

PHAROS

A beacon of hope in the darkness

Newsletter of the Reading Prostate Cancer Support Group (RPCSG)

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Website: www.rpcsg.org.uk

THE NOVEMBER 2022 MEETING

The November meeting was a hybrid meeting with the guest speaker being Professor Mike Kirby who delivered an excellent talk on many aspects of prostate cancer and illustrated with a comprehensive set of slides. You can download his slides from https://rpcsg.org.uk/library/MikeKirby_lifestyle_men_2022I.pdf. He has been involved in prostate cancer treatment for more than 30 years, was a GP and is now a professor and involved in the research network. On slide 2 you can see his credentials.

I have listed below the main points of the talk and some additional information that Mike gave during his talk.

Over the years the discovery of PSA has been a breakthrough and detection techniques have greatly improved. Biopsies can now be targeted at areas of suspicion and the number of biopsy samples can be as high as 40.

Mike showed a slide of the leading causes of premature death and disability in England death, and another slide showing that prostate cancer diagnoses now exceeds those of the breast, lung and bowel.

He said that a priority is to catch prostate cancer cases earlier. He then discussed the PROMIS trial and showed slides of MRI scans and described the advances that transperineal biopsies have made compared to the previous transrectal biopsies.

There was then a discussion on the comparative outcomes of surgery against radiotherapy followed by a description of the radiotherapy technique and its recent improvements. The cardiovascular risk and its prevention was mentioned and then much information on hormone therapy.

The important roles of exercise and diet were discussed – exercise is of particular importance and Mike showed several slides concerning exercise and stressed that it is one of the most important ways of mitigating the cardiovascular and metabolic risks of hormone therapy.

By way of thanking Mike for his talk, the RPCSG has made a donation to a charity of Mike's choice, Prostate Cancer UK.

Remember that you can view the set of slides that Mike used in the RPCSG web site as above.



THE DECEMBER MEETING - CHRISTMAS SOCIAL

The December meeting was our Christmas Social that was attended by 37 members. The caterer Mange Bien again provided an excellent service and plentiful buffet food. The event was most enjoyable with a challenging quiz and a raffle, the latter raising £128 that will help towards the cost of the event.

We were told that unfortunately the caterer Mange Bien will finish its operation in January 2023 and hence we will be looking for an alternative caterer for the future. If anyone has any ideas as to suitable caterers please send them to the chairman.

I would like to thank Alex for all his effort in making the event so successful, and to Beverley for managing the raffle. Thanks also to a member and his colleague for entertaining us with live music in the style of The Shadows.

RPCSG WALKS AND COFFEE MORNINGS

Enjoyable walks were held in November and December – the November walk being alongside the Basingstoke canal and the December walk from the Waterside Centre to the Mill at Sonning.

A popular coffee morning was held in November at the Cunning Man. There was no coffee morning in December as it would have been very close to Christmas.

For January 2023 a combined walk and coffee/lunch will be on Tuesday 17th January.

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DIARY DATES

Tuesday 17th January will be a combined walk from Waterside at 10:45, and coffee/lunch at The Mill at Sonning Eye at about 12:15.

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