

**Prostate cancer The facts**

- Prostate cancer is the most common cancer diagnosed in men in the UK.
- Every year in the UK more than 40,000 men are diagnosed with prostate cancer.
- One man dies die every hour from prostate cancer: 250,000 UK men are currently living with the disease.
- One in nine men will get prostate cancer in the UK.
- African Caribbean men are three times more likely to develop prostate cancer than white men.
- For an A-Z of medical words go to [prostatecanceruk.org/information/a-z-of-medical-words](http://prostatecanceruk.org/information/a-z-of-medical-words).
- For more information on diagnosis go

to [prostatecanceruk.org/information/diagnosis](http://prostatecanceruk.org/information/diagnosis).

- If you want to find out who is at risk go to [prostatecanceruk.org/information/prostate-cancer/who-is-at-risk](http://prostatecanceruk.org/information/prostate-cancer/who-is-at-risk).
- For more on signs and symptoms go to [prostatecanceruk.org/information/prostate-cancer/signs-and-symptoms](http://prostatecanceruk.org/information/prostate-cancer/signs-and-symptoms). If you have any queries about prostate cancer, call Prostate Cancer UK's confidential helpline on 0800 074 8383. The helpline, which is staffed by specialist nurses, is open from 10am-4pm from Monday to Friday and from 7-9pm on Wednesdays. Alternatively visit [www.prostatecanceruk.org](http://www.prostatecanceruk.org).

# Make sure you get a check-up - it just may save your life

Doctor's appeal for men to take care of themselves

by Kay Atwal  
[kay.atwal@archant.co.uk](mailto:kay.atwal@archant.co.uk)

Nearly 40,000 cases of prostate cancer are diagnosed every year in the UK and 10,000 men die of it – the equivalent to one an hour.

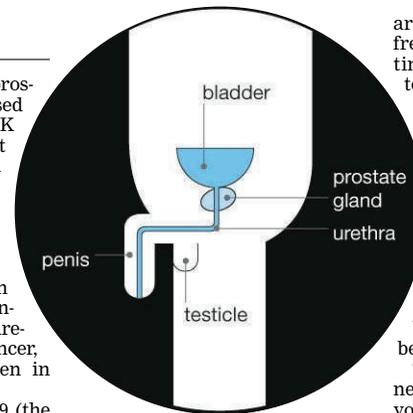
Numbers are rising at an alarming rate and it is predicted to be the most common cancer by 2030.

A new campaign launched by Prostate Cancer UK aims to raise awareness of this form of cancer, which affects 250,000 men in the UK.

Between 2007 and 2009 (the latest figures available) it killed 39 men in Tower Hamlets and 21 in Newham per year.

A medical specialist this week urged men in both areas to take responsibility for their health by getting checked out.

**Every man over 50 at risk**  
Dr Frank Chingwundoh, Barts health consultant urologist, said: "Every man is at risk if you are over 50, of any race, but if you are black, your risk is tripled. If you have a family history of the disease, your risk is doubled.



■ **The prostate gland**

If you have two family members who have had it your risk is quadrupled – so family history is very important.

"Men have to take responsibility for themselves. They need to go to their GP and say 'I want to be tested' and every man can be tested.

"There are symptoms, but you don't need to have these symptoms to have prostate cancer. A lot of cancers are diagnosed on the basis of the PSA blood test. The symptoms

are: slow urinary flow, going frequently to pass water, getting up in the night to go to the toilet, having to go in a hurry, having a delay before you can start flowing, or dribbling at the end, blood in your urine, and erection problems.

"The problem is that some of these symptoms can be due to age-related changes but the combination of a rectal examination and PSA blood test are best. Ideally, a PSA should be carried out once a year.

"My message to men is: you need to take responsibility for yourself and secondly, every man over the age of 50 (for black men it is 45), should be going once a year to be tested for prostate cancer with a PSA blood test and a rectal examination. That's the only way you can pick it and cure it.

"In a quarter of the men where it is spotted, it has already spread and we can't cure it. If we find it early enough there are treatments that will actually cure it.

"So men need to be aware of prostate cancer and be aware that it's your right to go to your GP and be tested for it."

## Speak to loved ones if you want to survive

Phil Kissi takes Frank Chingwundoh's message a step further. He believes the support of family, friends, work colleagues and the medical profession is vital to surviving the disease.

Although he owes his early diagnoses of prostate cancer to a daytime BBC TV show in 2005, he is clear about the huge impact the support and understanding of his GP, family and work colleagues has had on his subsequent survival.

Phil, 54, from the Isle of Dogs, had no less than three PSA blood tests before one showed something abnormal.

He said: "I just wanted to make sure there were no problems because I was planning to get married."

Another reason for his concern was that both his paternal and maternal grandfathers had experienced what he called "hidden problems".

After his third test, Phil had a biopsy (where a small sample of tissue is removed) which



■ **Phil Kissi suffered cancer**

revealed he had a rare but aggressive form of the disease.

"I said 'when can I have it removed?' I knew all about the options because I had been reading the booklet from Prostate Cancer UK. I was already prepared for it mentally, but my family wasn't, my children weren't, my fiancée wasn't."

His surgery was successfully

completed at Guy's and St Thomas' Hospital and Phil quickly resumed his active life. The experience has changed his life.

He left his job in the civil service and set up his company Moving Forward to train young people and get them into work, and is committed to training young athletes and raising prostate cancer awareness.

He urged men to take responsibility for their own health but also to share their concerns with those closest to them, as well as the medical profession.

"You need to tell someone close to you and share that responsibility. You do not need to die of shame because that is the alternative if you don't."

"There are people to guide every step. It's all about bringing that awareness home, not just to men but their wives, girlfriends, partners and families. They all have a part to play.

"We need to talk about the things that men don't want to talk about."

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MAYOR OF LONDON



■ Nick Owen, BBC presenter; Sarah Toule, Prostate Cancer UK; Dr Frank Chingewundoh, consultant oncologist; Professor Emma Ream and Paul Trevatt of North East London Cancer Network

## Award handed to clinic is a 'fitting tribute'

A clinic run by Barts Health NHS Trust medics has won an award for its work in persuading men to be tested for possible prostate cancer symptoms.

The Newham-based community clinic beat off strong competition to win a Quality in Care, Excellence in Oncology award in the Helping People Live Longer category. It was also highly commended in the Patient Experience section.

The clinic's aim was to get "hard-to-reach" men, who might not visit their GP, to drop into the clinic based in Newham's African and Carib-

bean Community Centre.

Of the 328 men who attended a consultation, 59 were referred for secondary care, nine were diagnosed with prostate cancer, and three received treatment for other conditions.

Prostate cancer is three times more common in black African and black Caribbean men compared to white men, though the clinic was open to all.

Dr Frank Chingewundoh, Barts health consultant urologist, who led the project, said: "We were hugely encouraged by the response we got and by the number of men who said

they preferred this option to seeing their GP.

"We would like to see this model used more widely."

Paul Trevatt, Macmillan nurse director for North East London Cancer Network, said: "This is a wonderful achievement and a fitting tribute to the hard work of the nurses, doctors, and managers who worked tirelessly to make the clinic a success."

Lessons from the pilot will be shared with other stakeholders both within London and across England. It is hoped this clinic will be the first of many.

### Prostate cancer The numbers

	Average number of new cases per year*	Average number of deaths per year (2007-09)	Survival estimate (1 year)	Survival estimate (3 year)	Survival estimate (5 year)
Newham PCT	72	21	98.50%	86.73%	76.87%
Tower Hamlets PCT	162	39	94.85%	90.37%	84.27%

\* per 100,000 population (2006-08)

SOURCE: National Cancer Intelligence Network UK: Cancer Information Service



■ Bill Bailey is fronting the Sledgehammer Fund

## Funnyman Bill is aiming to 'hammer' home his point

Comedian Bill Bailey is standing up to front Prostate Cancer UK's new campaign to "crack" the disease.

Bailey, 47, is appearing in a series of television, digital and print ads as the charity launches its first large-scale communications offensive.

New figures show that, despite being the most common cancer in men and the fourth most common cancer overall, prostate cancer lies 20th in the 'league table' of annual cancer research spend per case.

The figures also show that breast cancer – the most common female cancer, which has a similar death rate as prostate cancer – received more than double the annual research

spend (£853 per case diagnosed compared to £417 respectively).

Although more used to making the nation laugh, it is statistics such as these that have inspired Bailey to help expose the not very funny facts behind this disease by fronting the Sledgehammer Fund.

Bailey, whose father-in-law has survived prostate cancer, said: "I only campaign for the things I believe in, and I feel very strongly about this. I read a news article about the number of men affected by prostate cancer and I was shocked by the figures.

"Blokes are not always good at taking care of themselves and, even if they know they have a health problem, they often don't want to talk about it – or just hope it will go away."

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