

ProtecT Study

(Prostate testing for cancer and Treatment)

Newsletter Issue 12, January 2015

Welcome to the annual ProtecT study newsletter

- 2014 was a busy year for ProtecT researchers as the study's first main paper was published on August 20th in the Lancet Oncology Journal. This important publication lays the groundwork for the main analysis of the study results which is planned for later this year. We have devoted a double page of the newsletter to these results and hope you will find them informative.
- As the trial moves into its final year, we are aware that some of you will have concerns about your future care. Please see page 3 where we have aimed to answer some of the questions you may have.
- A big thank you to all those men who contributed to this year's newsletter and congratulations on your achievements. We hope all the rest of you, who so generously devote your time each year to make the study the success it is, will find these stories entertaining.
- Everybody connected to the ProtecT study – the nurses, doctors, researchers, academics, office staff, technicians and, most importantly, you – the participants, can now look forward to the publication of the results in the very near future when we will make a substantial contribution to the debate on how best to detect and treat prostate cancer.



Photograph courtesy of Anthony Devlin/PA Archive/Press Association Images

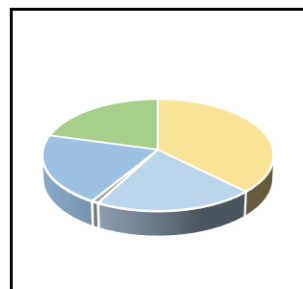
Professor David Neal, Principal Investigator for the ProtecT study, being awarded a CBE in recognition of his services to Social Medicine by Charles, Prince of Wales. See Page 2.



Professor David Neal talks about his work, Page 2



ProtecT study update & related results, Page 3



First main results, Pages 4 & 5



ProtecT participants section, Pages 6-8

Professor David Neal – Principal Investigator for the ProtecT study – talks about his career and the CBE

One of the best things in my academic life has been the long-term working with Jenny, Freddie and Athene, and all colleagues in ProtecT to help complete this world-beating trial, which already has had a major impact internationally. I am looking forward to helping further in the study as it moves forward to its first major milestone.



David Neal celebrating the award of his CBE with his family.

As many of you know I have recently moved from my current position in Cambridge to take up a new role in Elsevier, which is very exciting as this company transitions towards a technology company with scientific content. I am fortunate in being able to continue to spend a day or two a week in Cambridge taking forward some of my research interests.

I was born in Otley in Yorkshire in 1951 and went to the local grammar school and later to University College, London where I gained a 1st class degree in neuro-anatomy and decided to do surgery. Urology very soon won my affections and I trained at UCLH, Kettering, Leeds and Newcastle. I stayed in Newcastle as Senior Lecturer and later as Professor and Head of the Department of Surgery. I have worked with wonderful clinical and academic colleagues including, in oncology, Philip Powell and Freddie Hamdy. Adrian Harris was there at the time and our families became very close. I was introduced to Jenny Donovan and we shared a passion for discovering effective treatments for prostate diseases, including later with Freddie for prostate cancer via the ProtecT Trial. I have worked as a clinical academic for over 30 years and am passionate about supporting the next generation of clinical academics.

I have been privileged to work with many talented laboratory and clinical scientists (Ian Mills, Charlie Massie and Craig Robson in particular) and being able to contribute to a better understanding of prostate cancer, running through from clinical and translational studies through to more basic science aspects. I was surprised and delighted by the award of a CBE in January 2014. Most people say the same thing: that the award was for a real team effort and certainly in my case I feel that very strongly. My family is a very important source of support and love. We had a great family get together March 2014 (pictured above).

I have been extremely lucky in my colleagues over the years and hope to continue to contribute to urology and academia for many more years.

ProtecT Study Update

What will happen to my ongoing care once the ProtecT study finishes?

Many of you are aware that the current funding for the ProtecT research study finishes in 2016. Some of you have been asking how this will impact on the care you receive.

▯ Most importantly, you will continue to receive NHS care from your Urology or Oncology centres. Recommendations for your care may change over time. This is normal and has occurred for men within the study during follow-up so should not be seen as the result of the ProtecT study coming to a close.

▯ There may be some limited funding for the ProtecT study beyond 2016 which will be discussed over the next year. However, this will not be enough to allow the study to continue in its current format. So whatever happens, there will be changes.

If you want to discuss any of these issues further, please talk to your ProtecT research nurse. He or she may be unable to answer your questions currently, but will be able to pass on any questions and concerns.

Receiving questionnaires from 2016

After the main funding for the ProtecT study ends, we have plans to introduce the option of completing questionnaires and receiving newsletters via the internet. All data will be transferred using a secure network that would ensure your privacy and many studies around the world use these systems. We very much hope that you will continue to take part in ProtecT and also provide us with an email address so that we can send you a link to the website where you can continue to provide your valuable research data. You can write your email address in the contact details section of the blue questionnaire you will receive this year by post or contact us using one of the methods outlined at the end of this newsletter. If you would prefer to complete questionnaires by post then that will still be an option.



ProtecT study coordinator, Athene Lane, appearing on BBC's Points West to talk about the link between prostate cancer and diet.

An unlikely ally in the fight against prostate cancer

Some of you may remember completing an extensive diet, health and lifestyle questionnaire



when you first joined the ProtecT study. Researchers from the Universities of Bristol, Oxford and Cambridge have recently compared the data you provided with data taken from other men on the study who don't have prostate cancer.

The results suggest that men who eat over 10 portions of tomatoes a week have an 18 percent lower risk of developing prostate cancer. Tomatoes, both fresh and processed in products like baked beans and ketchup, are rich in an antioxidant called lycopene which can prevent cell damage.

If you would like to read a full article on this subject posted on the University of Bristol's website, see:

<http://www.bristol.ac.uk/news/2014/august/tomatoes-prostate-cancer.html>

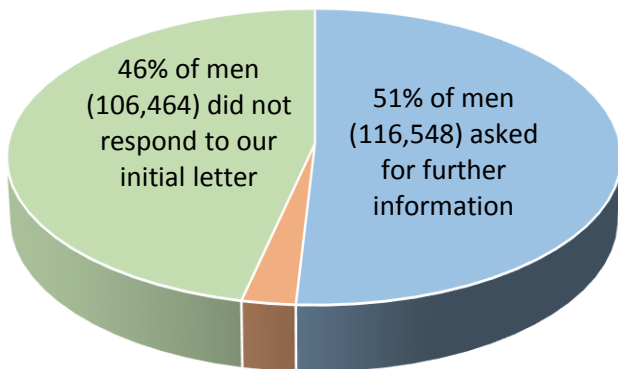
Alternatively, if you would like to read the full academic paper which delivered these results, see:

<http://cebp.aacrjournals.org/content/early/2014/07/12/1055-9965.EPI-14-0322>

These pie charts show results from the ProtecT study’s first main paper. The whole document can be read at the following web address:
[http://www.thelancet.com/journals/lanonc/article/PIIS1470-2045\(14\)70361-4/abstract](http://www.thelancet.com/journals/lanonc/article/PIIS1470-2045(14)70361-4/abstract)

1 INVITATION

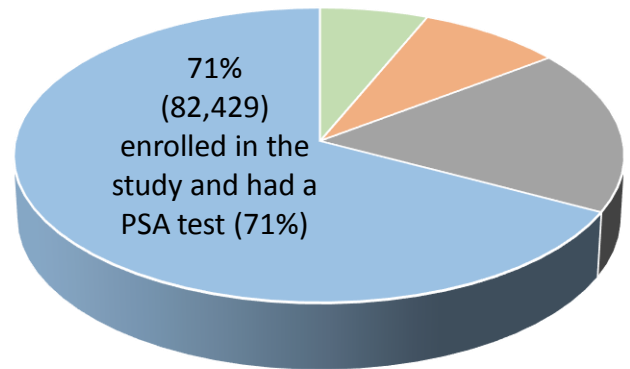
228,966 men aged between 50 – 69 years were sent a letter from their GP about ProtecT.



3% of men (5954) asked not to be contacted again

2 ENROLMENT

Those who wanted more information were invited to attend an appointment with a specialist ProtecT nurse.

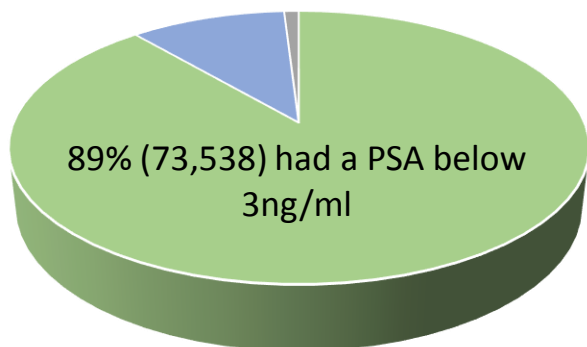


6% (7665) were ineligible

9% (10,350) did not want to participate

14% (16,104) did not attend their appointment

3 PSA RESULTS

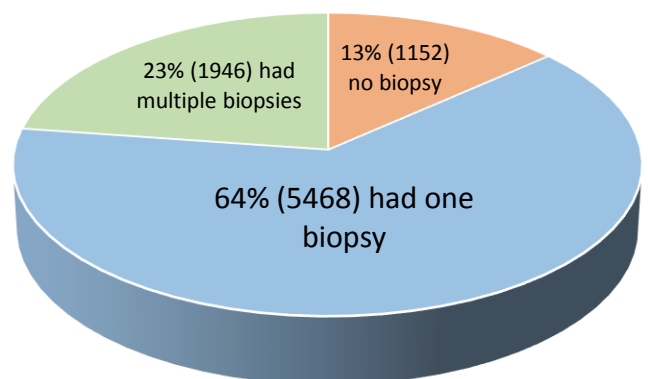


10.5% (8566) were eligible for biopsy with a PSA between 3 and 20ng/ml

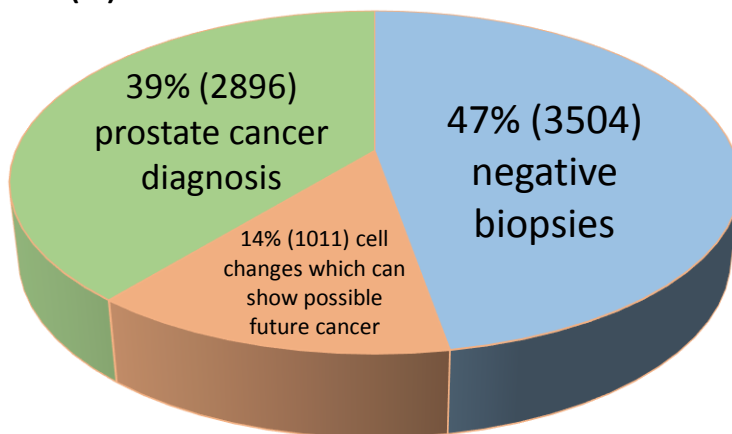
0.5% (279) had a PSA over 20ng/ml

4 BIOPSY RESULTS (1)

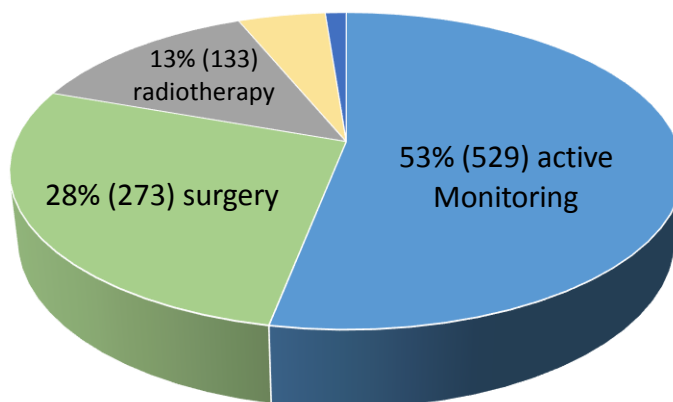
Participants who had an eligible PSA were asked to attend a hospital appointment for a biopsy.



5 BIOPSY RESULTS (2)

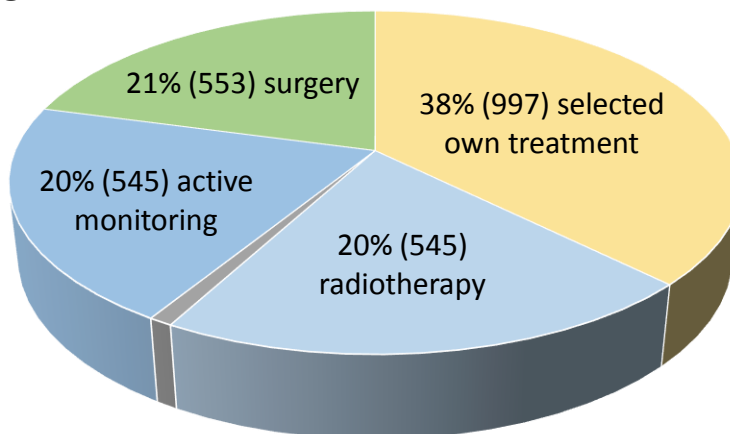


6 PATIENT TREATMENT SELECTION



- 5% (50) brachytherapy
- 1% (12) other treatments

7 RANDOMISATION



- 1% (24) randomised to only two treatments

Hector Woodhouse, who attends our Edinburgh centre, has written a book entitled: “The Forth Road Bridge-Hector’s Stories” which is available from Amazon with all proceeds to charity. Below is an extract called: **A First**

The Forth Road Bridge celebrated its 50th anniversary of its opening by Her Majesty the Queen on 4 September 2014. The fourth longest bridge in the world. I was a young graduate Civil Engineer during the construction of this massive civil engineering project. Here is one of my stories.

The Bridge is a suspension bridge and necessitated the provision of a temporary access along the profile of the main cables for the “spinning” thereof. This was called the Catwalk, and was made up of steel support wires on which were laid open wire mesh panels to walk on with sides to match.

There came the day when the catwalk was nearing completion. The mesh had been laid all the way but for a section on which the men were working near the south side tower. My colleague, Alan, a young engineer too, went down to the site to experience for the first time a walk across the river on the completed mesh. On the south side we found a large group waiting to do the same thing. That is when we had our good idea. We left them at the foot of the ladder that would give them access to the mesh, went to the Resident Engineer’s launch, and took a trip across the Forth to the north side.

We knew that the mesh from there was secure. So we climbed onto the catwalk and went up to the top of the north side tower, then the big climb up to the north main tower, then the bouncy trip across the river and the big climb up to the top of the south main tower. The mesh had been completed all that way.

As we looked down to the south side tower we saw that the squad were nearly finished laying the mesh so off we set. We had it timed nearly to perfection, but not quite. The squad had stopped for lunch and left about 20ft unfinished.

Not a problem to us young lads. Mesh or no mesh we were going to do it. Holding on to the handrail wire, we tight roped along one of the support cables. We even had time to take photographs of the occasion, 150ft above the ground.

Once safe and sound on the solid concrete of the south side tower we walked down the last short length of meshed walkway. The waiting crowd looked on in amazement, as Alan and I, arms linked, stepped onto the ground together. We were the first to walk across the river.



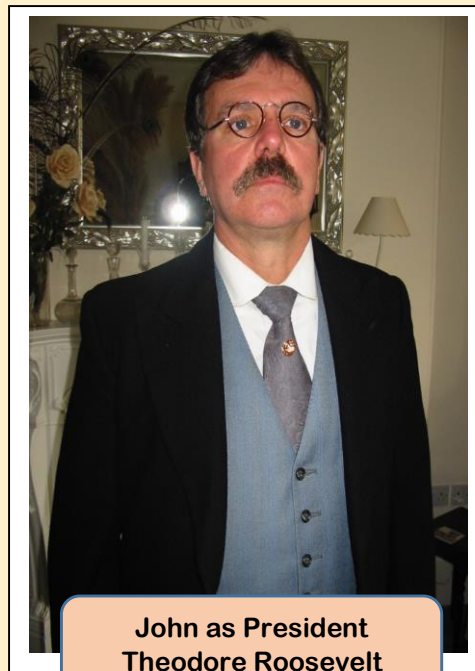
CONGRATULATIONS TO TREVOR AND SALLY-ANN HARPER FROM CAMBRIDGE WHO TIED THE KNOT ON THE 31ST JANUARY 2014 AT THE IPSWICH REGISTRY OFFICE. THEY ARE NOW ENJOYING MARRIED LIFE TOGETHER AT THEIR NEW HOUSE IN TYDD ST GILES.

Actor John Massey from our Sheffield centre

Ever since he was five-years-old and starred as the troll in a school production of *Three Billy Goats Gruff*, John Massey has loved acting. He has used his talents in many productions, including a professional tour of *Happy Families* by John Godber, but most recently his acting skills have been put to good use by the General Medical Council in Manchester where John works as a virtual patient.

The job of a virtual patient is to test the communication skills of young doctors and psychiatrists by acting out stressful situations. In his time, John has played a paedophile twice, a man who has just been told his fifteen-year-old daughter has been prescribed the pill by her GP and a deranged farmer who has bought forty acres of farmland to grow bio-fuel without telling his long-suffering son. John enjoys these extreme scenarios the most because it allows him to ‘let rip’ and considers it a victory when he receives a reassuring pat on the knee from students who have been moved by his performance.

John is currently rehearsing in a production of Alan Ayckbourn’s play *Life and Beth* to be shown at the Library Theatre in Sheffield. He plays Gordon – the unwanted ghost of his widow Beth – and is being directed by his real life wife, Kay, who ironically didn’t want him for the part (not really). John and Kay are also theatrical landlords and have put up amongst others John Nettles and David Bradley of *Harry Potter* fame.



John as President Theodore Roosevelt



Congratulations to Keith Pope from Penpedairheol in South Wales who raised £356 for the Velindre Hospital in Cardiff by completing the Caerphilly 10K run on Sunday 22nd June 2014.



Not to be outdone, here’s our very own Pete Holding – coordinating lead nurse based in Sheffield – on a late 1860s boneshaker at the Veteran Cycle Club’s national rally at Wainfleet, Lincolnshire in September 2014. After riding for 12 miles on this contraption Pete earned a lunchtime pint at the Batemans Brewery.

A follow up with sculptor Stephen Hines from our Leeds Centre



If you pass by the Pinderfields Hospital in Wakefield, take a moment to admire the 'The Tree of Life' sculpture now standing proudly in its grounds. Some of you may remember Stephen Hines from the last newsletter – who overcame two strokes to continue his passion for sculpting. Stephen is now a patron of the arts based charity Move Ahead who helped him rediscover his creative spark.

The second of the two sculptures he was commissioned to produce by the Mid Yorkshire Hospitals NHS trust was unveiled in September 2014. As with the first piece he donated to the Dewsbury Hospital, Stephen would accept no payment in gratitude for the care he and his wife Margaret received. The inspiration for 'The Tree of Life' came to Stephen whilst he was visiting Michelangelo's Rondanini at the Castel Sforza in Milan. He was allowed five minutes alone with the masterpiece and felt inspired as he ran his hand along the stone.



If you have moved, or need to contact us for some other reason – e.g. so that you can provide an email address, you can by:

- Contacting your lead nurse using the number of the your local centre
- Emailing us at: info-protect@bristol.ac.uk
- Dialing Freephone 0800 7833167
- Writing to us at: The ProtectT Study, University of Bristol, Canynge Hall, 39 Whatley Road, Bristol, BS8 2PS.

A list of **lead research nurses** by centre:

Birmingham: Pauline Thompson (0121 6272992)
 Bristol: Lynne Bradshaw (0117 3235080)
 Cambridge: Phillipa Herbert (01223 596225)
 Cardiff: Sarah Tidball (02920 746501)
 Edinburgh: Norma Lyons (0131 5372433)
 Leeds: Debbie Cooper (0113 2063509)
 Leicester: Sue Bonnington (0116 2588316)
 Newcastle: Teresa Lennon (0191 2231461)
 Sheffield: Joanne Howson (0114 2712791)

A note from the Editor: Nick Christoforou

If you would like to contribute to the next newsletter - whether by suggesting ways it could be improved or writing about your own experiences – you can phone me on 0117 9287298 or email me at: n.christoforou@bristol.ac.uk

And finally, a big thank you for all your help and support over the last year.