

## Press Release

Issue date: 12 March 2008

### Prostate Cancer Awareness Week

The RUH is now one of the few hospitals in the UK to offer **all** treatments for prostate cancer on one site.

These include radiotherapy, brachytherapy (implantation of radioactive seeds), Laparoscopic Radical Prostatectomy (LRP is an innovative key-hole surgery technique with significantly less side effects than with more invasive surgery) and surgery for the removal of the prostate.

For most men, each of these options has similar success rates, so patient preference is often the most important factor in choosing which therapy to use.

The RUH has seen a doubling in the number of cases over the past five years. About 450 diagnoses are made at the RUH every year. Prostate cancer is the most common type of male cancer in the UK with some 35,000 new cases being diagnosed each year and over 10,000 men per year dying of the disease. If prostate cancer is caught early, it can be cured. The type of treatment an individual receives will depend on the grade and stage of their particular cancer.

As well as highly skilled urology surgeons, the urology team also has two Macmillan uro-oncology nurse specialists, Miranda Benney and Ros May. They provide specialist nursing support and care to newly diagnosed urological patients and their families, and provide support and clinical follow up following radical treatment.

They cover the full range of urology cases including kidney, bladder, testicular and ureteric cancer. By far the largest area of their work is around prostate cancer. As nurse specialists, Miranda and Ros are a vital point of contact for patients and their families, from the moment they receive their diagnosis and throughout their cancer journey.

Ros says: "We offer support and information and are responsible for breaking the news of the diagnosis when patients return to clinic once they have had their biopsies taken. At this time, they will discuss treatment options with the patient and their families and organise follow up discussions with either an Oncologist or Surgeon."

Ros and Miranda are then available for further support by way of either further outpatient appointments or by telephone contact.

Miranda says: "Once a patient's treatment begins, we continue to be a source of support. Patients have open access to us by phone even if it is several months or years following treatment and they get to know many of their patients and their families quite well. For every new patient we see in clinic, we will have around 10 other gentlemen with prostate cancer in our case load, most of who will be responding well to treatment."

**Ends**