

Norfolk & Waveney Prostate Cancer Support Group NEWSLETTER

Issue No 16

June 2007

Downing Street Petition for PSA Screening

There is a petition to 10 Downing street asking for PSA screening:

If anyone wants to sign this petition, it has been accepted on the Downing Street website and can be found at:

<http://petitions.pm.gov.uk/psa-testing/>

It reads as follows:

"We the undersigned petition the Prime Minister to begin regular testing for Prostate Cancer in men between the ages of 40 and 70"

Deadline to sign up by: 16 August 2007
Signatures so far: 1,055

Cryo-Ablation Therapy Trial – Remember This?



The benefits of the £16,000 raised by our Support Group to kick-start the Cryo-Ablation Therapy Trial continue to be felt. As well as the four initial patients successfully treated – including Michael Beaumont, featured in our last newsletter – two more patients have now been selected, and will be treated shortly.

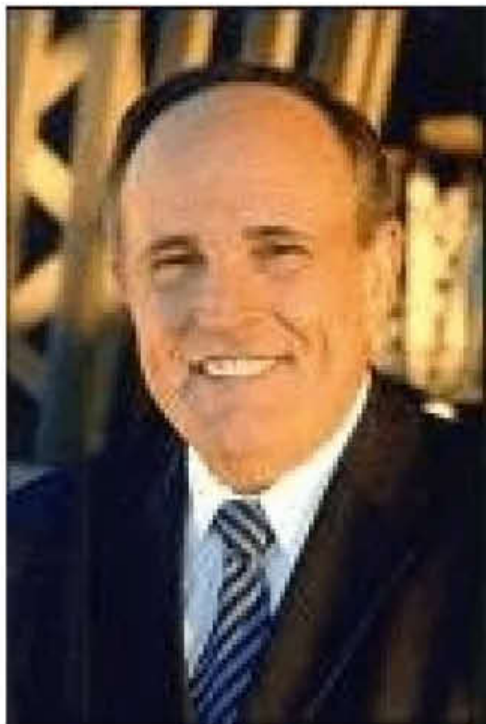
The driving force behind the trial is Mr Edwin Ho, who has a vision of introducing less intrusive procedures to address Prostate Cancer. In this charming photograph, he is seen (left) accepting our donation from the Group's Chairman, David Haines (right), supervised, (left to right) by Ray Allen, Stan Thompson and David Wiseman.

Mr Ho gave us an inspirational talk at our January Open Meeting on Cryo-Ablation Therapy, and we are delighted that the Trial is proceeding apace. Watch this space for further developments.

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Rudolph Giuliani – This Month’s Prostate Cancer Celebrity



Rudolph Giuliani, then Mayor of New York, distinguished himself by the way he handled the aftermath of the Twin Towers disaster on “9/11” 2001. He is now a Presidential candidate for the elections next year.

In April 2000, at the age of 55, Giuliani announced that he had received a diagnosis of prostate cancer, the disease that had killed his father. He had been a candidate for the US Senate, but withdrew when he was diagnosed, while remaining as New York’s Mayor.

His cancer treatment consumed the last six months of 2000. After intense study and consultation, Giuliani chose a course of treatment involving radioactive-seed implantation (brachytherapy) and radiation rather than surgery. Just hours after the implantation operation in September 2000, Giuliani held a press conference. The next day he marched in a parade. But two weeks later, he felt “as bad as I had ever felt” – the seeds were starting to work. In November he began six weeks of daily external radiation treatments, and they turned out to be “very, very tough weeks” – full of nausea, hot flashes and exhaustion. He concealed his condition as best he could, though he sometimes had to excuse himself from meetings or leave the podium during a press conference. And most days he took a long nap.

Giuliani says he “had all kinds of questions about the cancer – are you getting better, are these good symptoms or bad symptoms?”

Giuliani is now cancer free, and reflects that “had the terrorists struck one year earlier, when I was going through daily radiation, I couldn’t have handled 9/11” Had he not had the cancer, he probably would have stayed in the Senate race and might have won – and thus would not have been on the scene to help his city get through the crisis. And if not for the cancer, he says, “I would have dealt with 9/11 effectively, but not as effectively. I would not have been as peaceful about it.”

Giuliani says that people often ask him ‘have you changed a lot since 9/11?’ “Actually, I changed more from the prostate cancer. Having to deal with that had a bigger impact and, I think, gave me more wisdom about the importance of life, the lack of control you have over death. It removed some of the fear of death.”

RAY & VERA ALLEN WILL BE HOLDING...

YET ANOTHER CAR BOOT SALE

Date: Friday 14th July
Where: K.W. Eaglen’s yard
Seamere Road
Hingham
NR9 4LW
Time: 8am - 4pm (Set up from 7am and please take rubbish away).
Pitch Fee: £5 per pitch

REFRESHMENTS STALL ... RAFFLE

Proceeds to the Norfolk and Waveney Prostate Cancer Support Group.

Please phone 01953 850863 for any information.

If anyone has anything they don’t want and would like to donate to the cause, we would be very grateful

Bollocks to PCa "Informal Lunch and Natter Meet Up"

Sunday 9th September

"Bollocks to PCa" – well, that's what they call themselves – "takes a light hearted look at life for the Sufferers, Carers and Supporters of this horrible disease. It is brim full of good fellowship. It has ideas, quips, plenty of innuendo and, dependent upon your view, some rather rude jokes!"

It is a "Message Board" and if you know what that is, you can join in at:

<http://groups.msn.com/Bollocks-To-PCa/>

If you don't know what a Message Board is ...

The "Lunch and Natter" invitation is "for all and anyone involved with the PCa 'beastie' – Sufferers, Carers, Family, Supporters – all are invited."

It will be somewhere in the Leics/Notts area adjacent to the M1 – exact location to be advised.

If you are interested, go to:

<http://b2pcalunch.pwp.blueyonder.co.uk/> or email Bernie at bernie.boyce@blueyonder.co.uk

Norfolk and Waveney PC Support Group

Mid Summer Outing

You are invited to a 3 hour boat-trip on Sunday 17th June, from 2pm from the City Boat Quay, Griffin Lane, Thorpe St Andrews, Norwich.



Please send a cheque for £10 per person to Dave Cole, Middlegate Barn, Dunwich, Suffolk IP17 3 DP payable to D.Cole, you will then receive tickets, alternatively you could purchase tickets at the next meeting at Gorleston on June 4th providing tickets are still available. If you require more details please either email Dave on Middlegate@aol.com or phone him on 01728 648244, Mob 07983 207009

Do try to support this first outing by your group Price includes a cream tea. Friends are invited. Profits if any will go to the group.

BIG C WALK OF THOUGHTS — Walking Together to Support and Remember



'Thinking of you especially today' and 'Keep Fighting' are just two of the dedications that have been left by people taking part in Big C's special Walk of Thoughts. In 2006, over 350 people, both young and old, took part in the Walk of Thoughts to remember and support cancer sufferers in Norfolk and Waveney, raising £18,000 for Big C.

Big C hopes that this year you will join them on Sunday 24th June. Starting from the front of Somerleyton Hall you will pass through otherwise private grounds, be treated to magnificent and secluded views of Fritton Lake and the surrounding woodland and cross peaceful and picturesque countryside. The walk offers the time for reflection and thought but also for fun and building family or team spirit.

For more details, contact Hannah at Big C on 01603 619900 or enquiries@thebigcappeal.co.uk

Dedications Tree at Walk of Thoughts

A Big Thank You

We continue to receive donations, and thank all those concerned for their support. Acknowledgements are extended to:

	£
Aylsham & District Flower Show	1,000.00
Ray & Vera Allen's April Car Boot Sale	731.85
B&Q Staff, Boundary Store, Norwich	485.00
In memory of Eric Sharpe from Bobby Sharpe, friends and relatives	400.00
In memory of Mr W Killett	90.00
Mr & Mrs Youngman	25.00
Thornham Art Group	20.00
Mr & Mrs Greengrass	5.00



Citizen's Advice Bureau

CAB Adviser, Tina Bullen, will be available at the Big C Family Cancer Information & Support Centre every Tuesday to help cancer patients, their families and carers with finance, benefits, housing, welfare issues, etc. Clients can be seen either in the Centre or on the wards.

To make an appointment please call the Centre on 01603 286112 or 286113. Drop-in appointments may be available on the day.

We are sad to report the recent death of another member, Ron Denny of Norwich. His wife, Nichola said that Ron had been encouraged by talking to us after recovering from his treatment last summer, and had been looking forward to enjoying his walking hobby again. His story had been featured in the Evening News last November, when he urged the importance of early screening and diagnosis. We send our condolences to Nichola and his family.

Dates for your Diary

Wednesday, 6 June
Wednesday, 4 July
and Wednesday, 1 August
6.30-7.30pm

**Radiotherapy Department
Open Evening
Colney Centre, NNUH**

Sunday, 17 June – 2-5pm
**Mid Summer Outing for
Support Group – Boat Trip
from Thorpe St Andrew**

Sunday, 24 June
**Big C Walk of Thoughts,
Somerlayton Hall**

Monday, 2 July – 7-9pm
**Support Group Committee
Meeting, NNUH**

Friday, 14 July – 8am - 4pm
**Ray & Vera's Car Boot Sale,
Hingham**

Monday, 6 August – 7pm
**Open Meeting, East Atrium,
NNUH** Speaker tba

Sunday, 9 September
**"Bollocks to PCa" Lunch &
Natter Venue tba**

How to Contact Us

- **Write to:**
Norfolk & Waveney Prostate Cancer Support Group,
c/o Urology Department,
Norfolk and Norwich University Hospital,
Colney Lane, Norwich, NR4 7FP
- **Telephone the Specialist Nurses:**
Sallie, Claire or Wendy,
Specialist Uro-oncology Nurses,
Norfolk and Norwich University Hospital
01603 289845

Angie or Wendy,
Specialist Uro-oncology Nurses,
James Paget Hospital
01493 453510
- **Committee / Help:**
01603 713463,
01603 881213
or 01328 862927
- **E-mail us:**
Chairman – David Haines
david.haines2@btopenworld.com
- **Letters to the Editor:** Chuck Lyons,
71 Norwich Road, Fakenham, NR21 8HH
charleswlyons@aol.com
- **Visit our website:**
www.prostatesupport.org.uk