

## Million Miles Achieved

Just two years ago at the Annual Luncheon, HRH The Duchess of Gloucester launched our Million Prostate Miles Campaign and contributed the first pound. We are delighted to report that the target has now been reached and a million pounds has been raised. Men, women and children have walked, run, cycled, sailed and swum incredible distances with the good wishes of innumerable sponsors to make this possible. Some of their endeavours we have reported on in previous editions of *Update* and in this edition there are yet again great stories.

Our thanks to all who have taken part either actively or through sponsorship. All of you have helped the **Prostate Research Campaign UK** to prevent prostate diseases ruining lives and we thank you all.



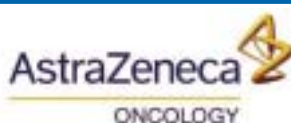
*This West Highland Way image captures the spirit of all our 'Million Milers'*

## Seminars roll-out nationwide

We aim to provide accurate information on all prostate diseases, but we must also ensure that it gets to those who need it. To do so we have to position ourselves at the first point of contact between patient and healthcare provider - at the GP/Practice Nurse level - for only by ensuring that they are aware of our services, and abreast with current developments, can we provide a better service.

We started running free seminars - **'The ABC of Prostate Diseases'** - for these healthcare professionals this year, and the first two were held in Manchester and London. On 4 October we held our third seminar in Birmingham and once again were left in no doubt that we were filling a real need. We have been fortunate that some of the top experts in the field continue to provide their services free, and next year we will run three more seminars UK-wide (Belfast, Edinburgh and Southampton). One of these is being part-sponsored by PCaSO (a well-known Prostate Cancer support group), a clear demonstration of the value of co-operation.

Mr Neil O'Donoghue FRCS, our Vice Chairman, has emphasised the need to run even more such seminars in the future, for NHS plans envisage urological patients being dealt with initially by non-specialists.



are pleased to have financed this issue of *Update* as a service to the community. The views expressed are not necessarily those of AstraZeneca Oncology and the company is not responsible for any inaccuracies or statements made.

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# Worthwhile Walking and Wandering

Two teams tackled Hadrian's Wall in the last week of July. The keener, mostly



Richard Killick - *Update* Editor - with his wife, Shirley

younger *Walkers* started from the East Coast with the pleasures of Tyneside and the hike through the city. Two days into their walk they met up with the *Wanderers* at the appropriately named village of Wall for a jovial ice-breaking dinner. The things we all had in common, of course, were prostates or the lack of them. But that only dominated the conversation at the start after which we all discovered just how interesting and congenial our walking companions were.

The *Wanderers* covered the hilliest central forty miles in four days while the six *Walkers* took six days to earn



Gill Helsby (left) and Sue Johnson climbing over the style.

the satisfaction of trekking the entire 84 miles of wall. Our ages ranged from 40 to 75 - two great convivial teams.

The advantage of not using all one's energy on the hike is that there is much else to see and do along the way. To any

who might have a go next year, we recommend the baths and sanitary arrangements at Chesters Fort (but only for looking at!), the mile castles and sentry boxes along the wall itself and, most amazing of all, the letters unearthed from a ditch at Vindolanda including an invitation to a birthday party in AD 122 or thereabouts.

The serious walkers were well on the way to Carlisle when the *Wanderers* reached the well-known Housesteads Fort (about half way). But all foregathered at the delightful Saughy Rigg B & B for another memorable evening of story telling and liquid refreshment.

Even when it poured with rain, we were buoyed up by the knowledge that we had dozens of sponsors eager for our



Lunch time. Wandering style.

success and were walking for two hundred pounds per mile. The total raised amounts to over £30,000, which is praise worthy indeed.



The Wall Walkers from the left, John Evans, Sue Slade, Penny Riches, Charles Dimmock, Gordon Garland, Derek Riches

# To the Editor of Update

I read the excellent piece by Dr Tom Stuttaford about incontinence (*Summer Update*).

Following a radical prostatectomy I had this problem, really badly. I was filling the largest absorbing pads twice or three times a day. I spent hours every day doing pelvic floor exercises without much improvement. I then acquired one of those electric gadgets that goes up the backside that are supposed to replicate the pelvic exercises only more so. Despite lengthy use on maximum settings it too had little effect. Finally, I went to a hypnotherapist recommended to me, who does a lot of work with hospitals. He gave me one 20-minute hypnotic session, which he recorded and then gave me the tape, with instruction to listen to it in auto-hypnotic repose every day. A week later I had a reinforcing session, followed by continuing daily autohypnosis. The upshot was that my incontinence dwindled to a level of about 1 per cent a day of my liquid intake, easily managed with light incontinence pads.

Felix Wentworth

## Another Letter

Dear John,  
Thank you very much for letting me work at the charity over my half term holiday.

Everybody at my school had to make a speech explaining all about their own work experience. All the other pupils are not aware of their Prostate and how to look after themselves. My teacher was very impressed and I feel as though I may have helped save someone's life.

Thank you.

Sam Reeson (Age 15 years)  
Coombe Boys School, New Malden

# A Surgeon's Tale by David Barnard

Twenty one years as consultant in Portsmouth, Dean of my Faculty at the Royal College of Surgeons of England and just elected President of the British Association of Oral and Maxillofacial Surgeons, I was at the pinnacle of my professional career. However, with my busy lifestyle I allowed little time for anything else and my weight had increased to eighteen stone. Perhaps fortuitously I was about to get a very big wake-up call.

I casually mentioned to my GP that I had experienced recent problems with urinary function, (my wife later said it was several years!). A PSA of 4.2 led to a urological referral and a biopsy a few days later. On Valentine's Day 2001, while chairing a meeting, I took a call informing me that the biopsy confirmed a diagnosis of prostate cancer. I guess there is no

easy way to say it and no easy way to hear it. The diagnosis at this time was pure serendipity and, as events turned out, probably lifesaving.

I might have practised in a surgical specialty for most of my professional life, (albeit somewhat north of the prostate), but now suddenly I was a patient with all the usual questions and worries. I decided to explore the option of surgery - perhaps predictably for a surgeon. With a rising PSA a date was fixed for radical prostatectomy ten days later, together with an invitation to lose a couple of stone in the interim! Struggling up the South Downs over the next week with two disbelieving border collies was a test for all three of us! This was clearly the start of a long journey. I had no doubt that I wanted the treatment providing the best chance of cure and this became top of my agenda - everything else was secondary.

Surgery and the immediate post-operative period were uneventful. Unfortunately, although the Gleason score following biopsy was 7, the surgical specimen ranged up to 10 with a positive

surgical margin. A decision was made to have a course of radiotherapy commencing in six weeks time. This was disappointing but fitted with my earlier philosophy for management.

Two months after the radiotherapy had ended my flow rate got steadily worse and became intensely debilitating. My wife eventually blew the whistle on me but minor surgical adjustments sorted things out. It was felt intermittent self-catheterisation for a few weeks would reduce the risk of further problems and after initial reticence I could soon complete this task in less time than it took to clean my teeth. This episode demonstrated how important it is to seek prompt advice if you are in difficulty. Without

my wife's intervention I could well have ended up in serious trouble.

Throughout the following year I completely re-focused my lifestyle in terms of diet and exercise. I joined the local gym and daily walked my dogs for miles. I lost over 6 stone and felt fitter than I had for years. In 2005, for medical reasons unconnected with my cancer, I had to make the decision to retire

completely. I can now report that six years after surgery my weight is under control, my PSA remains undetectable and I have no troublesome functional problems as a result of the experience

I consider myself very fortunate in having my cancer diagnosed at an early stage that allowed potentially curative treatment. The process was trying at the time but with excellent professional and personal support the journey was satisfactorily completed. The outcome is everything for which I could have hoped with positive bonuses for general well-being. My 16 year old border collie continues to enjoy his new lifestyle!



The Rotary Club of the Channel in Folkestone has raised £1,500 for **Prostate Research Campaign UK** with its Jazz for Life Picnic, which was supported by five top Kent jazz bands. The impetus came from the growing awareness of prostate illness in the local community including several Club members.

While his colleagues had their feet firmly on the ground, Club member Lee Robinson and friend Robert Deakin were climbing the 14,600ft Matterhorn to swell the Charity pot. Lee's phone call to the Jazz Picnic was broadcast live to everyone making an excellent day even more special. The proceeds from the day were shared between four charities.



## Young supporter

Medical student Alastair Dick swapped his stethoscope for a pair of trainers and ran the New York Marathon in aid of the Prostate Research Campaign UK. It is not too late to support Alastair. Just log on to [www.justgiving.com/prostatemarathon](http://www.justgiving.com/prostatemarathon) to donate.

## Last chance

In July we wrote to all those we had not heard from for over three years asking them whether they wished to continue to receive **Update**. There was a very positive response to that letter but there are still some who have not replied. If you are one of those who have not replied please do so before the end of November or regrettably we shall delete your name from our mailing list.

# Warriors of the West Highland Way



The Veterans from the left - Harley Atkinson, Andrew Ball, David Rickards, Simon Oddie, Andrew Etherington, Annie Rickards, Roger Plail, Hugh Sharp, Rex Willoughby, John Anderson

The seventh annual fundraising challenge for our team of dedicated supporters took more than 30 walkers on a 100-mile trek in 6 days from Glasgow to Fort William. They all successfully completed the challenge and have raised over £200,000 in sponsorship! One of the walkers, **Joe Kirby** aged 21, tells his story . . .

‘The walkers divided into three groups: the *Medics* led the way, staunchly followed one day later by the *Veterans*, themselves hotly pursued by the *Young Guns*. Each of the three groups underestimated the variable weather conditions,

inhospitable terrain and the punishing distances involved. Injuries took their toll, with blisters, swollen joints and inflamed tendons all hampering progress. Tales of endurance against all odds filtered down from every team. As each group arrived at the famous Stagger Inn, they did, quite literally, stagger in.

My dad led the *Medics* but John and Gill Dick forged ahead and also triumphantly surmounted Ben Nevis.

The *Veterans* were the most experienced fundraisers. Sustained by the enthusiasm of the legendary Andrew

Etherington and Rex Willoughby and cajoled by the rest of the group, this team stormed the Devil’s Staircase with blistering pace.

*The Young Guns* - a group of 20 year-old students, won the battle for hearts and minds. They went into the Scottish Highlands as fresh-faced upstarts and emerged from the mountains as grizzled warriors.

Two Scottish prostate cancer sufferers, together with their wives, joined the walk for one day. One underwent successful prostate surgery in London the week after the trek, The other is about to undergo radiotherapy in Glasgow. We wish them well.

Our exertions, coupled with your generous donations including many from the *Medics* team’s grateful patients, have raised, to date, over £200,000 as well as promoting much needed awareness. The trek brought together a diverse range of personalities, age groups and professions to promote the mission of preventing prostate diseases ruining lives. We thank you warmly for your support, and hope that you will join us in the pursuit of one of our next endeavours.’

## Incredible Challenge



Peter Finch was diagnosed with prostate cancer in 1995 and underwent an operation followed by radiotherapy. The cancer then spread to his pelvic bone structure and lower spine. For the past 11 years he has been on medication to fight the disease. To raise vital funds and awareness, Peter has set himself an incredible challenge - to swim 500 miles, at a projected rate of two miles a day, five times a week, for a year. Please show your support and encouragement by sponsoring Peter online at: [www.justgiving.com/peterfinch](http://www.justgiving.com/peterfinch)





Steve Riley organised the Will to Win Tennis Days to encourage youngsters to play in a fun environment. These tennis days took place across a number of London parks and the coaching clinics raised funds for the Prostate Research Campaign UK to the tune of £178.

## Sincere thanks to . . .

**Jeremy Sheldon and Graeme Torre** for taking part in a French Ironman Triathlon. They raised over £5000.

Our golfing enthusiasts, who have been busy again! **Adrian Goldsmith** who held a successful golfing day and dinner and raised £2050. **Tony Dobrin** who raised £600 at his captain's day at **Finchley Golf Club** and to the **Wakefield Golf Club** for raising £160 at their mixed golf open day.

**Rotary Club of Biddulph** for raising £1500 at a sponsored swimathon.

**Liz Ray**, who raised £109 by holding a strawberries and cream night during Wimbledon fortnight.

**Graham Guthrie** and friends for cycling the South Downs Way for the second year running and raising £1040.

**Nicola Perkins** who ran a 10K race and raised £225.

**Eric Saxton** who walked from Avebury to Streatley raising £675.

**Inner Wheel Club of Glastonbury and Street** who held a successful coffee morning and lunch and raised £400.

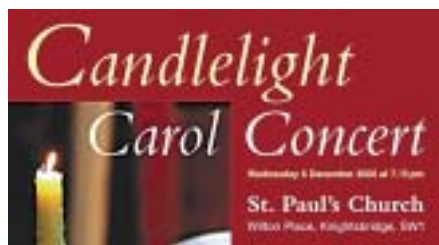
**Culford Lodge** who raised £210 from a ladies night raffle.

**Wyn Johns** who collected £765 at a recent Birthday celebration.

The **Rotary Club of Rickmansworth** for raising £1000 from their charity quiz night.

And all whom space prevents us mentioning.

This edition of *Update* went to print prior to the Annual Luncheon at The Dorchester on Friday 20 October. Thank you to everyone who attended - further information on the event will be in the next issue. Meanwhile photos are on the website.



This very special Christmas event, on Wednesday 6 December at St Paul's Church in Knightsbridge, will be in the presence of our Patron, Her Royal Highness The Duchess of Gloucester. The concert will start at 7.15pm with carols by the Vasari Singers, and readings by our Patron, Sir Ian Holm, Ken Loach, Geoffrey Palmer, Corin Redgrave and Dr Thomas Stuttaford. The event is in aid of the Pelican Cancer Foundation and **Prostate Research Campaign UK** and the tickets cost £20 per person. If you would like to attend, please complete the enclosed booking form.

## Hike for Hope 07

In March 2006, 104 people had the experience of a lifetime as they trekked across the Jordanian desert raising more than £600,000 for the first ever Hike for Hope. You can be part of the second Hike for Hope challenge - an exciting five-day trek along the extinct volcanoes of the Rift Valley in Kenya - to raise money for prostate and gynaecological cancers.

For further information and an application form:

please call: 0845 408 2698

email: [events@actionforcharity.co.uk](mailto:events@actionforcharity.co.uk)

or visit: [www.actionforcharity.co.uk](http://www.actionforcharity.co.uk)

## Events Diary

**6 December 2006**

**Candlelight Carol Concert**  
St Paul's Church, Knightsbridge,  
London

**16 February 2007**

**The ABC of Prostate Diseases**  
Free seminar for medical professionals  
Belfast

**20 March 2007**

**Reception & Dinner**  
Vintners' Hall, London

**18 May 2007**

**The ABC of Prostate Diseases**  
Free seminar for medical professionals  
Edinburgh

**17 June 2007**

**Pants in the Park**  
5km fun run in Battersea Park,  
London

**9 September 2007**

**Pants in the Park**  
5km fun run in Old Deer Park,  
Richmond

**5 October 2007**

**The ABC of Prostate Diseases**  
Free seminar for medical professionals  
Southampton

**12 October 2007**

**Annual Luncheon**

**24 November - 3 December 2007**

**Hike for Hope 2**  
Rift Valley Trek, Kenya

## Marathon 2007

We have one guaranteed place available for the Flora London Marathon on 22 April 2007 and we hope to raise a minimum of £5,000 in sponsorship. If you would like to run for **Prostate Research Campaign UK**, please call us on 0208 877 5845 or email [fundraising@prostate-research.org.uk](mailto:fundraising@prostate-research.org.uk). We also welcome runners who are lucky enough to get a place via the national ballot - please let us know if you are successful and we will happily support you with your training and fundraising.



## Sex after the 'Op'

In *Update 24* we wrote about erectile dysfunction in men who had benign prostatic hyperplasia (BPH). In this article we discuss newer treatments for men who experience this problem following radical treatment for localized prostate cancer.

Erectile dysfunction (ED) is one of the most frequent complications resulting from either radical prostatectomy or radiotherapy for prostate cancer. The likelihood of suffering in this way is related to the patient's age, his preoperative erectile function and the extent to which the nerves have been spared during the prostatectomy itself. Even in the most favourable circumstances the risks of ED are high. So what can be done to help the return of sexual function?

Nerves take a long time to recover from the trauma of surgery. Patients have reported improvements in their erectile capability as long as two years after the operation. So patience and persistence are key factors, as well as scrupulous nerve sparing surgical technique.

Many men with erectile dysfunction have tried one of the three PDE-5 inhibitors on the market (Viagra, Cialis and Levitra). Lessons from various studies show that many men give up too soon, dismissing the drug as ineffective. The evidence is that at least 6 to 8 attempts with the highest dose of the drug should be made. Indeed there is evidence that a continuous daily dose of a PDE-5 inhibitor may be effective where intermittent usage has failed. And, of course, it does not follow that if one PDE-5 inhibitor is ineffective they all will be.

Much research is now focused on so-called *penile rehabilitation* where regular daily doses of a PDE-5 inhibitor are given in the months immediately following prostatectomy. Recent trials have shown this to produce a higher number of patient's achieving spontaneous erectile function after nine months. Other trials have shown early regular injections into the base of the penis of prostaglandin E1 (Caverject) to work to help resolve erectile dysfunction. Yet another researcher has encouraged his patients to achieve at least three erections per week by either taking PDE-5 inhibitor tablets or, if that was ineffective, intercavernosal prostaglandin injections.

Vacuum devices may also be beneficial.

There is evidence that such

## Tour de Tortoise by Guy Anderson

Last December, a group of my Oxford Tortoise Club friends had finally said goodbye to rowing. Tied to our desks for several years we were ready for a physical challenge. Someone suggested cycling from Geneva to Nice over the Alps, following *La Route des Grandes Alpes*.

This famous route winds its way across nearly 500 miles of Alpine roads,

Thanks to my father's work, we are all aware that statistically, prostate disease will affect at least half of us when we reach our fifties, and at least one of the ten of us is likely to contract prostate cancer. Furthermore, people are always using sport to promote diseases that affect women, so we thought it was time to make men prostate aware. Everyone



Left to right: Richard Hardy (in yellow - the van driver), Richard Todd, Sam McLennan, Michael Bonham, Richard Pinckney, Luke Finch, Christopher Reeve, Guy Anderson, Mark Vickers, Paul Dunbar. Absent (well, actually taking the photo) was Andrew Nelder.

climbing around 15,000 metres (nearly twice the height of Everest) and includes most of the great Tour de France climbs including the Col de la Bonnette, the highest pass in the Alps.

Whilst it was a great personal challenge and a great test of patience for our understanding girlfriends, (routinely abandoned in favour of our bicycles), we decided to use this opportunity to raise both awareness and money for the **Prostate Research Campaign UK**.

rehabilitation programmes are successful with over half of men achieving spontaneous erections at 18 months, compared with just one in five of those who were treated only as required.

Much remains to be done to prevent sexual dysfunction after treatment for prostate cancer, but these results are encouraging and suggest that a proactive approach may reap benefits for the patient and his partner.

agreed this to be a vital component of our trip and began spreading the word to friends, relatives and work colleagues. The response far exceeded our expectations, and at the most recent count we had received donations of around £27,000.

Each day we would race one section of the route, which included the toughest climbs, and would sometimes involve over two hours of uphill battle. This kept us all on our toes and made those stages go by a little faster. (*I mistakenly thought the yellow jersey relevant to this. Ed*)

Initially the weather was dreadful. Fortunately as we headed south the weather cleared, and despite so many hours a day on the saddle, most of it going uphill, everyone thoroughly enjoyed the trip. Having said that, no one complained when the Mediterranean was finally in sight, and we coasted down into Nice.

Now we are having some time off to reflect, and to plan next year's challenge...

## We spent money on . . .

John Donohue writes enthusiastically of the training in laparoscopic surgery that he received earlier in 2006 at the University Hospital in Brest, thanks to a training grant from the **Prostate Research Campaign UK**. His mentor, Professor Georges Fournier, has performed over 500 operations. John's training consisted initially of assisting and then undertaking all the steps involved. He has now returned to the UK and has been able to apply for urology consultant posts - something he would not have been able to do without our assistance.

Simon Bott has completed work we helped to fund at University College, London. This has resulted in the creation of predictive tables that indicate whether a cancer is confined to the prostate or not. Knowing this helps enormously in deciding whether to undertake radical treatment or whether active surveillance may be a safe option for the patient. Previously the only such tables available had been derived from an American population of patients and were therefore only of limited usefulness.

Mark Feneley at the Prostate Cancer Research Centre has been looking at molecular changes in early stage prostate cancer and relating these changes to the ability acquired by the cancer to invade and metastasise. From a database of prostatectomy patients 84 were identified where pairs of patients had similar medical characteristics except that one half had cancers which had recurred within two years and the other half had not. These 42 matched pairs allowed cellular molecules, genes and chromosomal structure growth regulators to be examined. So far no consistent relationship between candidate biomarkers and the behaviour of prostate cancer has been found. So, the work continues.

The full story behind each of these accounts can be found on our website: [www.prostate-research.org.uk](http://www.prostate-research.org.uk)

### Need to talk to someone?

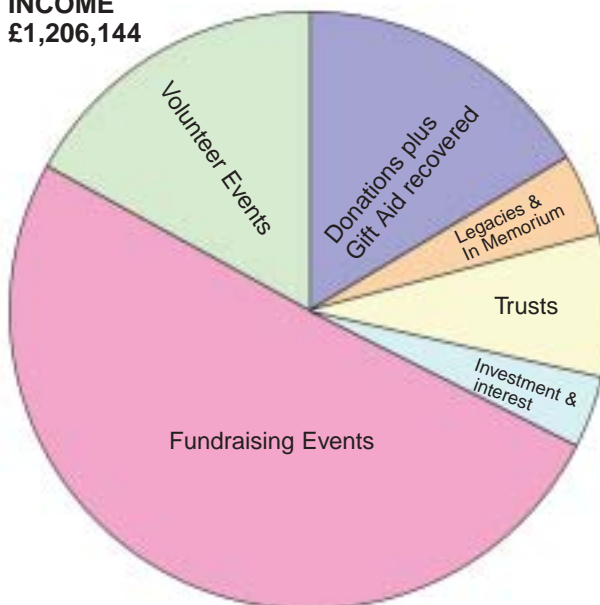
You have had the tests and the diagnosis and now have difficult choices to make. We have two volunteers, who have been through the experience and are happy to talk to you.

Call **Keith** on 07748 834 993  
(Wednesdays between 2 and 5 pm)  
or **Adrian** on 020 7629 1110  
(Thursdays between 2 and 4 pm)

## 2005/06 Accounts - another great year

Our 2005/06 accounts are now available and show income up by a massive 50.6% over the previous year. Research and training grants were up by a third and we could afford to put 37.6% more into information and awareness.

### INCOME £1,206,144



There was unprecedented growth in events income. The *Hike for Hope* event brought in over 30% of the total. This will not be repeated until November 2007 and so we are anticipating a drop in total income this year. We do not anticipate a cut in services, however, as we have sufficient reserves to sustain growth.

Sponsoring research and training medical professionals are major objectives of the charity. In 2004/05 we awarded grants totalling £368,167. The intention was to increase this by 10% but due to the major growth in income we were delighted to be able to award £489,834. At present, over 30 sponsored research projects are underway, details of which can be found on our website. In line with our strategic plan we expect to increase awards by a further 10% this year subject, of course, to the quality of the applications received.

In the training field we have established a system of Travel Bursaries for members of the British Association of Urological Nurses. We have also focused

upon training GPs and Practice Nurses, some 400 of whom have now attended our free seminars.

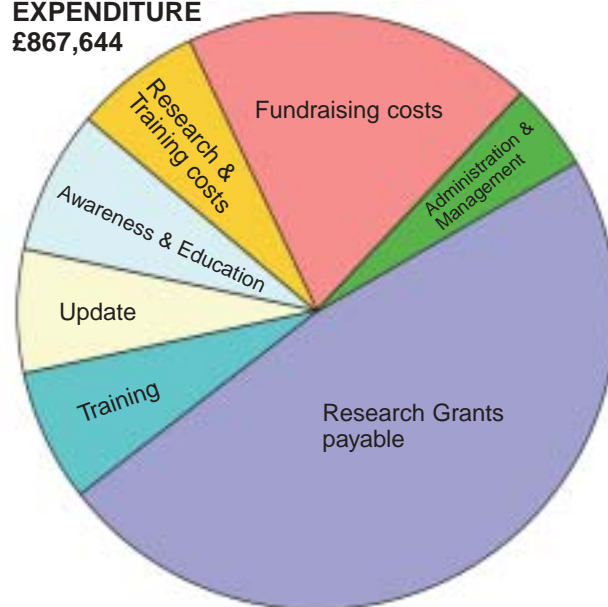
We have spent £185,389 in the past year on information and awareness materials. This now represents 21% of total expenditure.

The cost of generating income has fallen to 13.6 pence in the pound: this fall is quicker than anticipated, primarily due to the *Hike for Hope* event. Such costs are likely to rise during the current year.

Governance costs have fallen considerably and now represent less than 5% of expenditure. This fall is partially due to the fact that in the previous year we had to include considerable costs to set up the Putney office.

In the past two years the **Prostate Research Campaign UK** has undergone major reorganization and income has nearly doubled. The Trustees are confident that with the help

### EXPENDITURE £867,644



of all supporters we shall be able to improve the services offered and move ahead with our vision: 'to stop prostate diseases ruining lives'.

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