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Predictive Genetic tests for Cancer Risk Genes

Cancer is not usually inherited, but some types – breast, ovarian, colorectal and prostate cancer – can be strongly influenced by genes and can run in the family.

We all carry genes that are normally protective against cancer. These genes correct any DNA damage that naturally happens when cells divide. BRCA and BRCA 2 are examples of genes that raise your risk of cancer, if they become altered. Having a variant BRCA gene greatly increases the chances of a man developing male breast cancer and prostate cancer, and a woman's chance of developing breast and ovarian cancer.

If you or your partner have a high-risk cancer gene, such as an altered version of BRCA1, it can be passed on to any children you have.

If you are worried then speak to your GP who will be able to refer you to a local genetic service for an NHS genetic test, which will tell you if you have inherited one of the cancer risk genes. This type of testing is known

as predictive genetic testing. It's predictive because a positive result means you have a greatly increased risk of developing cancer. It does not mean you have cancer or are definitely going to develop it.

Screening

In the case of breast cancer, annual breast screening in the form of mammograms and MRI scans can also monitor your condition and catch the cancer early. Unfortunately there is currently no reliable test for ovarian cancer or prostate cancer. However, annual PSA testing for prostate cancer may benefit men who carry the faulty BRCA 2 gene. If you have a prediction genetic test, it will be left to you to inform your family of your results. If you do not have a strong family history of an inherited cancer you will not be eligible for the NHS genetic test.

For more details on this subject please go to www.nhs.uk/predictive-genetic-tests-for-cancer-risk-genes.

Chairman's Chat

We decided to open the booking site for the September PSA event on 9th August and we were amazed when it became full 2 weeks later. Who says there is no need for PSA tests? Talking of which, I attended the Ventnor day on Saturday 14th August, and encountered an Island GP who got extremely flustered by our stall and what we are trying to do, more details inside.

The ladies had a meeting at the End of the Line café, report and photo inside, and our luncheon at the end of September has a very varied choice of menus as you can see in this issue.

I went over on the Hovercraft to chat to the men travelling to QA for treatment, and visited the usual meeting places in the hospital.

So much going on in September, please read the future events and volunteer an hour or so of your spare time to help man the awareness stall, or attend the PSA event. It's a great way to help and inform the Island's population.

Our website is so full of information, please recommend it to your friends and maybe contact them on a Facebook page.

And finally, there are a couple of interesting articles that missed the last newsletter you might find informative. Hope to see you at our stall at events around the Island.

Ladies Meeting

at The End of the Line café,
Freshwater 18th August

A very enjoyable morning was spent at the End of the Line café at Freshwater giving ladies who live in that area a chance to meet. Angela brought her friend along who had lived on the Island and was enjoying her visit, it was nice to meet her. There were 6 of us, Pam, myself, Marilyn, Rosie, Audrey and Angela. After the meeting, Pam, Marilyn and I went to the Co-op to start getting the food for the 10th anniversary, by then the sun had come out so we all felt upbeat.

During the meeting and chatting we decided we will have our next meeting at 11am on the 15th September at Carisbrooke Priory, 39 Whitcombe Road Newport PO30 1YS. Nice food, lovely gardens so come early and if weather permitting take a stroll around the gardens.

Bus from Newport stops right outside or there is parking over the road. Bus route no 6 which runs from Newport to Ventnor every 2 hours, the bus from Newport leaves at 10.55 and from Ventnor 10.05. Hope as many of you who can do come as it's good to talk about whatever you want. Remember we are a support group so happy to lend an ear.

Elenid Perry-Lowe

Alan Taylor



PSA Update

Results for the Totland event are now published. We are using a new protocol for our events, so the standard Red, Amber and Green letters have now been refined to give greater details to the results and also more information on how the patient should react to their individual results. So the results were:

Red 8 Urgent help needed

Amber 10 Seek further advice soon

Green (high risk) 48 Seek further testing

Green (moderate risk) 186

Advised to be re-tested within 24 months

Green low risk

So from the total of 252 men tested, 66 men or 26% require further medical support. This is a repeat of the test we ran in Cowes in May where 76 men were found to need further medical support, and we were advised by the NHS IW that a fall in referrals over the past 18 months due to Covid was to be anticipated.

Our next PSA test event is on 25th September and the opening date was on 9th August. Immediately there was a huge response with over 70 bookings on the first day. It was no surprise that within 11 days all 252 places had been taken and a reserve list was being taken. The first of two events we are running in Ryde will be held at John Street, Ryde Masonic Hall and volunteers to help at this event

can contact us at 07568245124. For those members who are contacted by friends or colleagues, the second Ryde event booking date opens on Monday 30th August, so please inform them that although they are too late for the September event, they are nice and early for the November event if they go online on the 30th August.

The PSA organising group had their first meeting for the final PSA event in Ryde with the Lions confirming the opening date for booking as the 30th August and various items of planning including parking fees etc were sorted out. They will meet again in September when the promotional campaign for this event and equipment for the day will be top of the Agenda.



Light Lunch at the Waverley Inn, Carisbrooke

Our Social Secretary Pam Blayney, has now received menus available for this event on Tuesday 28th September from 1 – 3pm. Please read through the menus and pick which one you would like, then contact Pam on klboniow@outlook.com to book your menu and seat before 15th September. Also she will be running a raffle that day and if anyone has suitable prizes which could be donated, please contact Pam on the above email address.

The choice of menus are:

Home cooked honey roast ham, egg, chips and peas **£7.50** GF

Homemade Macaroni cheese and side salad **£6.50** V

2 Pork or Quorn sausages (V), mashed potatoes, peas, gravy (GF on request) **£6.50**

Homemade Cottage pie with peas **£6.50** GF

Small Battered Cod, chips, peas and tartare sauce **£7**

Jacket potato, with cheddar cheese, baked beans and side salad (V. GF) **£4.50**

Apple crumble, or chocolate fudge cake(GF) with either custard, cream or ice cream **£3.50**

2 scoops ice cream **£2**

To keep the cost to a lower level than the normal menu, portions will be slightly smaller for the smaller appetite in keeping with a light lunch.

Isle of Wight Morris Minor Rally

Sunday 5th September from 10am at the Isle of Wight Steam Railway Station, Haven Street. All other Classic Cars welcome to display. Free Entry to all spectators

All moneys raised going to Prostate Cancer Support Group.

The support group will have their awareness stall at the event and will also be promoting their Ryde PSA event.

There is plenty to do and see, so go to www.iowmmoc.blogspot.co.uk for further details. Hope to see you all there.

Quote – Unquote

If you want the rainbow, you've gotta put up with the rain.

Not how long, but how well you have lived is the main thing.

Life is like a coin. You can spend it any way you wish, but you only spend it once.

Never take life too seriously. Nobody gets out alive anyway.

The best use of your life is to invest it in something that will last longer than your time on Earth – Family.

Life is an echo, you get what you give.

Life doesn't require that we be the best, only that we try our best.

Life isn't about waiting for the storm to pass, it's about learning to dance in the rain.



Quick Quiz

Here is your chance to win one of our sought-after ceramic IWPCSG clip-on badge by answering correctly our Quiz Question. Send in your answer to iwpcsg@gmail.com or call/text 07568245124.

Which scientist, famous for his law of elasticity, was born in Freshwater in 1635?

If you are unsuccessful in winning one of our badges they can be purchased for only £2!

Trustee Thoughts

The proposed changes to the Constitution in regard to the number of Trustees, frequency of meeting and Chair co-opting Trustees were either withdrawn or voted out.

Graham Dooley has generously donated a 6ft Teddy to be raffled at the Teddy Bear Day at the IW Steam Railway on the 16th October at Haven Street. We will have an awareness stall there and this is seen as an excellent fundraising opportunity. We will also have our calendar on sale there at £3 each and our project Trustee, Irene, is hard at work on a Christmas card design, which we hope to also have ready for this weekend.

Our Social Secretary, Pam, is working hard on a Light Lunch and Raffle on Tuesday 28th September from 1 – 3pm and we have published the menus in this issue. There is a maximum number of 43

Pigeon Fanciers Lung

Pigeon fanciers lung is a type of hypersensitivity pneumonitis caused by airborne exposure to avian antigens. The disease may present acutely or sub-acutely and such episodes usually resolve with cessation of the antigen exposure. Chronic disease may progress to irreversible disease.

Prevention can be by wearing a cap, mask and loft coat when cleaning the loft. The use of blood tests for pigeon fanciers to find out if they are suffering from pigeon fanciers lung have become more common at large gatherings of pigeon fanciers. Most pigeon fanciers are male and so it has been proposed would it be possible to PSA test these men at the same time as they are having a blood test for pigeon fanciers lung. There are a few technical issues, but basically an extra test tube to collect the blood sample for the PSA test, and then co-ordinating analysis of both samples at a Pathology lab, together with using GFCT for final analysis seems a small task to kill two birds with one stone.

Could this be something we could do on the Isle of Wight?

who can attend, so please book your menu and seat early.

The 10th Anniversary event on Thursday 28th October is now only a couple of months away. The plan is to have some live entertainment Company B-UK, some finger food, a raffle and some interviews with some of the founder members of our Group.

We have entered the Asda green token scheme online. All you have to do is go on to our website www.iwpcsg.org and click on the vote Asda sign. You can vote once each week until the end of voting period. At the moment we are 3rd in a group of 3, so please make the effort to vote.

Our next speaker will be live at the County Cricket Pavilion, but we will be running a hybrid meeting, meaning those on Zoom can also join the meeting. We hope to see you there.

Future Dates/Events

30th August

St Helen's Show, awareness stall 9 – 5pm: volunteers please, morning or afternoon.

3rd September

Preparation for Wolverton Manor Show 7pm at Shorwell

4th and 5th September

Wolverton Manor Show awareness stall, Shorwell, 9am – 5pm both days: volunteers please, part or all of the day.

5th September

Morris Minor Show – awareness stall and gazebo at Havenstreet Steam Railway 9am – 4pm. Yes 2 shows on the same day! Please help.

11th and 12th September

IW Caravan and Motorhome Club rally, and West Country Mini owners Club rally, Sandown Airport. Awareness stall 9am – 4pm both days. Help needed for the stall.

19th September SUNDAY

Familiarisation morning at John Street, Ryde, Masonic Hall for volunteers for PSA event 11.30am – 12.30pm.

23rd September

Members' hybrid meeting at 6.15pm County Cricket Club Pavilion – speakers: Heather Clayton and Susan Hart.

24th September

Set up evening John Street Masonic Hall Ryde 7 – 9pm.

25th September

PSA test event at John Street Masonic Hall 9am – 2pm.

28th September

Tuesday luncheon at the Waverley Inn. Group fundraiser with raffle. Choice of menus 1 – 3pm.

16th October

Teddy Bear Day at the Isle of Wight Steam Railway. Awareness stall plus Giant Teddy raffle 9 – 4pm. Volunteers please.

28th October

Thursday evening **10th Anniversary Support Group celebration**, live entertainment, snacks, raffle, guest speakers. 6.15 – 9.00pm.

News Flash

Due to unforeseen circumstances, the planned Bric-a-Brac event has had to be cancelled from its weekend date of 23/24 October. For those who forwarded their support to this weekend our grateful thanks and we hope you have not been too inconvenienced by this cancellation.



Awareness Campaign

This month we have focused a lot on our effort for the 25th September PSA event being held in Ryde. We attach posters to our banners at local sites to the testing event giving all the details a person needs to be able to book on the site. Because there was a close follow up from the Totland to Ryde event, we decided to completely redesign our promotional poster so that people would not get confused if we placed one poster after another on the same banner, as we did at the Busy Bee in Ryde. So 8 posters were put up in the Ryde area promoting our event and this together with our social media promotion has lead to the event being fully booked within 2 weeks of opening.

One of our Trustees, Roy Colledge, managed to get a poster and our mini MAN into a site at Cross Street in the centre of Ryde (see photo). This is a great site as we can use it for our November event.

The Chairman was at the Ventnor Show on Saturday 14th August with the awareness stall. This 5 hour event was well attended and by the end of the day, the Chairman had given out over 50 flyers for the September PSA event, plus spoken to a large number of people who wanted details and information about prostate cancer. A very successful awareness event and congratulations to Ventnor Council for organising the event.

The Chairman was on the Hovercraft on Tuesday 17th and then on the Daisy Bus talking to the 8 passengers who were making their way to QA for treatment. What was worrying was that many of the men did not know how to claim back their Hovercraft fare, and although they had heard of the Group, had little idea of how to contact us. The Chairman left newsletters with the driver to pass on to other passengers and leaflets giving details of the Group.

As usual, a delivery of newsletters was made to the St Mary's Chemo department, where the staff are always keen to pass them on to many of their patients.

