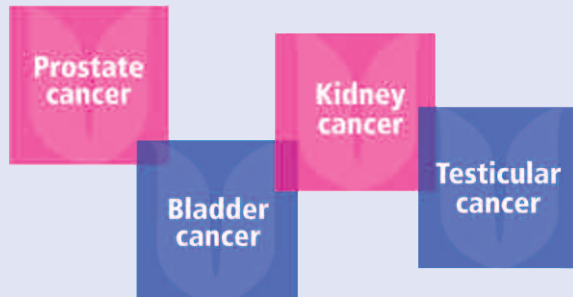




UCARE (Urology Cancer Research and Education) was founded by a group of clinicians, patients and supporters who care about fighting urological cancer.

We are an independent charity committed to improving the treatment and care of cancer patients through research and education.



Urological cancers represent nearly 20% of all cancers diagnosed in the UK each year. Around 18,000 people die of urological cancers in the UK every year, and may not have been aware of the signs and symptoms that lead to early detection and treatment.

Our vision

Finding new ways to fight cancer.

Our aims

- u To support research into the causes, prevention and treatment of urological cancers and related conditions.
- u To promote the development of new technologies that will help to improve the diagnosis and treatment of urological cancers and related conditions.
- u To provide equipment and facilities for research, and for the treatment of cancer patients.
- u To provide information and education about urological cancers.

Our projects

Thanks to the generosity of our donors, UCARE has to date provided grants totalling £60,000 for urological cancer research.



Our current priority is to support researchers who are working to improve treatments available to people with prostate, kidney and bladder cancers. UCARE's largest grant supports clinical trials for an exciting, new anti-cancer treatment, which are being conducted by Dr Macaulay's research team at the Weatherall Institute of Molecular Medicine and the Churchill Hospital.

“ We have set ourselves ambitious fundraising goals because the need is urgent to find new treatments for urological cancers. Your support is vital.”

Ian Kirkham, UCARE Chair of Trustees

To find out more about UCARE and the projects we support please contact us at:

UCARE, HIFU Unit, Churchill Hospital, Oxford, OX3 7LJ

Tel: 01865 767777

Email: ucare@ucare-oxford.org.uk

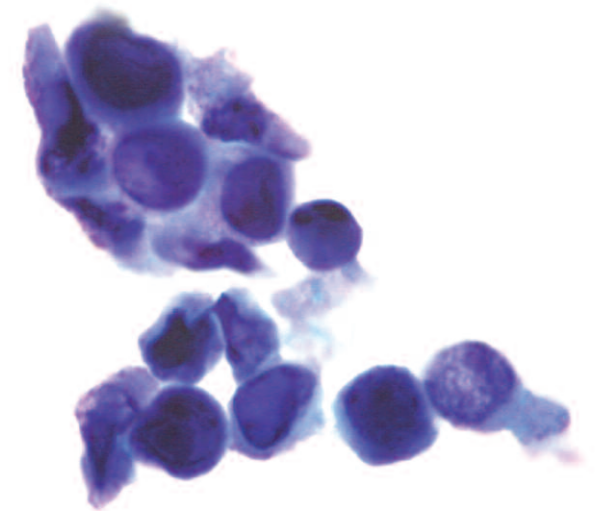


UCARE (Oxford) is a registered charity number 1120887.

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Front cover image: Urine Cytology Transitional Cell Carcinoma (TCC)



Prostate Cancer



Be aware and informed

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Prostate cancer: be aware of the signs and symptoms

The prostate is a small gland found only in men. It is about the size of a walnut and surrounds the first part of the tube (urethra) which carries urine from the bladder to the penis. Prostate cancer generally affects men over the age of 50, and is rarely found in younger men. Around 32,000 men in the UK are diagnosed with prostate cancer each year.

In men over the age of 50, the prostate gland may become larger because of a non-cancerous condition known as benign prostatic hyperplasia or hypertrophy (BPH).

Symptoms

The symptoms of a benign enlargement of the prostate gland and a malignant tumour (cancer) are similar. Symptoms may include one or more of the following:

- difficulty in passing urine
- passing urine more frequently than usual, especially at night
- pain when passing urine
- blood in the urine (this is not common)
- loss of sperm production, loss of erection
- pain or stiffness in the bones or muscles in the spine or hips (this is common because of normal wear and tear but don't ignore it if it persists or gets worse.)

Diagnosis

It is important that you get checked out by your doctor if you experience any of these symptoms. Most enlargements of the prostate are not cancer. The rectum (back passage) is close to the prostate gland, so your doctor can feel for any abnormalities in the prostate by inserting a gloved finger into the rectum. This may feel uncomfortable but is usually not painful.

Men with cancer of the prostate tend to have more PSA (Prostate Specific Antigen – a protein produced by the prostate gland) in their blood, identifiable with a simple blood test.

If you are referred by your doctor, a Urologist at the hospital will use ultrasound (sound waves) and conduct a biopsy (take tissue samples) to assess your condition. These procedures usually cause only minor discomfort.

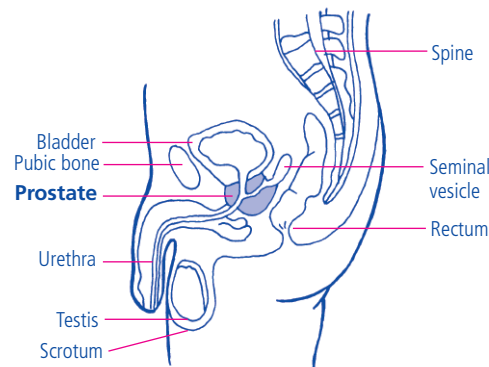
Treatment

Treatment of early prostate cancer includes active surveillance and monitoring, surgery (removal of the prostate gland) and radiotherapy. Treatments for advanced prostate cancer include hormone treatments, chemotherapy and radiotherapy.

Deciding on the best treatment is not always straightforward and several factors have to be taken into account. The most important of these are:

- your general health and age
- the size of the cancer and its grade (appearance of the cancer under the microscope)
- your PSA level
- whether the cancer has spread away from the prostate
- likely side effects of treatment
- your views about possible side effects and what risks you are willing to take for possible benefits of controlling the cancer
- whether you have had treatment before

Specialist medical staff including surgeons, oncologists and nurses are available to help patients decide on their preferred treatment.



I would like to support the fight against cancer

Research is often complicated, time-consuming and expensive but it provides hope for patients and their families, and leads to more effective ways of treating and preventing 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: _____

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. (You must pay income tax / capital gains tax equal to the amount we reclaim on your gifts).

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Please tick the box if you prefer not to receive updates about our work. We will not share your details with other organisations.

Thank you

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ucare
Finding new ways to fight cancer

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