



# Torbay Prostate Support Association

*Serving men of all ages, and their partners, through a programme of support before, during and after diagnosis*

*Newsletter Winter 2013 Issue No.35*

## ***Chairman's Report May 2013***

Dear All. I trust all is well with everyone. The time these days seems to pass so quickly and here we are with the next Newsletter. There are one or two matters to report on, so hopefully I can bring you up to date. One of the projects we are trying to bring about is the purchase of IMRT equipment for the Oncology Department at Torbay Hospital.

You may already be aware that it is an advanced state of the art system for dealing with cancer tumours. I am being told it can actually treat a tumour and destroy it within an organ without damaging that organ, additionally treatment can frequently be completed in a day instead of the present surgery requiring inpatient treatment for anything up to a week. Contributions and Donations towards this project costing up to £30000 will be very welcome no matter how modest the figure it all adds up, while it is so pleasing to note that Torquay Rotary Club, who are always very supportive, have already donated £2000.

**(What is IMRT)** IMRT is a specialised way of giving radiotherapy. It is able to shape radiotherapy beams to fit the outline of the tumour more precisely. It can also give treatment from many different angles. IMRT can allow different doses of radiotherapy to be given to different parts of the area being treated. This means lower doses can be given to the healthy tissue surrounding the tumour. In some people, radiotherapy can cause damage to healthy tissue, which could cause long-term side effects some years after treatment (also known as late effects). IMRT reduces the risk of damage to the healthy tissue surrounding the tumour, and so it may reduce the risk of long-term side effects).

**(When IMRT is used)** IMRT is not widely available in the UK and you may have to travel to a specialist centre to have it. It's currently used to treat cancer in many different parts of the body, including prostate, breast, and head and neck cancers, as well as some types of brain tumours. Because IMRT can reduce the risk of damaging healthy tissue near the cancer, it's sometimes used in situations where the tumour is very close to important organs or structures. IMRT may not be suitable for everyone. Your doctor will be able to discuss with you whether IMRT might help in your situation.

One of the matters concerning Prostate Cancer Patients nationwide is the knowledge of GPs, while many are extremely helpful and cooperative there are a few who have a more relaxed attitude and are not always up to date with modern thinking and new methods of treatments. There are some areas in England where GPs attend talks to remedy this situation re symptoms (which are not always apparent) and with all the new treatments that are now available not only locally but nationally. I raised this subject recently at the Hospital Meeting where the public were able to attend and as a result I have been invited to attend a meeting with the Chairman of GPs and the Managing Director of the Clinical Commissioning Group to hear our thoughts. It is reassuring to know that our MP Adrian Saunders in Torbay is fully supportive of us airing this topic. I will endeavour to keep you all posted.

You may even be able to help us on this next one. We are always looking for new ideas for the Newsletter and Website – if you feel you may have a story to tell of your experiences with Prostate Cancer from the beginning to the present time why not share it with us all. Many of us have gone down different roads with this problem and you could well be helping someone out there who is worrying needlessly. Please think about it.



Members, family and friends recently at our last members meeting really enjoyed an excellent presentation by **Fiona Ross**, MacMillan Dietician based at Torbay Hospital.



Fiona Ross & Chairman Peter Hosking

There was an excellent attendance. The talk was full of important information, helpful tips and advice. The talk motivated the audience to raise many, many questions which again proved very illuminating and useful.



Everyone doing their bit to raise that extra penny. We are still struggling to find a secretary, please come forward if you feel you can help – it is not at all onerous and the company is good.

## LETTERS PAGE COMING SOON

Got a question or just want to share a story why not Email  
[newsletter@tpsa.org.uk](mailto:newsletter@tpsa.org.uk)

*Very Best Wishes*  
*Peter Hosking Chairman*

# Cancer News

Survival for advanced prostate cancer 'triples' for men on trials. Men with advanced, incurable prostate cancer who are treated with the latest drugs have nearly three times the life expectancy of men treated a decade ago,

## England benefits from NHS postcode lottery at long last

As prostate cancer wonder drug abiraterone is approved south of border but not in Scotland. Prostate cancer charity calls on Scotland to approve drug.

## Oestrogen patches could offer a new treatment option for prostate cancer patients

It is reported that Patches giving oestrogen through the skin could be an easy and safe alternative to the hormone therapies used to treat prostate cancer, according to new research published in the Lancet.

## Care after treatment is 'letting down' men with prostate cancer

It is reported that more than 8 in 10 men living with prostate cancer may not be getting the nursing care they need to prevent possible psychological and sexual problems following treatment, according to a new study.

## FREE residential therapeutic break for prostate cancer sufferers and their carers .

[Please contact Peter Hosking for more details](#)



Del & Lary as you may already know operates a stall in the Brixham centre for your TPSA. He would like to collect as many Jig Saw Puzzles as possible for the stall if you have any tucked away bring them out and contact him on 01803 859828 – to arrange to pass them over.

We would appreciate a volunteer to fill our Secretary's vacancy – please let me know if you would like to join us - it is not an onerous commitment by any means.

# Gift aid it



## Gift Aid declaration –for a single donation

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Please treat the enclosed gift of £\_\_\_\_\_ as a Gift Aid donation. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

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Date \_\_\_\_\_

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**Please notify the charity if you want to cancel this declaration Or Change your name or home address**

### **No longer pay sufficient tax on your income and/or capital gains**

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

## Newsletter

Subscribe to our newsletter by email or post. Please include your name, mailing address, phone number and email address to [newsletter@tpsa.org.uk](mailto:newsletter@tpsa.org.uk) and please indicate your preference (**POST or EMAIL**)

**Email preferred to keep cost down.**

### *Trustees*

### *Email Address*

Peter Hosking (Chairman)	<a href="mailto:chairman@tpsa.org.uk">chairman@tpsa.org.uk</a>
Darrell Fulford (Treasurer)	<a href="mailto:treasurer@tpsa.org.uk">treasurer@tpsa.org.uk</a>
Carole Hooper	<a href="mailto:carole@tpsa.org.uk">carole@tpsa.org.uk</a>
Ray Matthews	<a href="mailto:ray@tpsa.org.uk">ray@tpsa.org.uk</a>
Robin Causle	<a href="mailto:robin@tpsa.org.uk">robin@tpsa.org.uk</a>
Bryan Sykes	<a href="mailto:bryan@tpsa.org.uk">bryan@tpsa.org.uk</a>
Mark Smith (Newsletter Editor )	<a href="mailto:newsletter@tpsa.org.uk">newsletter@tpsa.org.uk</a>
Mark Smith (Website Editor )	<a href="mailto:website@tpsa.org.uk">website@tpsa.org.uk</a>

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