



Dear friends

Welcome to the fifth issue of *UCARE News*.

Each year we strive to advance our mission of raising funds for research, in order to see better treatments and outcomes for people with urological cancer, and in raising awareness so that people might seek earlier intervention, and with the help of your support we will continue to see improvements.

The way we do that is by

- Supporting cancer research;
- Funding the development of new treatments;
- Funding equipment vital to the improvement of research facilities;
- Helping people understand urological cancer.

In this issue of our newsletter we want to focus on what do we do with your donations. Give you examples of where your kind and generous support can make a difference. Give you feedback from the grant holders, to demonstrate the important role you are playing in their research. We also want to share with you a story from Alan, who was diagnosed with kidney cancer.

Firstly, we have great pleasure in introducing you to three new Patrons of UCARE...

Best wishes

Julian Briant
Chair, Board of Trustees

New patrons for UCARE



His Grace the **Duke of Marlborough** whose principal seat is Blenheim Palace, Woodstock Oxfordshire. His Grace has committed his life to the preservation of Blenheim Palace which is now a World Heritage site. He has been a JP for Woodstock for 30 years and is a great supporter to charitable activity in Oxfordshire.



Gerald Seymour was educated at Kelly College, Tavistock and UC London (Modern History) was a reporter with ITN for fifteen years, and is now a novelist.



James Hope

Oxfordshire swimmer **Simon Burnett** helped England win 2 Silver and a Bronze medal at the Commonwealth Games in Delhi.

£100,000 for bladder cancer project

Thanks to the generosity of a supporter we are able to fund £100,000 for a bladder cancer research project.

The research project, led by Professor Freddie Hamdy looks at the genetic composition of tumours and the way they look and behave which is a key step towards achieving personalised cancer care. The research team will profile bladder cancer patients by studying their tumour material and validate the new genes as biomarkers. Biomarkers are molecules found in the body which give an indication of how a particular cancer is behaving. The major potential impact from the work will be that patients will receive appropriate timely treatment with improved outcomes, and many others will avoid major unnecessary intervention in the future.

An independent reviewer of the project stated that... *"There is a clear need for high quality translational research of this type in this area of cancer research. The subject proposed for study is a significant public health problem and there is considerable uncertainty in the international cancer community as to how to treat patients of this type. This research proposal is innovative and it is likely to yield new and potentially important information"*.

Supporting a researcher

As many of you will know, one of UCARE's first grants was to support the work of Dr Val Macaulay and her research team. They are developing clinical trials for an exciting new anti-cancer treatment. UCARE has made grants to support this project for the last two years, and are happy to have made another grant for 2010-2011.

"Thanks to the generosity of UCARE supporters, Olga has been running my research lab for the past 2 years, with a commitment from the UCARE Trustees to fund a third year from October 2010. Olga has a dual role, as Research Scientist and Laboratory Manager, contributing to three vital areas of work, all focused on a new cancer treatment that blocks a growth-promoting protein called IGFR. Firstly, Olga is developing tests that we can use to monitor new IGFR-blocking drugs, which we are now evaluating in cancer patients. Secondly, Olga has developed a way of taking a small piece of kidney cancer from a kidney removed at operation, and growing the kidney cancer cells in the lab. This will help us to understand what makes some cancers sensitive or

resistant to new cancer drugs. Thirdly, in her role as Lab Manager, Olga has organised the lab and made searchable inventories of all our stocks, so improving the efficiency of everyone in my group. I am so grateful for this support from UCARE, which is making a huge difference to our progress in improving treatment options for patients with urological cancers."

Val Macaulay (August 2010)



Bio-bank Research Nurse

In a 2009 newsletter we reported on the funding of a research nurse. The role of the specialist cancer research nurse is growing in importance and stature in hospitals throughout the UK as they are at the forefront of cancer care in a role that combines the challenging mix of patient contact and clinical research activities. This post is vital to the advance of Urology research trials and the collection of samples from patients in Oxford. These samples are used to validate novel biomarkers. With your continued support, UCARE funding has given the opportunity to help fund this post for another year (2010-2011).

Education and awareness

UCARE is committed to supporting patients by providing information about urological cancers. By building on the information available on our website and developing self-aid leaflets, we can provide practical help, education and information. Early diagnosis is the key to successful treatment but embarrassment, fear and a failure to recognise signs and symptoms often delay both diagnosis and treatment.

Making grants for research equipment and consumables

UCARE has funded equipment to enable clinicians to maximize treatment as there is a significant clinical need for more accurate diagnostic tests and prognostic markers.

In 2010 we made a grant supporting Chris Blick's project on the biology of hypoxia and role of microRNAs in urological cancers, by funding a piece of equipment which would dramatically improve the throughput and analysis of samples.

"The arrival of this new equipment funded by UCARE is a huge boost to our research capabilities and since the arrival of the machine we have been able to dramatically improve our throughput. It will no doubt be a great asset to our work towards the treatment of urological cancers."

Chris Blick – Clinical Research Fellow (pictured below right)



In 2008 & 2009 we made two grants to Rob McCormick (pictured left) for studies in tumour markers for renal cancers:

"The efforts of the scientific community have led to the

extensive range of treatments available in modern medicine.

Some cancers, for example testicular cancers, have a cure rate in excess of 90%, through the use of surgical, drug and radiotherapy treatments. However, other cancers remain harder to treat.

Much of cancer research is generated by charitable organisations such as UCARE, who funded some of my work during my DPhil, resulting in publication of novel findings. Recently, it has also helped fund an important piece of equipment which has greatly expanded the scope of our gene profiling facilities. I owe a personal debt of gratitude to UCARE – I hope that in days to come, so might patients benefiting from improved medical treatments as a result of this research."

Rob McCormick – Clinical Lecturer

In 2010 we made a grant supporting **Jeremy Crew** for a bladder cancer project. In the UK, 11,000 new cases of bladder cancer are diagnosed per year; it is the fourth most common non-dermatological malignancy in males, and the tenth most common in females. A UCARE grant supports the equipment vital to the HYMN study.

Innovation

Image guided, non-invasive methods for treating tumours is felt to be highly desirable and seen as the way forward in the next few years. One of UCARE's aims is to promote innovative ways of treating cancer. The Oxford Urology Department is developing the use of HIFU as a treatment for kidney cancers and related conditions. UCARE has provided grants to enable the HIFU Research Unit to support research staff, purchase research equipment and improve its facilities. UCARE is happy to have supported this project with grants in 2008, 2009 and 2010.

Alan's story

I was first diagnosed with kidney cancer early in 2006, and had a partial nephrectomy in May of that year. It was a relatively small tumour and, since there were no symptoms, I didn't really feel like a cancer sufferer. Once I got over the operation, and subsequent CT scans showed no problems, I was able to tell myself that was that, and still didn't feel like a cancer sufferer.

Last summer, a routine scan showed that there was a new tumour in the remnant of my right kidney. In September Mr Cranston removed the rest of that kidney along with some nearby soft tissue. Once again, as I recovered from the operation, I was able to tell myself I had had another close squeak, but that I was now OK again and able to proceed with my life, looking forward to living "a perfectly normal life with one kidney" as I had been repeatedly told I could.

Only when a subsequent CT scan in December showed my cancer had metastasised (moved away from its original site), was I presented with the inescapable conclusion that this was something very real, and it was not about to go away. Now I definitely felt like I had cancer, though thankfully I still had no symptoms. Nevertheless, it was a shock, and I was conscious of a Damocles' sword hanging over me, with no idea how real it was or how swiftly it might be descending over me.

It was only in late January this year that I learnt of the existence of FROG [Friends of Renal Oncology Group] and went to my first meeting in early February and met the merry crew there. This was where I began to come to terms with being somebody who has cancer.

First of all, I met others who had this disease and looked quite happy! The very fact that these people were meeting at regular monthly intervals gave me a little hope that I might also survive more than a few days. This was the beginning of a realisation that having cancer is completely unlike I ever imagined it might be. The Damocles' sword has gone and has been replaced by a consciousness that I am alive today, and that I value today like never before.

This is what I have recently realised...

I know I'm going to die some day. I don't know what I shall die of, but it will be something. It might be my cancer, it might not. And I don't know when that day will come, when that moment will be, until that moment arrives. Meanwhile, my business is to pay attention to this moment, now. This moment is all I have anyway, it's all I've ever had and it's more than enough, and it's wonderful, and I love it.

Living with cancer is nothing like I expected. Fortunately being without pain or any other symptoms means I can live my life almost regardless. It concentrates the mind on what I still have, rather than what I may lose. My only real enemies are fear and self-pity, and my faith has risen to meet these, with help from my wife, friends and my fellows in FROG. I am very grateful for FROG and Gemma and David Cranston [UCARE Trustee]. What an astonishing bunch of people! We are of such varied backgrounds and types, and I almost certainly wouldn't have met them any other way. It's all rather surprising really. Nothing like I expected.

Alan Mynall (June 2010)

The FROG group is supported by UCARE trustees Dr Andrew Protheroe and Mr David Cranston and by Clinical Nurse Specialist Gemma Crane. Want to know more about FROG? Visit the www.frog.uk.net or www.ucare-cancer.org.uk



“UCARE provides an opportunity to give to cancer research in a more personal way, while at the same time knowing that the research carried out in Oxford will be of benefit to people around the world.”

David Cranston, UCARE trustee

Your donation will make a big difference to researchers to maximise the effectiveness of their work...

£100 could pay for 400 Microscope slides, Frost Plus or 600 adhesive slides

£250 could pay for a Magnetic stirrer: an essential laboratory device



Visit CancerLinks

Visit www.cancerlinks.org.uk: the local gateway to information and support for people with cancer, their carers and family. UCARE supports the CancerLinks website because it provides up-to-date information, and is run by patients and healthcare professionals.



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:

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

Thank you



www.ucare-oxford.org.uk

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

Please return this form to: UCARE, HIFU Unit, Churchill Hospital, Oxford, OX3 7LJ



Christmas Appeal

As quick as you can say 'pass the mince pies' you could be making a donation to UCARE this Christmas by logging onto our justgiving page and help us raise funds for urology cancer research and education.

www.justgiving.com/ucare-xmasappeal

In Memoriam and tribute giving

Your In Memoriam donation to UCARE will be allocated to our special Tulip Fund, which is dedicated to supporting research into urological cancers. By making an In Memoriam gift, you can pay tribute to a loved one while also making a direct contribution to the fight against cancer.

Ways to make an In Memoriam gift include:

- Donate to UCARE's Tulip Fund instead of buying funeral flowers.
• Make a regular gift to UCARE's Tulip Fund.
• Remember a loved one on a birthday or other special anniversary by making a tribute donation to UCARE's Tulip Fund.
• With the help of our partner, JustGiving, create a special In Memoriam webpage in the name of your loved one. Then invite friends, family and work colleagues to make their Tulip Fund gifts online.

Please contact us for an informal chat about how you can make an In Memoriam gift to pay tribute to someone special.

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 Copyright © UCARE, November 2010. Printed on recycled paper.

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.

Make a donation

Becoming a regular giver by monthly standing order is one of the best ways in which you can help UCARE. Regular giving allows us to plan ahead, and cuts our administration costs, which means more money can go to urology cancer research and education.

A lasting legacy

Legacy gifts are extremely important to UCARE. By leaving a gift to UCARE in your Will, you are making a lasting contribution to the fight against urological cancer by helping to fund vital research into new drugs and treatments.

Unfortunately, UCARE cannot provide legal advice, and recommend that you consult a solicitor or legal adviser when making or changing your Will. You will need to quote the charity name UCARE and provide the charity number 1120887.

Volunteering

UCARE is a charity that depends on the kind support of volunteers to achieve our aims. If you can spare some time to help, please contact us – an hour, a day, or a week – whatever you can spare.

If you would like to support UCARE, please complete and return the form in this issue of UCARE News, visit www.ucare-oxford.org.uk or call Val Berry on 01865 767777. Thank you.

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www.ucare-oxford.org.uk

