

**Notes of Prostate Cancer Support Group Meeting
(Haywards Heath & District)
held on Thursday 17 March 2016**

Ian Cooper very kindly chaired the meeting as Peter (Chairman) was unable to attend due to illness. Ian welcomed everyone, in particular new members, and outlined the speakers and agenda for the afternoon.

St Peter and St James Hospice - Presentation by Eleanor Gloster

Set in 23 acres of Sussex countryside, St Peter & St James has spectacular views across the South Downs with landscaped gardens, a wheelchair friendly Woodland Walk and a summer house. Eleanor explained that the Hospice provides specialist care and support mainly in Mid Sussex, although there is some coverage in East and West Sussex. Help is provided in people's homes as well as in the hospice itself. They endeavour to meet the needs of each patient, their family and friends, and to encourage and enable all patients to live their lives to their full potential despite their illness. By controlling pain and other symptoms, hospice care, also known as palliative care, enables patients to achieve the best possible quality of life. Nearly half of all people admitted to a hospice return home again and the average length of stay is just 13 days.

Hospice care is free of charge to all patients and their families.

The Hospice relies on the local community for 86% of their funds, 14% of funding coming from the Government. More than £2.6 million has to be raised every year through fundraising.

A video was shown of hospice staff giving their experience at the hospice - also patients both in and out of St Peter and St James outlining the treatment they had received. *In case anyone wishes to see or revisit the video, the youtube link is as follows:* - <https://www.youtube.com/watch?v=51pg4c2w-w0>.

Presentation by Professor Robert Thomas

(Consultant Oncologist, Bedford Addenbrooke's Hospitals, Senior Clinical Tutor Cambridge University and Visiting Professor of Biological and Exercise Science, Coventry University)

Topic - 'Lifestyle & Nutrition After Cancer'

Professor Thomas explained that with nearly 3 million people living with and beyond cancer in the UK, many suffering the consequences of treatment, the case for developing effective, self-help initiatives has never been stronger. He summarised the international evidence which proves that physical activity, nutrition and other lifestyle strategies have major benefits for individuals with cancer, for their families and health providers - including:

- Reducing cancer related fatigue, weight gain and hot flushes.
- Improving psychological well-being and overall quality of life.
- Reducing the risks and effects associated with radiotherapy, chemotherapy, hormone and targeted therapy.
- Helping to maintain healthy bones and preventing treatments related to arthritis.

Biological processes that take place in the body with a healthy lifestyle can have direct and indirect anti-cancer effects.

He advised that by looking at scientific evidence, myths can be broken about which foods to avoid and which to eat more of. The importance of physical activity, the risks and benefits of mineral and vitamin

supplements were discussed and the potential benefits of boosting the anti-cancer polyphenols in our diet. He summarised the results of the world's largest double blind randomised study of a polyphenol rich food supplement **Pomi-T** - developed and tested with the help of the UK government's National Cancer Research Network (NCRN). The ingredients of **Pomi-T** are turmeric powder, pomegranate, broccoli powder and green tea. He outlined how its use had either reduced the cancerous growth or had eliminated it altogether.

Carcinogenic foods should be avoided if possible, therefore we should try to -

- Steer clear of heavily processed foods, containing high concentrations of additives and unhealthy fats, salt and sugars.
- Avoid excessive deodorant use - have days off.
- Avoid reheating fats and oils.
- Avoid super heated snacks such crisps, chips and roasted or baked bars.
- Reduce aromatic hydrocarbons exposure by avoiding smoked, barbequed or burnt foods.
- Limit foods with high AA concentrations to small amounts.
- Try eating as much raw (healthy) food as feasible.
- Try eating more [organic](#) foods.

Further, more comprehensive, lifestyle/diet and cancer information can be found in -

- The lifestyle resource - cancernet.co.uk
- Lifestyle Research monthly news updates (sign up via cancernet.co.uk)
- The book **Lifestyle and Cancer – the facts** (available from cancernet.co.uk).
- The Pomi-T trial and benefits of polyphenols (pomi-t.com)
- Twitter [@cancernetuk](https://twitter.com/cancernetuk)
- Facebook

Professor Thomas and Eleanor Gloster were thanked for giving up their valuable time to provide us with very informative presentations.

And Finally...

We report that since our last meeting one of our members, Derek Somerville, very sadly passed away. His widow, Marlene, intends to continue on the committee helping out with the Support Group Meetings, for which we all offer our thanks.

Next Meeting Date

As the main speaker for our July meeting cannot make the 3rd Thursday of the July, we may have to move the meeting date to early August. As soon as this has been confirmed, we will advise you by email, or post if there is no email address.

Jenny Lea
26.3.16