

## Screening of patients in the clinical genetics department at risk of prostate cancer:

All BRCA1 and BRCA2 gene alteration carriers are offered an annual blood test from the age of 40. At the University Hospitals of Leicester we are currently taking part in an international study called IMPACT, led by the Institute of Cancer Research alongside the Royal Marsden Hospital, to assess whether PSA testing is effective in detecting prostate cancer at an earlier enough stage to improve overall prognosis. This study is open to men where a significant alteration in one of the bowel, womb and ovarian cancer susceptibility (Lynch syndrome) genes - MLH1, MSH2, MSH6 has been identified in the family. In this study a biopsy is recommended where the PSA is greater than three. However, this study closes to recruitment at the end of 2019.

A recent change in the protocol now means that all men taking part will be offered a biopsy at the end of the study, even if their PSA is normal. This will help determine if a normal PSA in men at a high risk of familial cancer confirms that the risk of cancer is low and whether screening is able to detect tumours before they spread outside the prostate and present with symptoms in central panel.

**PROSTaid** are a local Charity run by prostate cancer patients, families, friends and urological professionals.

We will give you all the information you need to make your choice of treatment as well as the opportunity to put you in touch with other local men who have been successfully treated. We run five prostate cancer support groups that meet monthly.

We fund three dedicated PROSTaid prostate cancer specialist nurses in Leicester & Northampton

Contact our nurses: **0116 2588328**  
Details of support groups  
contact: **0116 2584490** or **0116 2888188**

E-Mail [info@prostaid.co.uk](mailto:info@prostaid.co.uk)  
[www.prostaid.co.uk](http://www.prostaid.co.uk)

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**IT'S A MAN THING!**  
getting the facts about prostate cancer



IT'S A MAN  
THING!



**Are 'my Genes'**  
affecting my risk of Prostate Cancer?

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Helping to Fight prostate cancer in  
Leicestershire Rutland and Northamptonshire

## What is cancer?

Cancer is the loss of control of the natural balance of cells growing, dividing and dying. It is caused by changes in many different genes, the vast majority of which are not inherited and occur in the body over many years.

Prostate cancer can often occur in more than one part of the gland at the same time and, as a result, making a diagnosis may involve taking more than one biopsy.

## How common is it?

According to Cancer Research UK figures, prostate cancer is diagnosed in 15% of men by the age of 80 in the general population and 75% occur in men over the age of 65. At present prostate cancer rates are rising in the United Kingdom and throughout Europe.

## Remember!

If you are a man and have problems passing urine with a poor flow, long-standing back pain that wakes you up at night or get up more than twice a night to go to the toilet, we recommend that you ask your GP for a PSA blood test.

## Are there men who are at a higher prostate cancer risk?

Yes! If your brother or father had prostate cancer, your risk of prostate cancer increases three times. If you have two affected relatives, the risk increases up to five fold and this risk can be even higher if more than two relatives are affected. Occasionally an underlying inherited susceptibility to prostate cancer can be identified with a blood test.

If you are an African-/African-Caribbean man your risk increases by two to three.

## A guide to inherited cancer:

We believe that a simple 3, 2, 1 model (three relatives detected across at least two generations with one diagnosed under the age of fifty) could detect a large proportion of families that might be eligible for genetic testing and that this could be used alongside educational programs in primary care to reduce the burden of familial cancers in our region.

If you feel that your tumour may have been inherited or are worried about your family history of prostate cancer and would like to find out more about genetic testing or screening, particularly if you have three affected relatives, two diagnosed under the age of 65 or one under fifty, contact: The Clinical Genetics Department 'Supporting Families with Cancer' team on: **0116 258 5736** or PROSTaid Helpline on **0844 8007801(low call)**

## What causes prostate cancer?

The causes of prostate cancer are yet to be fully understood but we do know that African/African Caribbean men and men with a strong family history of breast, bowel, and ovarian and prostate cancer are associated with an increased risk. The risks of prostate cancer in men with a strong family history start to increase at around the age of forty.

There is some evidence that green tea and processed tomatoes, found in tins and ketchup, may lower the risk of prostate cancer. Prostate cancer is not strongly linked to smoking or diabetes.

## Is screening available for prostate cancer?

Screening for familial prostate cancer in the United Kingdom is often carried via testing Prostatic Specific Antigen (PSA) levels in the blood.

Detecting prostate cancer at any early stage is crucial in preventing the disease from spreading and reducing the risk of death. Any man over the age of fifty can ask for a PSA test annually from his general practitioner.

Concerns have been raised that prostate cancer can occur in men with normal PSA levels and the majority of men with mildly raised PSA levels, which might benefit most from the detection of an early stage tumour, do not have cancer. More research needs to be carried out to identify which tumors are most likely to become aggressive; we call 'tigers', and grow independently from hormonal control (androgen independence) from those with a more benign course, that we call 'pussy cats'.