

NEWSLETTER



Prostate
Cancer
Research
pcr.org.uk

Transforming research. Transforming lives.



Innovating to combat advanced prostate cancer

Dr Nil Grunberg discusses her research with prostate cancer patients at one of our recent events. Read more about the team's other work on page 5 [➤](#)

SUMMER 2024

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Welcome



Welcome to our latest edition of the Prostate Cancer Research (PCR) newsletter, where we spotlight the transformative strides we are making towards the early detection of prostate cancer.

At PCR, we are committed to identifying and supporting high-risk groups who are disproportionately affected by prostate cancer. Through your unwavering support, we have made significant advancements in this arena. In the past few years, your contributions have enabled us to develop targeted initiatives that focus on early detection techniques, enhancing our understanding and approach towards those most at risk.

Our journey towards making early detection a widespread reality has been marked by notable achievements in research, advocacy, and direct patient support. Thanks to your involvement:



We have expanded our research portfolio to include projects that explore innovative diagnostic tools and methods for those at greatest risk, aiming to catch prostate cancer at its earliest stages.



Additionally, your support has enabled us to invest in early-stage biotechnologies. We're funding groundbreaking projects that are developing new biomarker tests to enhance the precision of prostate cancer detection. These initiatives also include integrating artificial intelligence with MRI technology, significantly improving both the effectiveness and accuracy of early diagnostic processes.



Our influencing efforts have grown, including the push to advance screening through petitions and public awareness campaigns, which many of you have supported.

Oliver Kemp
CEO

Read more about our research involving innovative diagnostics tools, investment in early-stage biotechnologies and petition on pages 2-3.

As we continue to build on these foundations, your role remains at the heart of our mission. Each newsletter, each update, and each breakthrough is part of a larger narrative that you help write – of advancement and collective action.

Thank you for standing with us as we push the boundaries of what's possible in the fight against prostate cancer.

Connect with us to stay up-to-date with our latest news and tell us your stories:



@prostatecancerresearch



@PCR_News



/prostatecancerresearchnews



/prostate-cancer-research

Brian's personal story

I am living proof of the need for national screening



You can add your voice to our petition, sign up at pccr.org.uk/prostate-cancer-screening-petition

In March 2024, PCR launched a petition urging political parties to commit to making prostate cancer screening a national priority. We said:

Enough is enough.

The petition is still live and has already secured over 90,000 signatures. It will be delivered to the new government in early July.

One of the key backers of this campaign was Brian, a 71-year-old husband, father, and grandfather living in Hertfordshire. Hear why Brian felt so strongly about PCR's screening campaign:

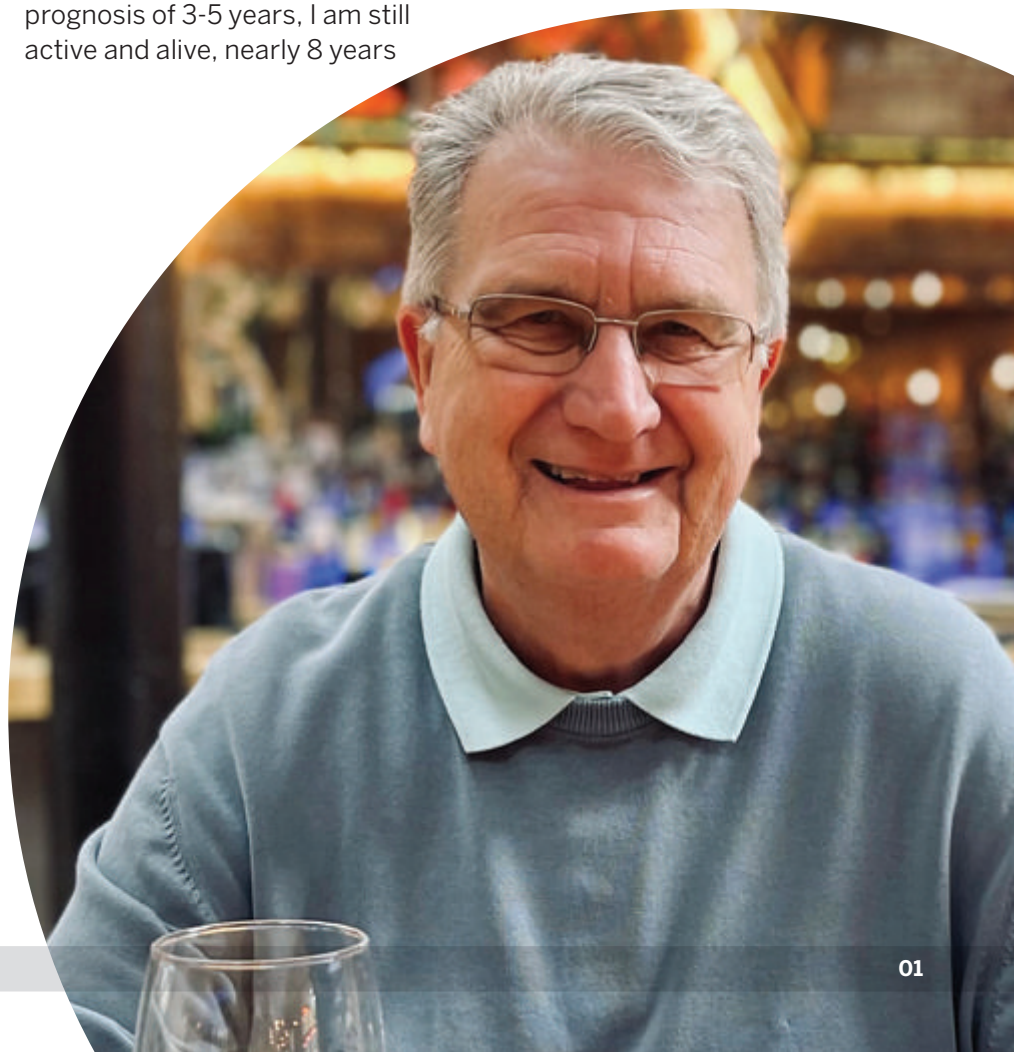
Nearly 8 years ago, aged 64, I was symptom-free, fit, and healthy. I started having some problems going to the loo, so I went to a walk-in clinic, thinking I had a urine infection. Within hours, I was diagnosed with stage 4 metastatic prostate cancer that had already spread to my bones, meaning it could not be cured. The news was utterly devastating for me, my wife, my daughters, and my five grandchildren. My father had died at 74 from prostate cancer, so I was able to monitor his symptoms. He had all the classic symptoms. I had none.

I believe formal screening is urgently needed to combat this vicious disease. While mindsets are changing, individuals still must initiate prostate checks, often only when symptoms appear. Many,

however, show no symptoms until the cancer has spread and is incurable. Screening would detect prostate cancer early, saving thousands of lives annually.

If all men over a certain age were routinely screened, many lives could be saved. If a national screening programme had been in place when I was younger, my prostate cancer would have been caught whilst it could be cured. As it had already spread, mine is incurable. But I am one of the lucky ones in that my cancer is currently responding well to treatment. Despite an initial prognosis of 3-5 years, I am still active and alive, nearly 8 years

later. But for every lucky person like me, there's an unlucky man who dies sooner than those 3-5 years. My family and I are grateful for my luck and the wonders of modern science and medicine. But we are deeply saddened for all those men and their families who have been unlucky. Is good or bad luck really the best way to determine how long someone lives? It is time for action. It is time that prostate cancer be taken seriously and prostate cancer screening be made a national priority. That is why I added my name and my voice.



Campaign update

Early detection will be possible



90,000+
people
pledged their
support to
our petition
for screening

Imagine a future where most prostate cancers are caught early. Where prostate cancers can be cured, more people with prostate cancer have more choices and fewer side effects.

We know that early detection of prostate cancer is a win-win. For a long time, we didn't have technology for early detection for prostate cancer that was as accurate as the technology used to pick up other cancers. Technology is moving on. So are we. A future in which most prostate cancers are caught early is now possible, but, we're not quite there yet.

We believe we need three things to make early detection possible:

- 1 Better technology**
- 2 More focus on prostate cancer by the government**
- 3 High-risk groups to be urgently prioritised for screening**

Thanks to your incredible support, we have been able to kick-start amazing work across all three areas.

Taking advantage of the time in the run-up to a general election when political parties were setting their priorities, we ran a petition calling for prostate cancer screening to be a national priority – and we have been overwhelmed by the responses so far. We plan to hand this petition in to the new government to ensure prostate cancer is high up on the agenda in the next Parliament. We are also working with economists to build an even stronger socioeconomic case for some form of screening, and intend to launch a macroeconomic model in the autumn. We are also actively campaigning for the rollout of MRI machines across the country, so that everyone, no matter where they live, has access to the best technology we have right now.

We also have research teams who have been working hard to make early detection possible. Earlier this year, you may have seen some of our research hit the headlines internationally when scientists at the University of East Anglia were able to use AI to break prostate cancer down into different subtypes. We hope this will eventually put more power back into the hands of the patient at the time of diagnosis by being able to tell you, confidently, whether your cancer needs treatment or not.

Through our academic research portfolio and our translational research arm, we are actively investing in developing newer and better technology to revolutionise diagnostics, from software to improve prostate MRIs to new blood tests.

Thanks to you, we were able to kick-start all of these amazing projects to make early detection possible. With more support, we can do even more. Together, we must keep going until early detection is a reality and until every person with prostate cancer, no matter what stage it was caught, has access to treatment that works for them.

We are moving towards a future where no one needs to fear prostate cancer. Thank you for coming on this journey with us.



40%
A high
proportion of
legacy donors
said better
diagnosis
should be our
no. 1 priority



OUR ACTIVITIES

PCR ACADEMIC RESEARCH



Dr Harveer Dev
Developing a blood test to revolutionise early detection

UNIVERSITY OF CAMBRIDGE



Prof Dmitri Pshezhetskiy
Developing a new test for Black men

UNIVERSITY OF EAST ANGLIA



Dr Greg Brookes
Identifying men at high-risk of prostate cancer

UNIVERSITY OF ESSEX



Dr Dan Brewer
Developing software to distinguish tame versus dangerous prostate cancer

UNIVERSITY OF EAST ANGLIA



Dr Hari Iyers
Identifying policies to support early detection

DANA-FARBER CANCER INSTITUTE, HARVARD



Dr Floor Christie-de Jong
Working with patients to remove barriers to early detection

UNIVERSITY OF SUNDERLAND

PROVEN CONNECT INVESTMENTS



Developing detection kits to diagnose cancer and predict what it will do



Testing a new blood test to diagnose prostate cancer



Making prostate MRI scans more accurate

At Prostate Cancer Research, we believe that people should be given information about the pros and cons of the PSA test and be trusted to make their own decision.

You can support all our Proven Connect work and investments by donating to the appeal featured in the cover letter. Together we can create a world free from the impact of prostate cancer. Thank you.





Powered by
NHS DATA

Our patient data platform

Prostate Progress

Despite advances in treatment over the last decade, prostate cancer remains a leading cause of cancer-related deaths in the UK. To revolutionise the testing, treatment and understanding of this disease PCR launched Prostate Progress.



Public launch
of our new
patient data
platform in
July 2024

Prostate Progress is the UK's first patient-centric data platform that links patient-reported quality of life data with clinical data from the NHS. We had our soft launch on the 17 of June 2024 and are excited to launch publicly in July.

Recognised as a flagship 'driver project' by NHS England's Data for Research and Development Programme, Prostate Progress will showcase how patient data can drive improvements in research and care in a safe, transparent and accountable manner.

Through Prostate Progress, PCR aims to:

- Help researchers solve important real-world questions that matter most to patients
- Enable healthcare professionals to support prostate cancer patients more effectively
- Empower patients to understand their treatment options, access cutting-edge research and care and improve their outcomes

Anyone who has ever been diagnosed with prostate cancer, regardless of how long ago, is eligible and encouraged to participate in Prostate Progress. **Taking part is simple, safe and can help save lives.**

Learn more!



Watch our animated video and hear from fellow prostate cancer patient, Stephen Fry, at pccr.org.uk/prostate-progress



Join our 3-part webinar series starting 11 July, 6pm. Register for free online at bit.ly/4eexR2F



When you are ready, sign up at ProstateProgress.org



New research and investments

Exciting projects to treat prostate cancer

Because of you, more new research is underway for the men who need it most. We are delighted to announce a new PCR research project and three Proven Connect investments, all of which bring us closer to a future where no one needs to fear prostate cancer.

New research into advanced prostate cancer

The researchers



Dr Claire Fletcher



Professor Charlotte Bevan

Congratulations to Dr Claire Fletcher, at Imperial College London, who has been awarded a research grant to investigate a new treatment for advanced prostate cancer.

They discovered a tiny piece of DNA-like material called microRNA-346 that causes very high levels of DNA damage in prostate cancer, but not normal prostate cells. This is exciting as many advanced prostate cancers have defects in their ability to repair DNA damage – an ‘Achilles heel’ that can be exploited using new drugs that increase such damage. This project will develop microRNA-346 as a potential new advanced prostate cancer treatment, investigating its ability to destroy prostate cancer and how likely it is to cause side effects, and

ultimately, we hope, will lead to a clinical trial. We are proud to be supporting work that could lead to more treatment options, and better treatments, for people with advanced prostate cancer, a space in which we know more and better treatments are needed.

“I supported the exciting microRNA-346 project for a new prostate cancer treatment because investing in innovative solutions is not just about saving lives; it is about empowering hope, rewriting the narratives of resilience and ensuring that every individual facing this challenge today and in the future has the best chance at a healthier future.”

Mark Stevenson

Prostate cancer patient

Proven Connect: Investing in the future

Proven Connect, our translational arm, partners with companies to support them with the funding, expertise and connections they need to bring their prostate cancer breakthroughs to life. We are excited to share details of three exciting innovations they are investing in at the moment.

Extruded Pharma are developing a technique to shrink prostate tumours before surgery. In the future, this could be a potential alternative to brachytherapy.

Oxford Vacmedix, with our support, are taking an immunotherapy treatment for advanced prostate cancer through first stage clinical trials. If this is effective, it could

pave the way for us being able to harness the immune system to fight advanced prostate cancer.

Stratosvir are developing a new way to deliver drugs to patients through a common virus. This promising technology will deliver a combination of cancer killing drugs into a tumour. In the future, this could become an effective new treatment and even prevent metastatic cancer.

Proven Connect is also supporting important and exciting work in early detection and diagnosis of prostate cancer – see pages 2-3.



Find out more about the work of Proven Connect on our website ProvenConnect.com



Living with side effects

Managing urinary incontinence



1/8

Around one in eight men will get prostate cancer



Prostate cancer accounts for 26% of male cancer diagnoses in the UK

Urinary incontinence, or leaking urine, is a common side effect of prostate cancer treatment. Some treatments for prostate cancer, like prostatectomy and radiotherapy, can damage the nerves and muscles needed for urination. Your individual risk of developing urinary incontinence will depend on your treatment and whether you have had problems with leaking urine before.

Pelvic floor exercises

The muscles you need for peeing are called pelvic floor muscles. Exercising these muscles helps with urinary incontinence. The NHS recommends that you sit comfortably and squeeze these muscles 10 to 15 times.

Absorbent pads

Absorbent pants and pads come in various types and sizes to suit your needs and preferences. They're discreet and make leak management easier. Depending on your location, you may get them for free through the NHS, or find them in supermarkets, pharmacies, and online.

Penile sheaths are an alternative to absorbent pads. These fit over the penis like a condom and a tube attaches the sheath to a drainage bag that collects any leaking urine.

Access to public toilets

It can be reassuring to know that you can access public toilets easily when out. The charity Bladder and Bowel UK offer free 'Just Can't Wait' cards, which you can show in shops, restaurants and other establishments to access a toilet quickly and without further explanation. The card cannot guarantee access to a toilet, but it is accepted and recognised by most establishments.

Order your free 'Just Can't Wait' card here: bbuk.org.uk/just-cant-wait-card-request

Lifestyle changes

Smoking causes coughing, which puts pressure on the pelvic floor muscles. Also avoid caffeine and alcohol as they irritate the bladder.

Maintaining a healthy weight is important as excess weight can strain the body. Heavy lifting and high-impact exercises like running can stress pelvic floor muscles, but Pilates can strengthen them and alleviate symptoms.

Ensure adequate water intake (aim for six-to-eight glasses daily) to prevent dehydration and maintain bladder capacity, which can



Most people find that leaking urine after surgery is temporary and that they can manage their urinary incontinence with pelvic floor exercises, strengthening exercises such as Pilates, absorbent products and lifestyle changes.



worsen incontinence if reduced.

Constipation can strain pelvic floor muscles, so it's important to eat a high-fibre diet. If you do become constipated, seek treatment as soon as possible.

Sling surgery

If lifestyle changes and pelvic floor exercises don't help and you are still leaking urine, your doctor may recommend sling surgery. This involves an operation to insert a sling to support the urethra (the tube that runs through the penis and enables urine to pass out from the body) and prevent leaks. Sling surgery may not be suitable if you experience heavy leaking or if you have had radiotherapy.

Following surgery, you may experience stinging when peeing and some people have difficulty in emptying their bladder completely when they pee.

Artificial sphincter

Another option is an artificial urinary sphincter, which is inserted via an operation. Following the surgery, you may notice blood in your urine and a slight burning sensation when you pee.

Unfortunately, for some people the artificial sphincter will stop working so they will need to have another operation.

Medicines

If lifestyle changes and pelvic floor exercises don't help and you are unable to have surgery, your doctor may prescribe medicines. There are a variety of medicines that can relieve urinary incontinence. You and your GP will decide which medicine is best for you, based on your personal experience and any other health conditions you may have.

Emotional wellbeing

It can be difficult to talk about urinary problems but expressing how you feel may help. You can talk to people that you know and trust, such as friends and family. Some people find it easier to talk to someone they don't know, and your doctor may be able to refer you to a counsellor.

Some men find support groups extremely valuable. They provide a safe space to ask questions, share experiences and listen to others in a similar situation. This can help you understand your own emotions and realise that you are not alone.



Where can I get further support?



Check out our newly launched toolkit on managing urinary incontinence at theinfopool.co.uk/peeing-problems



Or visit pcr.org.uk/patient-info



Or visit theinfopool.co.uk/living-side-effects



For more information about prostate cancer, download a free copy of our patient booklet pcr.org.uk





infopool
the patient
resource

theinfopool.co.uk



The infopool progress

1 year on

In April 2023 PCR launched the infopool, a new educational website dedicated to supporting and empowering people with prostate cancer to make more informed decisions about their treatment and care.

The infopool informs and empowers patients, reduces treatment regret and helps patients lead better lives.

Thank you to all of PCR's incredible supporters who have made this site possible. From those who have contributed their unique insights and stories, their valuable time and their generous donations – without all of you the infopool would not have been, and would not continue to be, possible.



In its first year, the infopool attracted over 115,000 users, achieved an 87% satisfaction rating, is being signposted to by healthcare professionals in 144 NHS hospitals and has been endorsed by the British Association of Urological Nurses. This outreach surpassed all targets demonstrating how much a site like the infopool was needed.



However, we wanted to better understand how the infopool was really working for users – patients and healthcare professionals – and so, in early 2024, we conducted several surveys and interviews to dig deeper.

We found with the HEALTHCARE PROFESSIONALS surveyed:

94% indicated high/extremely high satisfaction rates with the infopool

98% would recommend it to a colleague

90% were referring between 1-10 patients to the site every week

The infopool is seen as a trusted source of information for healthcare professionals to signpost their patients to and has become a crucial time-saving resource for those who use it



I think the infopool is a fantastic new resource and I really encourage people to signpost their patients towards it. It spans the whole of the patient journey.

Nicholas James
Professor of Prostate and Bladder Cancer Research
Institute of Cancer Research



I believe that PCR's new project, the infopool, is vital. So many men do not understand they have a choice of treatment or what those choices are. The time of diagnosis is not good for considering options and negotiating the best for them... The infopool is so important to this, and I cannot recommend it highly enough to others.

John
Prostate cancer patient

We found PATIENTS surveyed felt:

3 x more informed about their prostate cancer

7 x more confident in discussing treatment options

10 x more equipped to handle the challenges of prostate cancer

11 x less alone in coping with their diagnosis and treatment



Content endorsed by BAUN: 1 March 2024 next review 28 February 2027



reMOVE coaching programme

Moving in the right direction

ReMOVE

We all know that exercise is important, but we know that sometimes getting fit can feel impossible. Many of you have told us that when you are able to be active regularly, you find it easier to cope with the side effects of cancer treatment. Science is telling us more about the health benefits of exercise for prostate cancer too.

Earlier this year, research showed that even a small increase in fitness could reduce your risk of prostate cancer. Higher physical activity levels increase survival of prostate cancer patients from both prostate cancer and other diseases by potentially as much as 30% and 40%.

But we know it can be extremely difficult to get moving, especially when you have been inactive for a long time. Thanks to the generous support of **Climbers Against Cancer**, we are delighted to be working with **Back in Charge Blueprint** to have launched a structured health coaching programme. 20 people are taking part in the first ever **reMOVE project**. They have access to a supportive online community, a dedicated Facebook group and weekly zoom sessions with a lifestyle coach, and online resources to help you make one small change at a time. Each participant is given a tailored exercise plan. If you take part, the coach will work with you to discuss what you can do and can't do, and enjoy doing – like a personalised exercise prescription. Prostate Cancer Research is also supplying participants with a weighing scale, resistance band and activity tracker.

This pilot is open to newly diagnosed prostate cancer patients as well as those who are worried that they may be at risk of developing prostate cancer, and to people from both rural and urban areas.

We will use the first phase of the pilot to learn what is working well, and what we can improve. Then, we hope to launch the next phase of the pilot over the coming months and at that time will invite more people to take part – watch this space! And if you think that this would help you, please do sign up when the call is live – please do not worry that you might not be fit enough to take part.

Eventually, we hope to make this a national programme.



Exercise can increase the survival rate of prostate cancer by 30-40%



From within our community

Science news

Global surge in PC Cases: Our response

In arguably one of the biggest stories about prostate cancer for some time, April 2024 saw the Lancet report that prostate cancer cases are set to double between now and 2040. These results are from one of the largest studies of its kind completed in recent years. The study also predicted an 85% increase in prostate cancer-related deaths, again by 2040.

There are two things behind this expected surge. One is that we are all living longer, the other is that the things which put some people at higher risk of prostate cancer, such as family history and black ethnicity, are not things that we can change.

However, here at Prostate Cancer Research, we believe there's plenty of cause for hope. Firstly, there is more awareness of prostate cancer than ever before. We hope that the surge in prostate cancer cases becomes a call to action that is heard loud and clear in all the spaces it needs to be heard.

More people getting prostate cancer does not have to mean more people are dying from it. We are making change by empowering patients, perfecting diagnosis, and creating better treatments. Improved early detection and more effective treatments have dramatically led to more people living longer, healthier and happier, in other cancers. We are pleased to see that the experts who have predicted the rise in prostate cancer are calling, as we are, for high-risk groups to be prioritised for prostate cancer testing – read

more about our work in early detection, pages 2-3.

We also have scientists in universities across the UK and in the US working on newer, better treatments for prostate cancer – and we connect scientists and patients to make sure that scientists understand what's truly important to patients, and are working to develop treatments that are easy to live with as well as life-saving. We are empowering patients to get the best treatment for them by making sure that they get the right information, at the right time, and in the right way. See page 8 for an update on our ground-breaking infopool.

While it is likely that prostate cancer will affect more people in future, the actions that we and others are taking right now mean we can face this with courage, knowing that the future will be brighter.

TRANSFORM trial to test new screening methods

A new screening trial aims to find the best way to screen men for prostate cancer and double the number of lives saved. The £42m TRANSFORM trial will test multiple methods of screening, and compare these against how men are tested now, to find the safest, most accurate way to screen men.

Previous trials using PSA and biopsy to screen for prostate cancer have shown that it is possible to prevent between 8% and 20% of prostate cancer deaths depending on how regularly men are screened. However, the new £42 million trial aims to refine the process and could more than double this impact and reduce

prostate cancer deaths by up to 40%. With over 12,000 prostate cancer deaths in the UK alone this could mean thousands of men saved each year in the UK, and many thousands more worldwide. It is also hoped the research will help men avoid harm from potentially unnecessary biopsies and treatment.

TRANSFORM was launched by Prostate Cancer UK and has been backed by the National Institute for Health and Care Research (NIHR) and Movember, who together committed £17.5million towards the trial.

Hopes some men could avoid chemotherapy

Chemotherapy is used to treat some men with advanced prostate cancer. However, new results presented at The European Society for Radiotherapy and Oncology (ESTRO) annual congress this May revealed that radiotherapy could be used alongside hormone treatment, delaying the need for chemotherapy and therefore significantly protecting the quality of life for some patients with advanced prostate cancer.

The Phase II TRAP study, which took place in cancer centres across the UK, investigated whether giving stereotactic body radiotherapy (SBRT) along with a type of hormone therapy, called androgen receptor-targeted agents, to patients with prostate cancer and fewer than three secondary tumours, would delay the time it takes for their cancer to get worse. The trial showed that 40% of patients' cancer did not get worse for 12 months.

Translational research network

Introducing the TAR network



Find out more about the TAR network on our Proven Connect website ProvenConnect.com



Read more about the TAR network through the report available on the website



Take part in webinars from different organisations on the website

The world of healthcare is in a state of transformation, driven by remarkable advances in research. Charities in the UK are emerging as champions of progress, helping to ensure that breakthroughs in research have a greater chance of reaching the patients who need them.

In 2021, PCR began a new programme supporting “translational research” to ensure that breakthroughs in research have a greater chance of reaching the patients who need them.

Because we believe that collaboration will be key to ‘translate’ basic research into new treatments, diagnostics, or devices, PCR has founded a new network of charities that similarly support translational research. The TAR (Translating and Accelerating Research) Network, is a group of 25+ medical research charities, specialising in many different disease areas including oncology, cardiovascular, neurological and rare disease.

The network is designed to help charities work together and to learn from each other. It is also about forging partnerships with government, health providers, pharmaceuticals, universities, and investors who all have a critical role to play in getting

new health innovations to the clinic. Through the TAR Network PCR continues to build the connections, knowledge and skills to successfully accelerate new technologies to the clinic.

In April we published the TAR Network Report to help people better understand the increasingly important role played by charities in translational research. Working with companies as opposed to grant funding academic research is new for many charities. The TAR report helps people to understand the different ways charities are doing this and the impact they are having. It also demonstrates how the support of translational research aligns to their core values.

Thanks to PCR supporters we are delighted to lead this work and ensure the prostate cancer community benefit.

If you are interested in finding out more about our translational work and how you could get involved please contact:

Sonja Lawrence
SLawrence@pcr.org.uk

Together we aim to forge a brighter, healthier future for all.

The goal of translational research is to translate (move) basic science discoveries more quickly and efficiently into practice.

Source: UAMS Translational Research Institute



New charity collaborations

Building better, together

We are delighted to announce two new collaborations with other charities.



We are proud to already fund research focused on preventing and treating prostate cancer that spreads to bone, known as bone metastasis. Bone metastasis is not just a prostate cancer problem – many breast cancers also spread to bone. We are delighted to announce a new partnership with leading breast cancer charity Breast Cancer Now to create an exciting new research programme to tackle bone metastasis in both cancers. We believe we can learn from each other and get the answers we need faster than if we go it alone.



We were disappointed to learn, last year, that the National Cancer Research Institute (NCRI), a membership organisation for cancer charities, was closing down. The NCRI had convened a group of prostate cancer researchers from across the country to network and share ideas. We are pleased to be working with our counterparts at Prostate Cancer UK to revive this group and support the prostate cancer research community.

Change of PCR Chair

Fond farewell, new hello



Former PCR Chair, Matthew Ellis (seen left), has stood down after six impressive years in the role. Mark Clark (seen right), who has been a Trustee of PCR since 2019, bringing a combination of financial, scientific and governance experience, has been appointed as our new Chair.

“It has been an incredible journey serving as Chair of Prostate Cancer Research” Matt said. “I am immensely proud of what the team has accomplished over the years, funding over 20 research projects at leading universities in the UK and the US, playing an important role in supporting translational research in the UK, and putting patients at the

heart of our organisation as demonstrated by our pioneering work on racial and social inequalities in prostate cancer.”

Mark expressed his gratitude and excitement for the opportunity, stating, “I am deeply honoured to step into the role of Chair at Prostate Cancer Research. Despite recent medical advances, prostate cancer continues to have a devastating impact, reflecting the absence of effective screening solutions, limited treatment options for advanced disease and inequities in access to care. I am committed to leveraging our resources and expertise to improve outcomes for patients and families affected by this disease.”



23 current research projects funded in the UK and USA



If you would like to
fundraise for us,
drop us a line on
0203 735 5448
or email us at
events@pcr.org.uk

Rebecca's fundraising story

Do something out of your comfort zone!

At the end of 2023, my dad attended a PSA blood test, which we thought would come back as normal and nothing in our lives would change. Unfortunately, this was not the case. We were informed the pH levels were extremely high in the prostate, meaning the most likely outcome of cancer. After many more tests and weeks of waiting for results, my dad was diagnosed with stage 3 cancer in the prostate. If these blood tests were never done, he would have gone a lot longer not knowing this to which the cancer would have spread a lot further and the outcome would have been a lot worse.

After discovering this, I wanted to be able to do something in aid of Prostate Cancer Research and also make my dad proud. We've often seen people abseil down the Spinnaker Tower together, and he's always been amazed at people being able to do it. I knew I wanted to do something outside of my comfort zone, so on the 20th of April I faced my fear of

heights and abseiled 100 meters down the Spinnaker Tower.

After receiving some t-shirts and merchandise from PCR, myself, friends and family got to work to share and promote my fundraising page, and my partner handed out QR codes that linked to my GoFundMe page. I was very proud to have raised £1,000 to go towards the charity.

It wasn't until I got there on the day I realised just how high I was climbing but of course, it was so worth it for a worthy cause. On the day I had friends and family cheer me on and afterwards, we had a celebration. It was a great opportunity to catch up and thank everyone who had supported.

If I was going to give advice to anyone doing their own fundraiser, I'd encourage you to do something out of your comfort zone, don't worry about it until the day, you'll be fine! Keep spreading the word and sharing your fundraiser and don't feel like you're causing an inconvenience to people, because it's such an important cause we need to promote.

Clockwise from left: Rebecca seen at the top of her challenge; Rebececca abseiling down; Spinnaker Tower



Prostate
Cancer
Research

pcr.org.uk

Transforming research. Transforming lives.

Prostate cancer steals men's lives

A gift in your Will can create a future free from the impact of prostate cancer

A world free from the impact of prostate cancer? Seems like a dream. Yet with research advances in diagnosis and treatments, the reality is closer than you may think. If you care about improving diagnosis, providing accessible treatments and ultimately, saving men's lives, then please consider leaving a gift in your Will to Prostate Cancer Research. Together we can make sure no man dies needlessly.

Three ways your legacy gift can make a difference:

- Help continue our vital work across screening, treatments, and research
- Provide helpful information and support to people living with prostate cancer now and in the future
- Give hope for a world where research means no man dies needlessly from prostate cancer



Get your free guide to wills and legacies at:

pcr.org.uk/support-us/leave-a-gift-in-your-will

Or contact Ellen Whatmore:

phone 0203 735 5444 | email EWhatmore@pcr.org.uk



Ready to make or update your Will? Here is the essential information you'll need:

Charity name: Prostate Cancer Research

Charity number: 1156027

Address: 23-24 Great James Street, London, WC1N 3ES