

In the UK about 10,000 men die from prostate cancer each year and some 40,000 new cases are diagnosed. At present prostate cancer can only be cured if it is detected whilst still confined to the prostate gland and is asymptomatic. To identify such cases men over the age of 50 years must be screened for the disease using the PSA blood test and a digital examination of the rectum

If either or both tests suggest the presence of prostate cancer the diagnosis may be confirmed or refuted by biopsying the prostate gland using transrectal ultrasound scanning

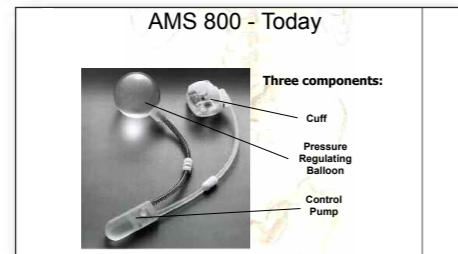
If localised prostate cancer is diagnosed and is of the intermediate or high risk types patients may be offered potentially curative treatment in the form of radical prostatectomy or radiotherapy (conformal external beam or brachytherapy seed implants). Surgery can be performed by an open technique or using laparoscopic or robotic procedures.

Whatever technique is used about 2-4% patients suffer from post prostatectomy incontinence which may be severe requiring 4 or more pads a day to keep the patient dry. In up to a further 6% pa-

tients less severe forms of incontinence may be bothersome with pad usage of between 1- 3 pads per day.

At 6 months out from surgery severe incontinence (4 or more pads a day) rarely improves spontaneously

The gold standard management for this scenario is to then offer the disease patient the implantation of an AMS 800 artificial urinary sphincter. The hydraulic sphincter consists of 3 main



parts, namely the urethral cuff, the pump and the pressure regulating balloon all connected by tubing filled with saline. Over 100,000 such devices have been implanted worldwide since its inception in 1973 in the USA. Prior to the implantation of the device it is important to exclude a stricture at the anastomotic bladder neck and demonstrate urodynamically that the incontinence is due to sphincter weakness.

Patients should be aware that the implantation of the artificial sphincter provides significant benefit in up to 80-90% with about 50% becoming completely dry and a further 30-40% using significantly less pads. However, 10% patients do not benefit with problems arising from device infection, erosion or malfunction.

To use the device the patient must be manually and mentally dextrous to cycle the pump and thereby empty the urethral cuff and allow the bladder to drain before the cuff automatically refills via the pressure regulating balloon. Patients access the pump which is placed superficially in the lining of the scrotal wall. Implanting the device requires 2 small incisions in the perineum and lower abdomen. The procedure is performed under antibiotic prophylaxis on the day of admission, takes about 50 minutes and the patient is discharged 23 hours later

The device is left deactivated for about 3 weeks before it is switched on and the patient is then suitably counseled on its usage. In Leicester 54 AUS 800 devices have been implanted for post prostatectomy incontinence over the last 5 years with a 90% success rate which is in line with larger series reported in the medical literature. As with radical prostatectomy

itself, results from AUS 800 implantation are best if performed in units with a high throughput of patients with post prostatectomy incontinence.

It is unlikely that the UK needs more than 12 centres specialising in the usage of the AUS 800. The current interest in managing post prostatectomy incontinence concerns the surgical management of mild to moderate pad usage patients and a number of novel surgical slings and compressive devices are undergoing cohort trials

A patient's experience

As one of 36,000 men in the UK each year I know what it is like being told you have Prostate Cancer.

I elected to have a Radical Prostatectomy, which was followed by External Beam Radiotherapy some 3 years later. I am extremely grateful to my GP and Consultants for the early diagnosis and for their expertise, which has prolonged my life. However the side effects of treatment can have a significant impact on your quality of life.

I experienced severe urinary incontinence, having to wear pads throughout the day and night. Other methods of controlling the condition had been unsuccessful and although I knew that the implantation of an Artificial Urinary Sphincter was an option I took some time to decide on the procedure but three years ago I had the operation.

After the normal 4 weeks or so of postoperative recuperation the device was activated, from that day to this my continence has been restored. I have been able to have a Pee like any other man, standing at the urinals with the rest. I don't wear uncomfortable pads, which are unhygienic and restrict your activities.

This procedure has dramatically improved my quality of life and I feel fortunate that Mr Terry, an expert in this treatment was able to perform the operation at the Leicester General Hospital.

As the coordinator of the PROSTaid Support and BE-Friending service a number of men have contacted me to explain their own continence issues and have subsequently gone on to have successful treatment. In trying to counteract the symptoms some men reduce their fluid intake and lack the confidence to stray far from a loo, this condition can affect your self-esteem.

I would encourage anyone who experiences the condition to overlook their embarrassment and seek medical advice"

You can contact Stuart on - Tel No 01455 291752

Helping to Fight Prostate Cancer in Leicestershire, Rutland and Northamptonshire

Forthcoming Events

June to September 2011

Executive Quest together with LOROS

Sunday June 5th

PROSTaid & LOROS Dragon Boat Day

Castle Gardens,

The Mile Straight, Leicester

Thursday September 15th

Chinese Banquet

Shoulder of Mutton, Foxton

Repeated by popular demand

£15 per head

For tickets Contact John Matttock

Tel. 0116 247840

28th August 2011 at South
Leicester Rugby club ground
Welford Road, Wigston

The Great PROSTaid Relay Fun Run
to last 10 hours, symbolising the
10,000 men who die needlessly
each year from Prostate cancer.

Teams of 10 will traverse the cir-
cumference of the rugby field in
relay, at their chosen pace, starting
at 10.00am and finishing at 8pm.

Fancy dress and team themes are to be
encouraged and can be as flamboyant
as possible. There will be prizes for
the most imaginative and best.

Food and drink, including the club
bar, will be available throughout the
day, courtesy South Leicester Rugby
Club. There will be a range of enter-
tainment including a bouncy castle,
champagne and oyster bar and a
tug of war competition

Information contact:

John Wigley on 0116 2418395

e-mail: wellington16@sky.com

Sign up online at www.prostaid.co.uk/events

Support
Help Line

0844 8007 801

Low Call

The Seventh Annual PROSTaid Jazzbash



The Credit Crunchers

Many of you will remember with great affection our dear friend Dave Rae, his courage, the skills, vision and commitment he brought to PROSTaid and in raising awareness. Dave had numerous talents one being a Jazz Musician.

His friends in the Jazz community continue to raise funds in his memory, organising the Annual Jazzbash at the Musician in Clyde St, Leicester and this year's event was held on Sunday 23rd January.

In particular our thanks go to Bob Young, Stuart Battle and Keith Walker for this very successful event. Five Jazz Bands performed from 12 noon - 6pm with raffle tickets and delicious homemade cakes and

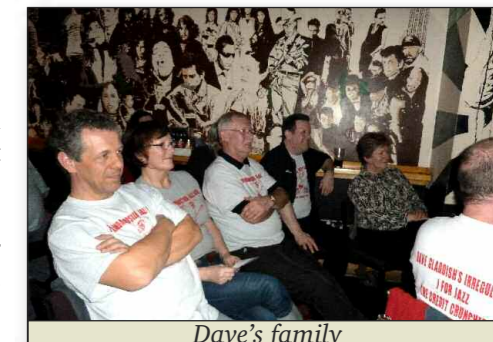
cobs for sale.

The event raised £750 for PROSTaid with a further £750 being donated by Barclays Bank Community Programme via their staff match fundraising scheme.

Apart from raising valuable funds the event also provides the opportunity to raise awareness, something Dave would really appreciate.

I am sure Dave would support the use of these monies to help fund the PROSTaid Prostate Palliative Care Nurse.

Next years Jazzbash is to be held at the Musician on Sunday 29th January and thoroughly recommended for great music and good banter.



Dave's family

Banquet for PROSTaid from Leone Bistro



Patrick, Kelen, Georgina and Joseph

On the evening of Sunday May 1st, Patrick Anderson, owner and manager of Leone Bistro on Queens Road, Leicester, hosted a fund raising evening for the local prostate cancer charity PROSTaid.

Together with Chefs Shaun Hill, George Hullitt and staff Kelen Castañeda, Georgina Norwood, and Joseph Khachik, they gave their time freely to provide a wonderful evening for the 45 diners.

All the food for the meal was generously donated. Fish, by John Heath's Seafood of the Arcade in Wigston Magna, meat, by Sean Jaynes owner of Archers Butchers of Queens Road and all vegetables fruit and cheeses were donated by the

owner of Nutty's, Wholesale Fruit and Vegetable suppliers of Leicester.

With a wonderful menu which offered Wild Mushroom soup, Smoked Salmon Blinis, Halibut served in a delicious Orange Hollandaise sauce with Leek and Mustard Potato cake, or Lamb Shank with Mediterranean Vegetables and Roast Garlic Mash followed by a truly amazing Chocolate Cake with Chocolate Sauce or Fruit salad. Diners were more than satisfied, but still managed to finish their meal with local cheeses and chutney.

The event raised over £1000 and PROSTaid would like to thank everyone involved for their outstanding generosity.



Chefs, George and Shaun

A very big thank you to all our PROSTaid fundraisers



Presentation to PROSTaid from Rotary Club of Blaby, presented by the President, **Hugh Gunn** to Rob Banner, on March 22nd. This represents the proceeds from two events totaling £1520.



Mr. John Heath of **John Heath Seafoods**, who helped organise and also donated all the delicious fish for the Leone Bistro evening, reported on the front page **A big Thank you John!**



Kate Owen with some of her team, known as **Running Joke** who ran the equivalent of 2 marathons, 52.6 miles between venues during the Leicester Comedy festival held at the Phoenix Theatre from the 4th to the 20th February 2011. So far they have raised £1000, but money is still coming in. Picture courtesy of Leicester Mercury



A Golf Day at Rothley Park on April 13th raised £4,000 for PROSTaid Organisers & Committee left to right **Ray Freshfield, Michael Roberts, Rob Banner, Paul Roberts**



Pictured at the Prostate Action G.P.'s Prostate Master Class, held recently at Loughborough University Conference Centre, are Prostate Action C.E.O. **Emma Malcolm** with the PROSTaid funded Palliative Care Nurse **Nadine Hariss** and **Rob Banner**. Prostate Action sponsors PROSTaid nurses with a contribution of £10,000 p.a.



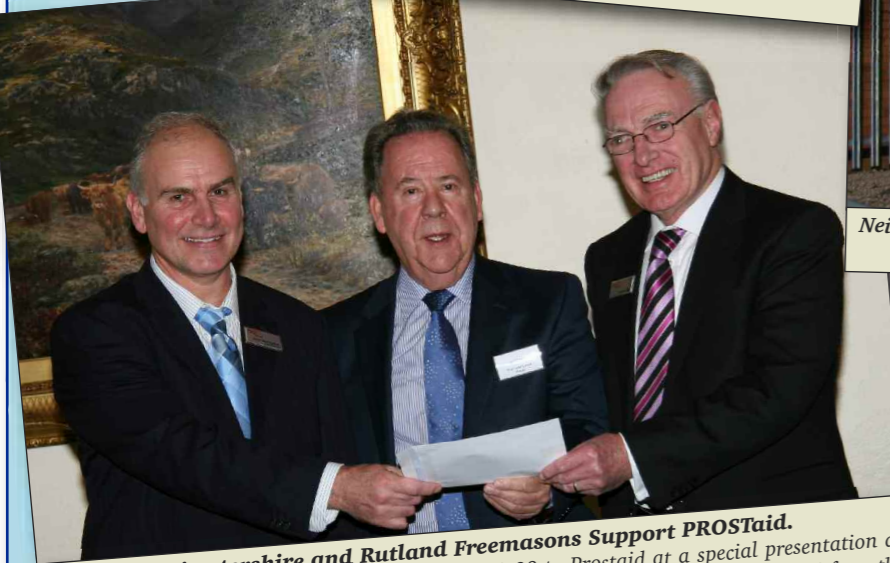
Neil Driver, M.D. of Oadby Plastics Present £2012 to PROSTaid on the 40th Anniversary of their company. **Rob Banner** of PROSTaid gratefully accepted the cheque



Pictured at the Prostate Action Masterclass for G.P.'s and Health Professionals, speakers **Hugh Gunn** who spoke on behalf of the patients and PROSTaid funded Prostate Cancer nurse specialist **John Lester**



A massive thank you to **Kathy Moreton**, who is competing in three major events to raise money for PROSTaid. The **Hinckley Half Marathon** on Sunday May 8th, the **Liverpool half marathon** on Sunday October 9th and a quiz on Thursday June 30th at The Plough, Hinckley. Kathy is competing in support of her Father, who has Prostate Cancer



Leicestershire and Rutland Freemasons Support PROSTaid. Local Leics Freemasons donated a total of £1,250.00 to Prostaaid at a special presentation at Freemasons Hall Leicester on 8th January. Comprising of two cheques, one of £1000.00 from the Masonic Charity Association, presented by **David V. Hagger** and one from the Grand Chapter of Leicestershire and Rutland for £250.00, presented by **Peter Kinder**. These were very gratefully received on behalf of PROSTaid by **Bryan Herringshaw** and **Norman Bell**. The 3,500 Leics & Rutland Freemasons spend a large part of their time raising funds for local charities and PROSTaid are delighted to be recognised by this group of local men. They represent an excellent platform from which to promote awareness of prostate cancer and the comprehensive local support work of PROSTaid.



PROSTaid Friends Joe and Sue Roper, who celebrated their recent marriage with the wedding breakfast from **Blaby Fish & Chip shop** are pictured outside the shop presenting £350 to PROSTaid and the same to **Alzheimers UK**.



Jeff Clayton of **Firstbus Leicester** and his partner **Bee**, pictured centre, organised an all day Countdown event at the Regency Hotel, London Road, Leicester on April 2nd 2011. The winner was **Jack Hurst**, on the right, with a score of 106 against **James Robinson** with a score of 92. The event raised a very welcome £204.



David Marriot, President of the Rotary Club of Ashby de la Zouch, presents of a cheque for £1000 from their Fireworks display, to **Rob Banner**. Club Members asked for 500 Awareness "Its a Man thing" booklets that were used for an Awareness event in Ashby on 2 April.