

I would like to support the fight against cancer

Please help by giving what you can.

I would like to give a donation to UCARE of:

£10 £100 £250

My choice £

Please make cheques payable to UCARE

I would like to give a monthly donation to help UCARE plan for the future:

£10 £25

My choice £

(Before you send your completed slip to us, please ask your bank or building society to set up your monthly standing order gift and give them our banking details: CAF Bank Ltd, 25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME10 4JQ, Account Number 00017501, Sort Code 40-52-40. To help us keep accurate records, please give your full name as the reference.)

Title:
Name:
Address:
Postcode:
Phone (optional):
Email:

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I am a UK taxpayer and I want UCARE to reclaim the tax I have already paid on my gift(s) from 6 April 2007 until further notice.

Please tick if you would like an acknowledgement for your donation.

Please tell us how you would like to be contacted:

Yes, please by post by email

Email:

No, I do not want to be contacted by post or by email



www.ucare-oxford.org.uk

UCARE (Oxford) is a registered charity, number 1120887.

Please return this form to: UCARE, c/o Freeth LLP, 5000 Oxford Business Park South, Oxford, OX4 2BH

Current funded projects

In our last funding round, we funded £46,000 for four smaller grants.

Our focus was on pump-priming grants which provide opportunity for researchers, academics and clinicians to address specific questions relevant to urological cancers.

You can read more about these projects at: www.ucare-oxford.org.uk/research/

We are currently still trying to raise a further £10,000 for two of the projects, to complete their funding.

Investigating the relationship between obesity, lean body mass and prostate cancer

In the last few decades, researchers identified several risk factors that might increase the chance of prostate tumorigenesis, mainly related to lifestyle factors, body size measures and genetic components such as risk loci identified through Genome-Wide Association Studies (GWAS).



We plan to use big data, machine learning and epidemiological approaches to investigate risk factors for prostate cancer with the ultimate aim of optimising patient care.

Testicular cancer prosthesis study

This research project investigates men's experiences and views towards testicular cancer prosthesis/implants and explores the current practices and views of UK health professionals, in order to inform how support and information given to men regarding testicular prosthesis could be optimised.

At present, around a quarter of men with testicular cancer will opt for a testicular prosthesis/implant following surgery. However, little is known about healthcare professionals' practices and views in terms of how and at what point a prosthesis is discussed with men.

This research project will involve an online survey of testicular cancer health professionals as well as a survey of around 500 testicular cancer patients, including men who have a prosthesis and those without.

This study will inform how best to support men in the future, including ways of helping men decide whether or not to have a prosthesis.

The project is led by Dr Lauren Matheson, Research Fellow, Oxford Brookes University.



UCARE (Urology Cancer Research and Education) is an independent, Oxford-based charity committed to improving the treatment and care of urological cancer patients, through research and education.

UCARE (Oxford) is a registered charity number 1120887. This newsletter was designed by www.goodthinkingcommunications.net

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Data Protection: UCARE abides by the Data Protection Act and we will not share your details with any other organisations. Please contact us by post or email if you do not wish to receive this newsletter.

We are registered with the Fundraising Regulator to confirm our commitment to good practice. If you have any concerns about fundraising, please go to www.fundraisingregulator.org.uk



Gemma Crane Community Specialist Nurse



COVID-19 Update

COVID-19 has swept across the globe at an incredible pace and left us all fearful for ourselves, our families and colleagues. Data is being collected, analysed and reported in rapid time to enable us to understand what this new virus can do, who the vulnerable groups of people are, and how the risks can be mitigated.

Early on, it became clear that the elderly were a vulnerable group, as were those with co-morbidities (associated illnesses) such as obesity, hypertension, diabetes and respiratory diseases. But what about those with cancer? What about the conditions that arise every day that we diagnose, treat and manage?

Little data is available about what it means to have cancer and COVID-19. Are individuals with cancer more at risk of developing COVID-19? Are cancer patients a more vulnerable group with a worse outcome either in terms of more symptomatic infection or higher death rate?

At present, we have no evidence that COVID-19 causes a worse outcome in patients with cancer, and, anecdotally, we have not seen any cases of more severe infections.

To enable the NHS to cope, with both the anticipated and actual threat, a lot of routine work stopped in March. Patients were not being seen by GPs, and therefore not being referred; investigations could not be done; there was no routine or elective surgery; and the systemic treatments were reduced.

Clinicians have had to adapt their ways of working, with rapidity of diagnosis, ease of investigations, comprehensive reviews of cases and informed expert decisions all hindered.

We have always provided necessary treatment for patients, whilst weighing up the benefits against the risks. As the number of cases falls, we are cautiously becoming more confident in treating patients. Services are re-opening and the capacity of operating theatres for routine elective cancer surgery is returning to normal.

There are many positives to be taken from the current crisis, including a change in working practices. Telephone clinics have worked better than predicted. Technologies for multidisciplinary meetings have worked well and we have learnt that many of our meetings do not need to be face-to-face, nor do we need to travel as much.

If you have any concerns or worries arising regarding your cancer treatment as a consequence of COVID-19 then please contact your cancer team.



Dear friends

Welcome to the twenty third issue of UCARE News.

We hope that this postponed spring

Newsletter finds you and your loved ones well. We are all living through unprecedented times, being isolated from friends and family, maybe worrying about losing our jobs or homes, and of course fearful of COVID-19.

These anxieties can be far worse for people with cancer, whether it is the delay of operations and treatments or the restrictions of shielding themselves due to their vulnerability, many are living through incredibly stressful times.

Like many charities UCARE has had to cancel or postpone all our events and fundraisers and our two part-time staff were furloughed for a while, but we are always in action and here for you in any way we can be.

We hope that we will soon be able to move forward and continue with our work – more than ever we all need each other's support.

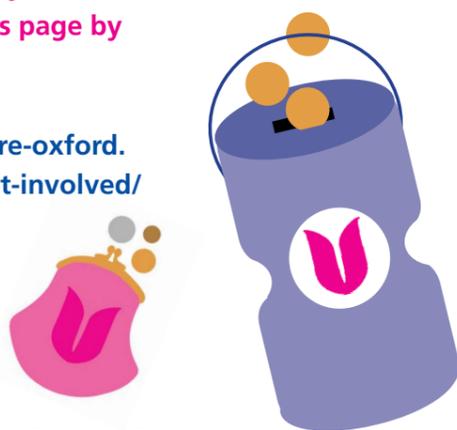
Best wishes

Handwritten signature of Jim Mitchell

Jim Mitchell Chair, Board of Trustees

Sadly, due to the pandemic, all fundraising events have had to be cancelled. We would like to thank all of our supporters who had taken the time to organise fundraising events for us, and hope that you are able to support us in the future – we need you now more than ever. We understand the difficulties of lockdown but perhaps you might consider a virtual event if you are talking to friends and family online? Maybe a virtual coffee morning; a family quiz or our virtual challenge to run/walk/jog which you can find on our events page by following this link...

[www.ucare-oxford.org.uk/get-involved/](http://www.ucare-oxford.org.uk/get-involved/)



## With thanks...

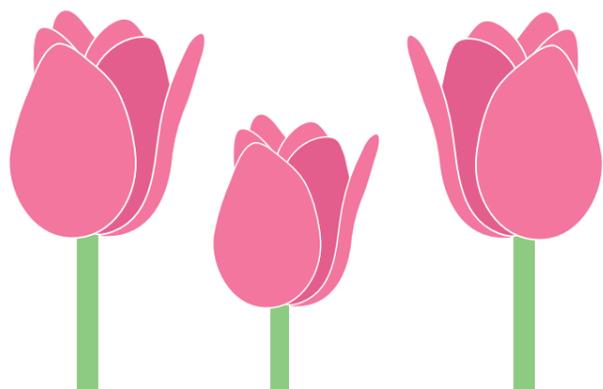
### Oxford City Library

We would like to thank Oxford City Library for inviting the UCARE Awareness Team to have a stand for two days, providing advice and support to the public.

### Sandleigh Seniors

We are grateful to the Sandleigh Seniors group who have very kindly been filling our collection boxes at their meetings.

As always, our thanks to everyone who has raised funds for UCARE – we couldn't do it without you.



## Hope and brighter futures

### An important way to support UCARE

We always say that purchasing UCARE tulips buys "hope and brighter futures" – this has taken on a new layer of significance in recent weeks. More than ever we need your support to continue with our work, and a wonderful way to do that is by purchasing our tulips. We have had so many people contacting us this Spring telling us how beautiful their tulips have been and sending us photographs. If you have not grown any yet, you can see them online at [ucare-oxford.org.uk/get-involved/tulips/tulips-map-and-gallery/](http://ucare-oxford.org.uk/get-involved/tulips/tulips-map-and-gallery/). They also make great gifts to send to family and friends. Please note that bulbs ordered now will not be despatched until September 2020.

To facilitate postage of your bulbs in the uncertain days ahead, if you order directly from us (using the form in this newsletter) we will need to pass your order information to Walkers Bulbs/Bulbs UK who handle our supply. Please be assured they will not add you to any mailing list, nor pass your information to anyone else, and any record of your details will be destroyed after six months. You can also order directly from them at [bulbs.co.uk/product/ucaresse-ucare-charity-tulip](http://bulbs.co.uk/product/ucaresse-ucare-charity-tulip)



## Kirsten Lopez Researcher



My name is Kirsten Lopez and I recently finished a PhD in Oncology at the University of Oxford. I first learned about UCARE in 2016 when my supervisor Tim Humphrey and I (pictured above) applied for a research grant that would help support me as I worked on my PhD project, which is about how to target kidney cancers where a specific gene has been lost or mutated.

The enzyme that is produced by this gene acts on proteins called histones, which package DNA into compact bundles within the cell. Modifications on histones play an important role in controlling which genes are active or inactive without affecting the sequence of the DNA and is one example of the phenomenon known as epigenetics. The gene my lab is interested in is lost in a substantial number of kidney cancers and with around 12,000 new cases diagnosed each year, we're hopeful that finding a way to target this loss will be able to help many patients.

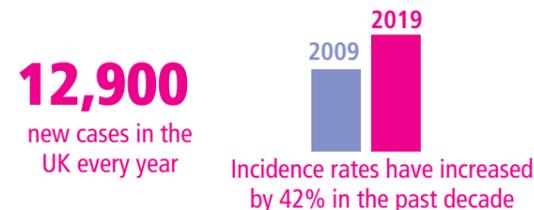
The way I looked into this was by testing thousands of compounds on cancer cells where our gene of interest was deleted using a gene editing technology called CRISPR. I found a couple of promising compounds that specifically killed these cells and investigated what these drugs were doing differently when our gene was missing.

Thanks to the three-year funding I got from UCARE, I was able to making significant progress on this project with the aim of publishing it in a high impact journal this year. At the moment, I am exploring various molecular pathways that could explain the mechanism of action of the compounds I identified. I am deeply grateful to UCARE for sponsoring my education and supporting me and other scientists as we continue to discover new and better ways to treat kidney cancer.

*I am deeply grateful to UCARE for sponsoring my education and supporting me and other scientists as we continue to discover new and better ways to treat kidney cancer.*

### Kidney Cancer

In the UK, kidney, or renal, cancer is the sixth most common cancer in men and the tenth most common cancer in women.



Scientists estimate that around **40% of cancer cases could be prevented**. That's around 144,000 cases every year in the UK. Eating a healthy diet, being more active each day and maintaining a healthy weight are important ways you can reduce your cancer risk.



## TULIP ORDER FORM

*Plant tulips, fund research and buy hope, time and better futures...*

**15 bulbs @ £6.50** (+ £2.50 p&p)

**30 bulbs @ £12** (+ £2.50 p&p)

Please send me  tulip bulbs

I enclose a cheque for  £

Please make cheques payable to UCARE.

Title: \_\_\_\_\_  
 Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 \_\_\_\_\_  
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 \_\_\_\_\_ Postcode: \_\_\_\_\_  
 Phone (optional): \_\_\_\_\_  
 Email: \_\_\_\_\_



Please send this form with your cheque payment to: UCARE, c/o Freeth LLP, 5000 Oxford Business Park South, Oxford, OX4 2BH