

Welcome Amanda McLean

Prostate UK's new Chief Executive

Following John Anderson's retirement after five very successful years as Chief Executive – years that have seen **Prostate UK** treble in size, building on the excellent foundations laid in President, Tony Kilmister's era - we are delighted to welcome Amanda McLean as his successor.

Amanda has enjoyed a varied career in what is now called the third sector. This started in the field of education and was followed, via a short spell as a regional fundraiser for a national children's charity, by the opportunity of assisting with the foundation of the Windsor Leadership Trust – a leadership development charity closely associated with St George's House in Windsor Castle.

A very busy three years working with the Dean of London Business School came next. The mania of that period was tempered by a slightly quieter stint working in her father's employment law consultancy, during which time her two children were born.

On returning to full-time employment, Amanda went first to the Windsor Leadership Trust to manage their 10th anniversary celebrations and Strategic Leadership Consultation, and most recently was Director of Fundraising & Communications for the charity DebRA UK.

Married to Robert, who works for a large private client law firm in the city, they have two children, Molly (7) and Henry (5). Both are very interested in their mummy's new job, although grasping some of the issues involved is rather challenging at their ages. Molly explained to a friend that it was 'something to do with men's bits'!

Amanda says that she is 'thrilled and honoured' to have been appointed as Chief Executive of **Prostate UK**. 'It's an amazing charity with a phenomenal track record and wonderful opportunities to achieve even more in the fight against all prostate diseases.'

The chairman, Professor Roger Kirby, welcomed Amanda to **Prostate UK** and commented, 'In a field of impressive candidates, Amanda stood out as the right person to lead **Prostate UK** in the next stage of our journey. The trustees are very much looking forward to working with her, and our many friends and supporters, to achieve ever greater things.'



Another successful Luncheon

The Ballroom at The Dorchester was filled with our supporters who were not only treated to some opera singing waiters as lunch was served but also to our great guest speaker, the broadcaster Nick Ferrari. He has long supported the charity and regaled us with several tales including one about his annual PSA test live on air!

Roger Kirby and John Anderson then took to the stage to report on the charity's activities, starting with the excellent news of our increased income that reached £1.7million last year (see overleaf) and the continued success of our one day seminars where we have now trained over 1,300 GPs and nurses. There were huge cheers to congratulate and bid farewell to John Anderson, **Prostate UK**'s Chief Executive for the last five years. But there was no time for tears as Roger talked about the future, the charity's new office and more importantly, new Chief Executive, Amanda McLean. John also informed us of two magnificent donations; The Robert McAlpine Foundation have pledged £90,000 over the next three years and Simplyhealth have given **Prostate UK** £150,000 *continued on back cover*

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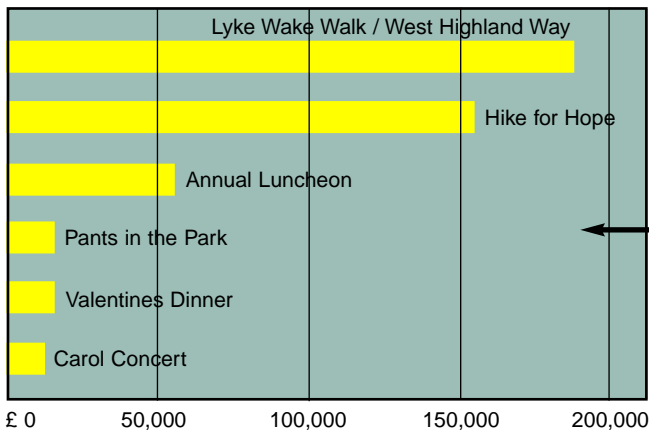
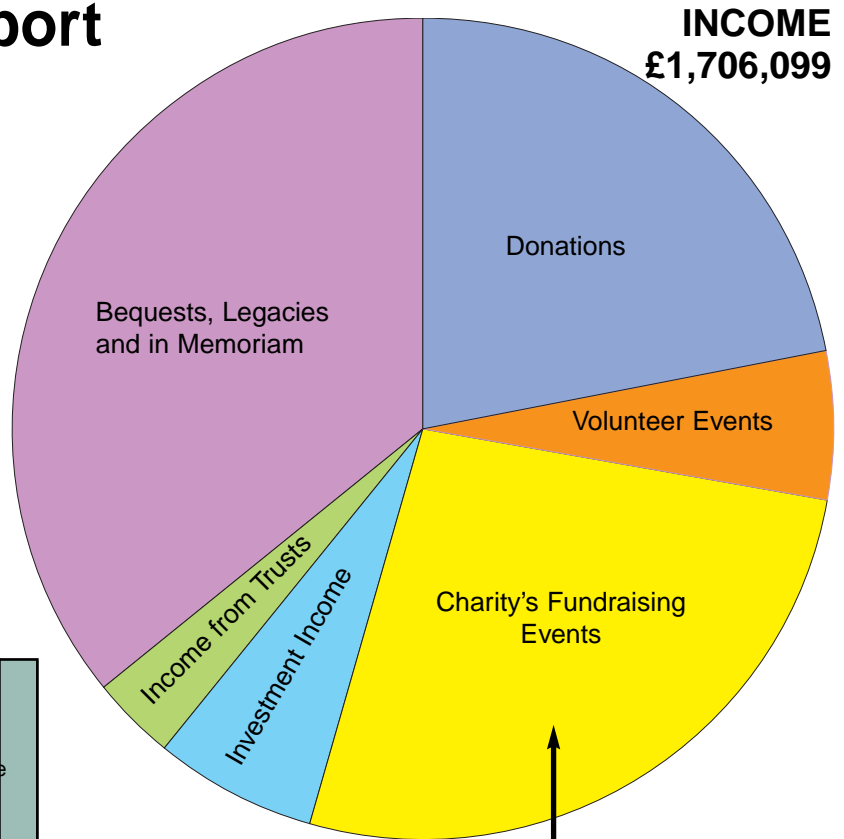
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Income growth of 31% results in increased spend on research, training, information and awareness - thanks to your support

Our accounts for the 2007/08 year ending last March are now available. They show that our income has risen by 31% over the previous year to £1,706,099.

Legacies and in memoriam have been our principal funding source this year. It is to be expected that as the charity gets older so do our supporters and that so many remember **Prostate UK** or Prostate Research Campaign UK (still registered with the Charity Commissioners) in their wills is immensely gratifying.

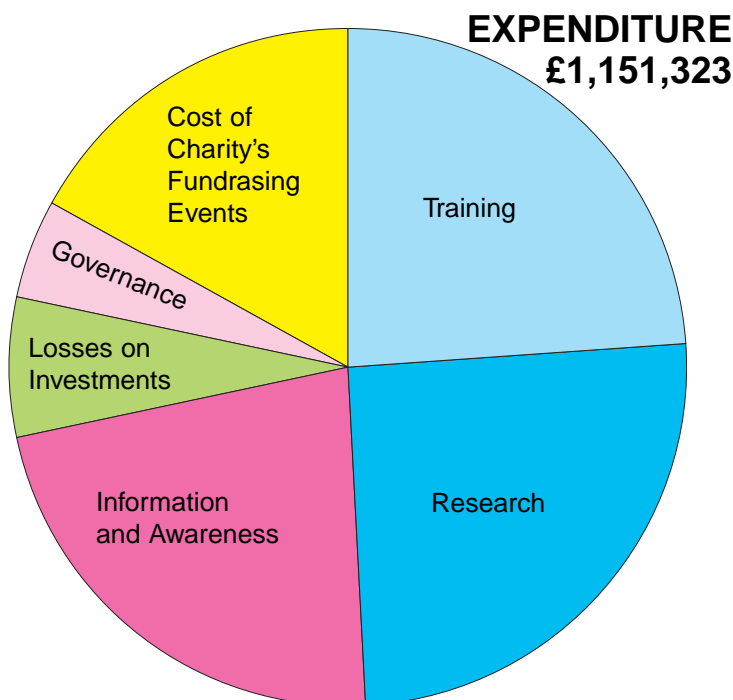
Income from fundraising events fell slightly. Our Chairman's annual sponsored walk and the Hike for Hope event continued to raise valuable funds. However, we anticipate this dropping as *donor fatigue* sets in. In consequence, we must look to our policy of trying to diversify our fundraising to



bring rewards. Simplyhealth, the group of healthcare businesses, remains a major supporter and we are delighted to announce that they are funding the continued expansion of our awareness event Pants in the Park next year.

Expenditure for the year came in at £1,151,323, leaving us with an impressive surplus of over half a million pounds (£554,776). Research, training, information and awareness made up three quarters of our expenditure, as it should do. The figure would have been shown as larger by £138,226 had we not benefited from some year-end write backs from the closure of non-performing projects. Staff costs are included in the cost of putting on our fundraising events and also in governance expenditure. The latter represents just 3% of income. For the first time we have, unfortunately, to show a loss on the capital value of our investments, something that we do not anticipate eliminating during the present financial year although the bulk of the charity's assets are held as cash deposits.

At the end of March this year our total assets amounted to £2,776,021. Of this sum, over £1 million is ring fenced for the payment of grants due to be paid in future years. A similar amount is being spent on a new **Prostate UK** office into which it is planned to move before the lease on its present offices runs out in April 2009. Our total assets also include reserves of £300,000, which equates to three months running costs.



Copies of the Annual Report and Accounts may be viewed on or downloaded from the web site www.prostateuk.org or, if necessary, may be obtained from the office.

Robin Wood's experience of new drug trial

I used to get up in the night a bit more frequently than previously and, triggered by reading a newspaper article, I visited my GP with a request for a PSA test. He agreed, but I was rather taken aback when he also suggested that he would have to examine my prostate gland by a rectal examination. My PSA reading came back at 98 (with no indication of what was

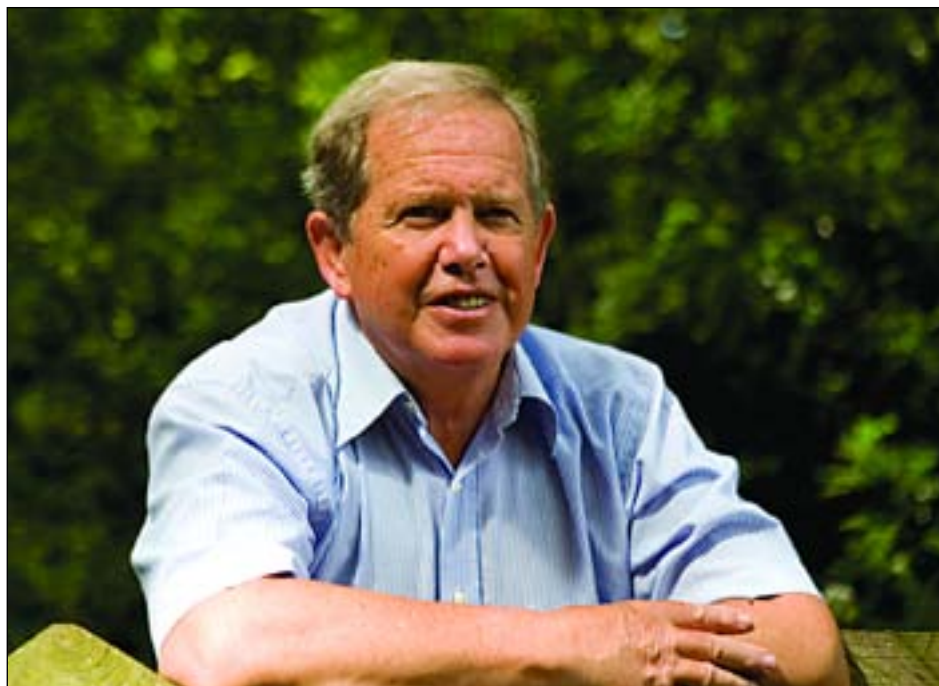
many questions she asked - a page and a half of typed A4. She immediately changed the appointment to allow more time with the consultant. He then spent over 45 minutes with us looking at my scans, explaining metastases and the possible treatments available to me.

At this point I started to investigate prostate cancer via the Internet. My

want to go on a trial? Can you commit to getting here regularly? I was again reminded that they did not have a cure and that I still had a terminal condition, ensuring that I was under no illusion as to the outcome of the trial. When my first line treatments, Zoladex and Casodex stopped being effective two years after my initial diagnosis, I was placed on a trial of a drug called Abiraterone. This was 22 months ago and it has controlled my PSA for most of that time.

Two years ago I discovered **Prostate UK** and indeed, used some of the services they provide. The organizers of the *Round the Island Yacht Race* supported this charity and, considering my passion for sailing, it seemed an opportunity too good to pass by in order to raise funds for this cause. Due to my continued fitness my crew and I have been able to donate a significant sum of money to **Prostate UK** to support its good work

What has my diagnosis taught me? Well I have never had so many highly skilled people rooting for me. I have some very generous and supportive friends making it easy to address everything with a positive attitude. I am fortunate that I can talk freely about my cancer. This freedom has enabled me to persuade a large number of colleagues to have a PSA test resulting in at least three radical prostatectomies with a further number receiving other treatment. I have a firm conviction that all men over the age of fifty should have annual PSA tests.



normal) and I was immediately referred to the Royal Berkshire Hospital.

Following a biopsy and scan, my wife and I, then aged 62, attended an appointment at the urology department. The interview room was very small, not enough chairs, and the specialist nurse had to sit on the couch. Most memorable however, was the expression on the professionals' faces, which said it all. They confirmed that I had advanced terminal prostate cancer. My biopsy results gave me

“ all men over the age of fifty should have annual PSA tests ”

a Gleason score of 3 + 5, which they told me amounted to a score of 7 (yes, seven). The consultant reassured us that there were various treatments and I was given literature to read. My thoughts were racing - how would my wife cope? What do I need to do? - How long have I got?

Another appointment was arranged. I called the nurse to say that now I had started to get my mind in gear I had several questions for the consultant. How

prognosis predicted 30% chance of living four years or 20% chance of five years. My cancer was inoperable, a fact that had been confirmed on numerous occasions by various persons, so eventually I had to believe it! I discovered that there were a number of trials being undertaken on controlling and treating prostate cancer at its various stages. My biggest challenge was to find a trial relevant to my stage of the cancer, at a location that was accessible and last, but by no means least, for which I would be a suitable candidate.

I was exceedingly lucky that The Royal Marsden Hospital was reasonably close by. I learnt that they had various trials running. Contacting the Marsden I was informed that I needed a referral from my oncologist before they would see me. Despite my anxieties, my request to the Royal Berkshire was well received and a referral was sent within 24 hours. The Royal Berkshire continued to monitor my progress with regular PSA tests and telephone consultations.

At the Marsden I had various appointments, accompanied by my wife, and was asked questions such as why do you

Christmas Carol Concert

Start off the Christmas season in style with the annual **Prostate UK** Carol Concert at St Paul's Church, Wilton Place, London. Once again we have a cracking line up for you; the music director is none other than Suzi Digby (Lady Eatwell), one of the judges from the hit BBC1 show *Last Choir Standing* and readers include Corin and Jemma Redgrave and Martyn Lewis. We hope to see you there on 1 December – please do call the office to book your tickets or log on to www.prostateuk.org and follow the link.

Fundraisers hit Italy

Some of our fundraisers have been spreading the word about **Prostate UK** as far afield as Italy! Peter Henry has cycled 1193 miles all the way to Italy over the summer. His trip took in much spectacular scenery and raised sponsorship from generous family and friends.



Also visiting Italy were Guy and his co-drivers Simon Jukes and Simon Starling who took part in the Scally

Rally – an annual event in which teams drive cars costing less than £100 to Italy. The friends, who call themselves the *Three Jalapenos*, returned home to Liss after completing the trans-Alpine rally. The 15-year-old Ford Escort successfully made the 1,552 journey from Hampshire to Rimini, helping to raise £1,500 for **Prostate UK**. Guy Dawes said ‘It was a great experience, and we’re now trying to think of something even more challenging to do next year.’

Ed gathers gold again

We are delighted that Ed Coode has chosen to champion our cause. The British rower, twice World Champion and Olympic gold medalist gave two highly relevant talks to 160 Burges Salmon staff in August just days before the Beijing opening ceremony. He delighted the audience by speaking about his experiences at the last two Olympic Games and what the Olympics was like from a competitor’s point of view. Ed also spoke about his hopes for the Beijing Games and his predictions for British medals. With hindsight, he felt he did not predict enough though he was not too far off! Ed raised over £300 for **Prostate UK** - a truly Olympian sized pot of gold!



Sherborne Celebrity Golf

The picturesque Sherborne Golf Club hosted its first Celebrity Charity Golf Tournament this summer. The main sponsor of the day was AgustaWestland of Yeovil. The celebrities made the sunny day a huge success, and £3,000 was raised for **Prostate UK**. The winning celebrity was Russell Osman in the *Left, Right sometimes Middle* team sponsored by Gateway Bureau Services. The golf was followed by a display of trick shots and an auction of donated items. Needless to say, the beer and burger tents also proved popular (as the picture demonstrates).



Our thanks to . . .

The Brethren of St Christopher Lodge for choosing us to benefit from individual donations from their meetings.

Roy and Patricia Bowles who raised an impressive £965 in lieu of presents at their 50th wedding anniversary.

Bransgore C.E Primary School who donated profits from their financial capability project.

Alan Darling and the **Hasting Ramblers** for the £330 they raised on a recent ramble.

Mr B Dargue who held a soup evening in aid of **Prostate UK**.

Arthur Morrison who kindly asked for donations to be made at his recent £80th birthday.

Colin Fryer for donating the proceeds of his plant stall.

Haslemere Rotary Club for their most generous £875 donation.

James Jones who raised £265 on his 70th Birthday.

J Peacock who undertook a sponsored charity bike ride raising £255.

John Pritchett who raised £135 in lieu of presents at his 65th birthday and retirement party.

Albert Brown and the **Rotary Club de la Manche** for undertaking a charity walk in aid of **Prostate UK**.

The **Rotary Club of Radlett** for their £200 donation.

The Shropshire Prostate Cancer Support Group for choosing our charity to benefit from their golf tournament.

Fran Harvey who raised an impressive £1,070 from a 125 miles bike ride and for running the Chippenham Half Marathon in our name.

Alan Riding and his fans who raised £740 through Alan’s marvellous CD ‘No More Sinatra.... Well Not Quite!’

Dragon and her crew who cruised the Four Counties Ring in our name to raise £365.

One of our most faithful supporters, **Rex Willoughby** who ran his 11th consecutive Great North Run in aid of **Prostate UK**!

Jo Sweetland

Jo Sweetland took part in *Run to the Beat* in October in our name. It might have been raining but that did not dampen the runners’ spirits as the route was lined with 16 live music acts. The music played during *Run to the Beat* was specially selected to match the physiological and psychological demands of the half marathon. Jo completed the 13 miles in 2 hours and 20 minutes and raised £2,011. What a great result for a first timer!



Pricewaterhouse Reunion

On 22 July 2008 nearly forty former Pricewaterhouse partners had a reunion lunch at the Royal Mid Surrey Golf Club in Richmond.

This was a very special event for three reasons: it was the first time that the group had met since their department in the London Office had closed and some had not seen others for nearly thirty years.

Secondly, it was to celebrate the seventieth birthdays of two of their number, Mike Maskall and Alan Wheatley, and thirdly



and most importantly, it was to raise money for **Prostate UK**. And raise money it did — some £3,400!

Mike and Alan chose **Prostate UK** as their charity for this event because both had recently undergone successful surgery for prostate problems and wanted to raise their colleagues' awareness about the potential problems they may face. John Anderson, our (now retired) Chief Executive, spoke most eloquently and effectively at the close of the lunch and certainly left no-one in any doubt that one in two of the men there had or would experience prostate disease during their lifetimes. He also told the wives what to look out for!

Our thanks to those Pricewaterhouse people for making such a generous contribution to our funds.



The Manchester Million appeal has made significant progress in 2008, utilising the start up funds that were provided by **Prostate UK** and the British Urological Foundation.

The Manchester Million appeal was launched last year to raise £1million to fight prostate cancer disease in the North West. The incidence of prostate cancer in the area is among the highest in the UK; monies raised will help reduce this statistic via research and an awareness campaign via the Manchester media.

All the money raised will go to the urology research department at the renowned cancer hospital The Christie located in Manchester. The appeal is being driven by Bernard Edmunds supported by Sir Bobby Charlton the appeal patron, Professor Noel Clark and the appeals team at Christie Hospital.

So far the Manchester Million appeal has raised nearly £100,000 and has a number of projects in the pipeline to continue the appeal process.

The *Manchester Evening News* is the appeal partner and Rock Radio has just signed up as a partner for the next 12 months. The Manchester Million has now been adopted as a formally nominated Christie Hospital fund. This is a considerable fillip, allying the major fundraising resource and infrastructure of the Christie throughout the North West of England with the appeal.

Events Diary

1 December 2008

Carol Concert

St Paul's Church, London

12 February 2009

Better Health for Men Conference

London

14 - 22 March 2009

Hike for Hope

Sinai Desert, Egypt

3 April 2009

An Evening Recital with Gina McCormack

St John's, Smiths Square, London

7 - 13 June 2009

Annual Walking Challenge

St Bees to Kirkby Stephen

June 2009

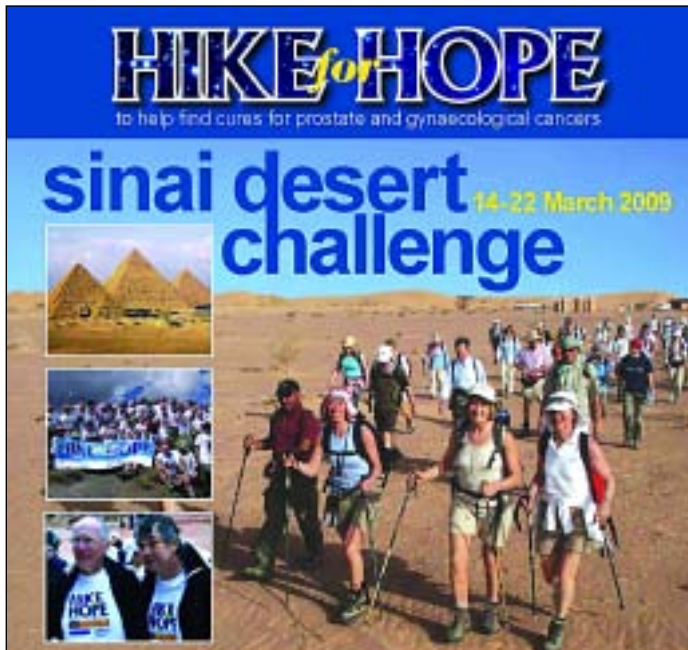
Pants in the Park

Manchester, Leeds, London, Bristol, Andover

16 October 2009

Annual Luncheon

London



The first two *Hike for Hope* challenges have raised more than £1 million. It is hoped the third *Hike for Hope* will be just as successful.

Prostate UK needs to continue funding very important research, education and awareness work and joining the Sinai desert Challenge from 14 - 22 March 2009 would be a wonderful way of helping us to do that. Do join us on an amazing adventure. More information and registration details available on www.actionforcharity.co.uk or our own website. www.prostate.org

Wide differences in cancer survival across the globe

Cancer survival varies widely between countries according to a worldwide study published recently in *Lancet Oncology*.

The CONCORD study, involving more than 100 investigators, is thought to be the first worldwide analysis of cancer survival with standard analytic and quality-control procedures. It provides directly comparable data on 1.9 million adult cancer patients from 101 cancer registries in 31 countries on five continents.

The results closely mirrored the amount each country was spending on health during the period.

While the US led the way with more than 13% of gross domestic product spent on health, Canada, Australia and the best-performing European nations were all spending about 9% to 10%. The UK was spending just over 7% but that figure has now been increased following record rises in the NHS budget to bring it much closer to the likes of France and Germany.

The importance of money was further illustrated by an ethnic breakdown of outcomes in the US. White Americans, who are on the whole wealthier and therefore more able to afford the insurance that underpins the US system, were up to 14% more likely than others to survive cancer.

The study concludes that the main issues are probably differences in access to diagnostic and treatment services, how rich a country is and how much it spends on cancer care.

Survival rates for prostate cancer in UK

Survival rates for prostate cancer have been improving in the UK for more than 20 years. The five-year relative survival rate for men diagnosed with prostate cancer in England in 1999-2003 was 74.4%, 3.6% higher than for men diagnosed in 1998 - 2001. These figures compare with only 31% for men diagnosed in 1971-75.

The Office for National Statistics suggests that much of this increase is due to increasingly widespread use of PSA testing.

Prostate UK believes that there have been genuine improvements in survival due to more effective treatment, both for early, aggressive prostate cancers and for advanced cases. We do, however, accept that it is hard to interpret the survival trends because a greater proportion of latent, earlier, slow-growing tumours have been detected in more recent time periods by the PSA test, effectively operating as a screening test. This has had the effect of raising survival rates due to what is called lead-time bias, that is, the difference in time between screen detection and clinical detection in the absence of screening.

Survival from prostate cancer is strongly related to the stage of the disease at diagnosis. For disease confined to the prostate, five-year relative survival for patients in England in 1999-2002 is 90% or more, but if the disease is metastatic at presentation five-year relative survival is much lower at around 30%.

John Lester



John Lester is only the fifth Prostate Cancer Nurse Specialist in the UK and the very first in the East Midlands. He joined the Leicester Cancer Care Area, Urology team last March. Why do we mention this? Because he is funded by PROSTaid, a local Leicester charity and supported by a grant from **Prostate UK**.

John is already giving support, help and information to patients and their families, who in the past have not had the opportunity to have a dedicated Prostate Cancer Nurse helping them whilst suffering the unfortunate trauma of prostate cancer diagnosis and treatments. We wish him well.

Grant Stewart from the Prostate Research group in Edinburgh University explains his research

The cancer cells within a prostate cancer are often found under low oxygen conditions; this is because the rapidly growing cancer cells quickly outgrow their blood supply. Rather than causing the cancer cells to perish, the low oxygen levels (hypoxia) cause prostate cancer cells to produce a range of molecules which allow the cells to survive i.e. by producing new blood vessels, enhancing glucose delivery.

cancer cells to grow more rapidly than those cells not producing PIF. This result demonstrated that PIF may be important in the rate of prostate cancer cell growth.

I then moved on to assess how PIF affected cells that were 'stressed' by hypoxia or oxidative stress, as they would be in a human tumour. I found that the ability of prostate cancer cells to express PIF protected them from cell death caused by such forms of cell stress.

This survival benefit was in the region of 42% over cells unable to produce PIF. These results suggest that PIF expression by prostate cancer may allow the survival of prostate cancer cells in the harsh tumour environment and allow the tumour to grow and progress. In other experiments I was able to show that PIF expressing cells were more invasive than those not able to express PIF, suggesting that PIF may be relevant in the spread of prostate cancer cells to other organs (metastasis).

From the results obtained thanks to the generous funding

provided by **Prostate UK** we have been able to undertake a very detailed analysis of the function of PIF in prostate cancer. There is still further work to be done to confirm that PIF is indeed worth considering as a good target for the treatment of prostate cancer. These studies have resulted in a number of scientific publications and the completion of my PhD thesis. These achievements would not have been possible without the funding provided by **Prostate UK**.



Previous research has demonstrated that prostate cancer cells can produce a molecule known as proteolysis-inducing factor (PIF). We have been investigating PIF in our laboratory for a number of years. Our study aimed to establish: (i) does PIF allow the survival of prostate cancer cells found under hypoxia or oxidative stress, as they would be in a human prostate cancer?: (ii) what factors allow the upregulation of PIF production?

I determined that PIF allowed prostate

Evening Recital

Keep April 3 in your diaries for an evening recital with the celebrated violinist Gina McCormack, accompanied by Nigel Clayton on the piano. We are holding this event in conjunction with the British Urological Society and it takes place in one of London's premier concert halls, St John's, Smith Square. Do let us know if you are interested and we will make sure we reserve you a ticket.

You can't win them all

Dr Andrew Blann and colleagues have recently completed their project at Birmingham University looking for very rare and unusual cells in the blood of men with prostate cancer which they believe may be important in this disease. In separate unrelated studies, it is known that these unusual cells from the lining of the blood vessels can be detected in the blood of people with diabetes and heart disease, and that there are also changes in these special *endothelial* cells in the blood of people with cancer. Dr Blann's team have provided some of this evidence, but amongst women with breast cancer.

Building on this work, they thought there may have been changes in the numbers of these special cells compared with healthy men and with other men with benign prostate disease. However, against expectation, our researchers have been unable to find any differences that could help shed light on prostate cancer. This work is being written up for a formal medical journal and, although essentially negative, will direct future work towards perhaps more valuable topics.

Christmas Cards

Our Christmas cards are proving very popular this year. If you would like to place an order, please use the enclosed order form. Overprinting is also available. Over 45% of the retail price comes directly to **Prostate UK** to stop prostate diseases ruining lives.

Seminars

Our seminars *The ABC of Prostate Diseases* are completely free CPD accredited training seminars for medical professionals and qualify as in service training. They are aimed at GPs, Practice Nurses, Specialist Urology Nurses etc and are proving extremely popular. We have now scheduled the following:

14 November 2008

Cambridge

6 February 2009

London

17 April 2009

Birmingham

8 May 2009

Belfast

5 June 2009

Nottingham

9 October 2009

Edinburgh

20 November 2009

Southampton

To register please see
www.prostateuk.org
and click **Training**

Robotics training

A team from Guy's Hospital, London went to the prestigious IRCAD Centre in Strasbourg, France to spend two days in July training with the Da Vinci robotic system. The team consisting of two surgeons – Krish Sairam, Senior



Registrar and Declan Cahill, Consultant Urologist and two senior scrub nurses - Pauline Atkinson and Erwin Alamariz, learnt the steps of setting up the system, the techniques used for docking the robot to the patient and nuances of using the robotic arms and the console, maximising the potential of the system.

After returning from the course, which was supported entirely by a grant from **Prostate UK**, Erwin Alamariz said, 'I really feel confident now scrubbing up to assist for a robotic prostatectomy. This training course has provided me with the knowledge and skills to perform my job well, protecting the health and maintaining safety of the patient, an important goal during the operation.' Declan Cahill performed a robotic prostatectomy the day after returning from the course. Krish Sairam, who has a special interest in robotic surgery, feels that this training course has empowered him to perform steps of robotic prostatectomy with confidence. The entire team feel that this training course, in turn, will benefit the patient with prostate cancer.

BPH training trip down under

In August 2008, newly appointed Watford consultant urologist Freddie Banks travelled to Tauranga in New Zealand to consolidate his experience in Holmium Laser Enucleation of the Prostate (HoLEP).

This technique was pioneered in Tauranga in the mid 1990s by world experts Peter Gilling and Mark Fraundorfer as a modern technique of performing benign prostate surgery for urinary symptoms. In essence, it is a modern technique for performing TURP that offers much reduced blood loss and a much shorter hospital stay. If the prostate is likened to a small orange then conventional surgery involves shaving the orange out from the central core to the skin, effectively with a hot paper clip! Not surprisingly it can get a bit messy! With the laser technique the plane between the skin and the orange segment is dissected to remove the orange segments intact, which once disconnected from their blood supply can be minced up and removed (not so messy). The main advantage is that patients are typically allowed home the next day without a catheter and feeling well, as opposed to a 3 - 4 day stay in hospital feeling tired and exhausted. A huge advantage all round!

There is no substitute for experience, and the team in Tauranga are the most experienced in the world as demonstrated by seeing 17 cases in ten days which offered fantastic exposure to the technique. This operative exposure combined with long discussions on the subtlety of the technique in different situations was of huge value to me and has given me the confidence to offer the service as I take up post this October. I am hugely grateful to **Prostate UK** for sponsoring this visit which was of immense benefit to my surgical development.

The Luncheon



Chairman, Professor Roger Kirby and retiring Chief Executive, John Anderson

The Luncheon continued from front cover.

towards growing our seminars and the Pants in the Park fun run, for which we are incredibly grateful. The lunch finished with an auction, with marvellous lots donated by our supporters. We are extremely grateful to those who bid so generously and to Hugh Edmeades our auctioneer.

Finally, a huge thank you to everyone who attended this year's Annual Luncheon and helped make the event such a success raising nearly £30,000 for **Prostate UK**.

The next annual lunch will take place on Friday 16 October 2009 so please put the date in your diary.