

PHAROS

A beacon of hope in the darkness

Newsletter of the Reading Prostate Cancer Support Group (RPCSG)

Issue 138: April 2024

Website: www.rpcsg.org.uk

THE APRIL 2024 MEETING

The April meeting saw the guest speaker Folashade Fakorede who is a clinical research nurse at the Royal Berkshire Hospital. She gave a talk on the subject of the clinical trials. I was not able to attend this meeting and am indebted to former Chairman Chris Addison for taking some notes that enabled me to write this summary for you.

Fola said that she would talk about oncology trials and defined them as being new tests with volunteers, with the objective of finding new treatments. Evidence is based on the trial outcomes and patients do not always benefit from trials. Phases 1 and 2 of trials concern medication and phase 3 investigates the efficiency and safety of new treatments (e.g. changing existing dosage).

Trials aim to see if there is any desirable effect on various cancers, including the doses of radiotherapy.

Some comparisons of the effects of abiraterone and enzalutamide have been carried out.

A department in RBH is looking into the effects of aspirin on cancer.

Patients are encouraged to speak to their oncologist or GP if they are interested in taking part in trials.

There were several questions from the audience and Fola replied with some further facts:

Trials typically take between 5 to 10 years to complete.

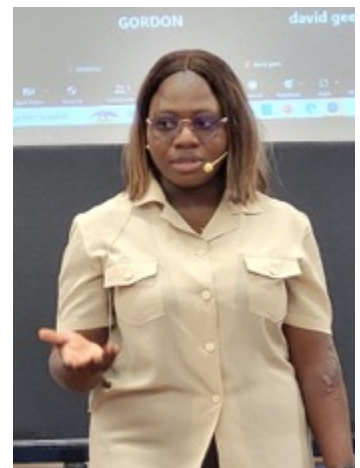
In respect of the stage of cancer for trials, Fola said that the protocols differ between trials and participants in the trials are chosen dependent upon the objectives of the trial.

Trials do not affect the care and safety of patients. Participants are still seen by a clinical nurse specialist during the trial.

More attendance by volunteers for trials is needed. Prostate Cancer Research has a web site listing all the trials that are ongoing in the country. Patients can volunteer for trials other than locally based and so may involve some travelling. Participants are monitored very closely during trials.

Trials are 'blind' i.e. half of the trial population have the drug and the other half has a placebo, and neither the patient nor the nurses know which patient has the drug. Trials are monitored very closely.

Any clinical trial must have some benefit for the patient, if it is realised that there is some harm caused to a patient, the patient would be withdrawn from the trial.



Fola pictured during her talk

Fola was thanked for her very informative talk and presented with a gift of appreciation

RPCSG WALKS AND COFFEE MORNINGS

The walk in April was a repeat event at Dinton Pastures. This is a popular location for a walk as it is on prepared paths and so is suitable in wet weather. The April walk was successful and the weather was good, with a very pleasant refreshment stop at the café.

Photographs during the walk:



Steve Parkinson
Newsletter Editor.
NewsEditorRPCSG@yahoo.com

DISCLAIMER

This newsletter does not offer medical advice. Nothing contained in the newsletter is intended to constitute professional advice for medical diagnosis or treatment or to advocate or recommend the purchase of any product or use of any service or guarantee the credentials or appropriateness of any health care provider. Members are strongly advised to consult with an appropriate professional for specific advice tailored to their situation.

This newsletter may refer to named providers and their products or services, and such reference expresses no inference upon any aspect of any provider's business, services or products, and expresses no recommendation or preference for any such products or services.