been picked by Stockholm Hospital because of the way it ran its events and the numbers it tested.

There was also talk about free to total PSA tests, but with an extra cost.

As mentioned earlier, Artificial Intelligence got a lot of mention, especially a Spanish firm Quibim which was trialling a system that could reduce analysis of MRI scans from 50 minutes to 5 seconds.

Other advances included putting a drug to reduce BPH on the balloon part of a catheter which has shown significant reduction of lower urinary tract infections.

A considerable amount of time was spent expounding the benefits of multi testing at testing events ie Diabetes, Cholesterol, Iron levels, liver and kidney function etc, which would include women having tests in the same venue as men. A 3 test mix for example would cost £65 for cholesterol, iron count and diabetes.

We then had a talk from Mr Israr Khan the Chief Consultant Urologist from Hull, who was performing 18 biopsies a day every day, including weekends, plus running the Bad News Clinic. He explained how the lack of awareness, and no screening was making his job more difficult, together with a shortage of qualified people and ultrasound shortage of equipment. He had taken a 3 day holiday to Spain to attend a conference on artificial intelligence and saw this as the answer to some of these problems. He reminded the delegates that inheritance gave a 4 x risk but not mentioned in early guidelines. He also emphasised the need for all men needing a biopsy not to settle for anything other than a transperineal method, and that the rectal spacer was still problematic. Of 52,000 diagnoses last year, 12,000 men died, 1,500 did not survive longer than 12 months, the worst statistics in Europe.

Ken Hall was our next Speaker, a qualified screening technician who had left the NHS to run his own company, Aqua Medical Ltd, selling screening equipment to the NHS. He also stressed the problem of the lack of screening and the delay in care by refusing to give a PSA test to every man over 50 years old. He was concerned that the promise of the Government project was already having an effect in reducing the number of men coming forward to be tested. He also stated that 10% diagnosed with Prostate Cancer should start treatment

in 32 days, and that there was a lot of money available for AI.

He then explained the pro's and con's of different types of Radiotherapy, from basic techniques to SABR, BRAC, and PET scan therapy.

The future was in having a rapid access Prostate Clinic where a man could have a PSA test, Stockholm 3, MRI scan and biopsy all in one day!! But he stressed that this, and even the proposed Transform Project, would be 15 – 20 years before it led to mass screening.

After lunch, Professor Kenneth Muir gave a talk about Multi-morbidity Prevention. It appears that the majority of the population over the age of 60 years, have more than one chronic disease. He spoke about two measures, chronological age and biological age and how the population needs to be educated in changing the present situation. It seems that a person with a chronological age of 65 could have a biological age of 50 or 80 years, depending on their lifestyle. He actually reduced it to a 3-stage health chart:

- 1 Get tested
- 2 Be active
- 3 Repeat 1 and 2 again and again.

Everyone should give their relatives over 50 a fitbit and encourage the 10K steps life pattern. But even 3K was better than nothing and to coach and encourage each other to remain active. He also spent some time talking about DNA reflecting our inherited illness and the need to have DNA/Gene tests which were available from Manchester University.

We finished off with a Q & A half hour, when we got answers to the care of men who faint at PSA tests, the option for men who did not have an email address, and lack of awareness about Prostate Cancer.

In conclusion, a great deal of information was given out, opportunities were taken to talk to other delegates about their experience in PSA testing, and a number of prospective testers were grateful for information passed on by us as the IWPCSG representatives, including Kidderminster and Worcestershire who would be contacting us for an in detail description of how to organise a PSA test event.

Alan Taylor

