

HEAR (*Health Evidence Awareness Report*)

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November is Prostate Cancer Awareness month.

This issue of HEAR is about Prostate Cancer. Included are useful links to books, guidelines and review articles. We also include patient information and education, useful websites, support groups and information for emotional/mental health

Welcome!

HEAR is the result of a collaboration between librarians in the Daughters of Charity Disability Support Services, Health Service Executive, the Irish Blood Transfusion Service, Milford Care Centre, St. Luke's Hospital, St. Michael's Hospital, St. Vincent's University Hospital, Temple Street Children's Hospital and the University Hospital Limerick.

HEAR is about sharing information that is useful for both clinicians and patients.

Did you know? Fast facts on Prostate Cancer

- Prostate cancer is the 2nd most common cancer in men. In 2012, an estimated 1.1 million people were diagnosed with prostate cancer which accounted for 15% of all cancers diagnosed in men. Incidence rates are high in North America, Canada, Australia, New Zealand, North & Western Europe where screening and PSA testing are also higher.
- In Ireland, between 2010 and 2012 there was an average of 3,384 new cases diagnosed per year but figures also show a very high five-year survival rate (91% between 2008-2012).



Sources

<http://www.ncri.ie/sites/ncri/files/pubs/CancerinIreland2013AnnualReportoftheNationalCancerRegistry.pdf>

http://www.ncri.ie/sites/ncri/files/factsheets/FACTSHEET_prostate_1.pdf

http://globocan.iarc.fr/Pages/fact_sheets_cancer.aspx

HEALTH AWARENESS/ HSE

The HSE A-Z of common conditions includes information on prostate cancer and prostate disease

<http://www.hse.ie/portal/eng/health/az/C/Cancer,-prostate/>

<http://www.hse.ie/portal/eng/health/az/P/Prostate-disease/>

Irish Cancer
Society

www.cancer.ie

Cancer Nurseline

Freephone

1800 200 700

Monday-Thursday

9am-6pm

Friday 9am-5pm

Health Bytes – Nutrition

[Staying healthy after cancer eat a healthy diet: Irish Cancer Society](#)

[Prostate cancer, nutrition and dietary supplements: National Cancer Institute](#)

Stories from the press...

[Landmark clinical trial shows gene-targeted drug can treat prostate cancer](#)

Institute of Cancer Research, 28th October 2015.

[Prostate Cancer Cases in Ireland double in ten years while death rates falls](#)

Cancer Trends, No. 3. Recent trends in prostate cancer.

[Tony Ward: The toughest game of my life - my epic battle with prostate cancer](#), Irish Independent, 8th November 2015.

Helpful Websites:

Prostate Cancer – Irish Cancer Society

<http://www.cancer.ie/cancer-information/prostate-cancer#sthash.ErlbnsFk.dpbs>

Understanding Prostate Cancer - Prostate Cancer Foundation

http://www.pcf.org/site/c.leJRIRORepH/b.5779493/k.3D2F/Understanding_Prostate_Cancer.htm

Prostate Cancer – Risks and Causes – Cancer Research UK

<http://www.cancerresearchuk.org/about-cancer/type/prostate-cancer/about/prostate-cancer-risks-and-causes>



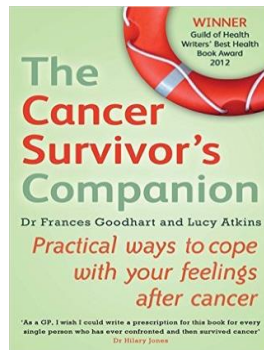
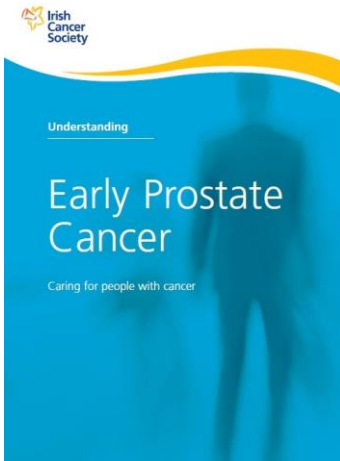
Emotional & Mental Health

[Arizona department of health services: Prostate Cancer and Behavioral Health](#)

Roth, A. J., Weinberger, M. I., & Nelson, C. J. (2008). Prostate Cancer: Quality of Life, [Psychosocial Implications and Treatment Choices](#). Future Oncology (London, England), 4(4): 561–568.

Sharp, L., O'Leary, E., Kinnear, H., Gavin, A., Drummond, F.J.(2015) [Cancer-related symptoms predict psychological wellbeing among prostate cancer survivors: results from the PiCTure study](#) Psychooncology, Aug 11.

Books



[The Cancer Survivor's Companion. By Dr Frances Goodhart and Lucy Atkins](#)

[Understanding Early Prostate Cancer. Irish Cancer Society](#)

Support groups



[Action Prostate Cancer](#) - Irish Cancer Society.

[Prostate Cancer UK](#) – Information, and support for prostate cancer.

[Talk to other men](#)– Irish Cancer Society Online Community

[Local supports and Services](#) You can check for support in your local area

Easy Read

Find out about your prostate

This book is for men who are 50 or over



<http://prostatecanceruk.org/media/2491350/find-out-about-your-prostate-ifm.pdf>

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Rapid Rounds

Gerhart, J. et al (2015) [Distress, delay of gratification and preference for palliative care in men with prostate cancer](#). *Psychooncology*, doi: 10.1002/pon.3822.

Newby, T.A., Graff, J.N., Ganzini, L.K., McDonagh, M.S. (2015) [Interventions that may reduce depressive symptoms among prostate cancer patients: a systematic review and meta-analysis](#). *Psychooncology*, doi: 10.1002/pon.3781. [Epub ahead of print]

Research of Irish Interest



Drummond, F.J., Kinnear, H., O'Leary, E., Donnelly, Gavin, A., Sharp, L. (2015) [Long-term health-related quality of life of prostate cancer survivors varies by primary treatment. Results from the PiCTure \(Prostate Cancer Treatment, your experience\) study](#) *Journal of Cancer Survivorship*, 2015;9(2):361-372.

Drummond, F.J., Carsin, A.E., Shaep, L. & Comber, H. (2010) [Trends in prostate specific antigen testing in Ireland: lessons from a country without guidelines](#). *Irish Journal of Medical Science*, 179(1): 43-49.

Forde, J.C., Blake, O., Crowley, V.E., Lynch, T.H. (2015) [Stability and accuracy of total and free PSA values in samples stored at room temperature](#). *Irish Journal of Medical Science*, 2015 Oct 6. [Epub ahead of print]

Morgans, A.K., van Bommel, A.C., Stowell, C., Abraham, J.L., Basch, E., Bekelman, J.E., Berry, D.L., Bossi, A., Davis, I.D., de Reijke, T.M., Denis, L.J., Evans, S.M., Fleshner, N.E., George, D.J., Kiefert, J., Lin, D.W., Matthew, A.G., McDermott, R., Payne, H., Roos, I.A., Schrag, D., Steuber, T., Tombal, B., van Basten, J.P., van der Hoeven, J.J., Penson, D.F., Advanced Prostate Cancer Working Group of the International Consortium for Health Outcomes Measurement (2015) [Development of a standardized set of patient-centred outcomes for advanced prostate cancer: an international effort for a unified approach](#), *European Urology*, 68(5):891-8.

O'Leary, E., Drummond, F.J., Gavin, A., Kinnear, H., Sharp, L. (2015) [Psychometric evaluation of the EORTC QLQ-PR25 questionnaire in assessing health-related quality of life in prostate cancer survivors: a curate's egg](#) *Quality of Life Research*, Mar 30. [Epub ahead of print].

Pearce, A.M., Ryan, F., Drummond, F., Thomas, A.A., Timmons, A., Sharp, L. (2015) [Comparing the costs of three prostate cancer follow-up strategies: a cost minimisation analysis](#) *Supportive Care in Cancer*, Aug 6. [Epub ahead of print].

News

“Here’s how hidden prostate cancer can be spotted by a pioneering new blood test”

Scientists in Sweden have trialed a new test STHLM3 to diagnose tumours. The new tests will be available in Sweden from March next year.

Irish Examiner,
November 10, 2015

Source: *The Lancet Oncology*, 9th November.
Available at:
<http://bit.ly/1MKN99U>

Guidelines:

Irish National Clinical Guideline for the Diagnosis, Staging and Treatment of Prostate Cancer,
National Cancer Control Programme, 2015
<http://www.hse.ie/eng/services/list/5/cancer/profinfo/guidelines/prostate/>

Prostate Cancer Diagnosis and Management,
NICE guideline: 2014
<http://www.nice.org.uk/guidance/cg175>

Prostate Cancer - NICE pathway
<http://pathways.nice.org.uk/pathways/prostate-cancer>

Guideline on Prostate Cancer,
European Association of Urology, 2015
http://uroweb.org/wp-content/uploads/09-Prostate-Cancer_LR.pdf

Cancer of the Prostate Clinical Practice Guidelines for diagnosis, treatment and follow-up,
European Association of Medical Oncology, 2015
http://annonc.oxfordjournals.org/content/26/suppl_5/v69.full.pdf+html

Systematic Reviews:

Lao, C. et al (2015) [Economic evaluation of prostate cancer screening: a systematic review](#). *Future Oncology*, 11(3): 467-477.

Lei, J.H. et al (2015) [Systematic review and meta-analysis of the survival outcomes of first-line treatment options in high-risk prostate cancer](#). *Science Reports*, 5: 7713.

Rao, D. et al (2015) [Does night-shift work increase the risk of prostate cancer? A systematic review and meta-analysis](#). *OncoTargets and Therapy*, 8: 2817-26.

Tucci, M. et al (2015) [Addition of docetaxel to androgen deprivation therapy for patients with hormone-sensitive metastatic cancer: a systematic review and meta-analysis](#). *European Urology*, p11: S0302-2838(15)00907-0.

Violette, P.D. et al (2015) [Decision aids for localized prostate cancer treatment choice: systematic review and meta-analysis](#). *CA – A Cancer Journal for Clinicians*, 65(3): 239-251.

Patient Education & Information

- [Prostate Cancer Information Leaflet](#)
- [Understanding Early Prostate Cancer \(pdf, 2.8MB\)](#)
- [Understanding Prostate Cancer beyond the Prostate Gland booklet \(pdf 3.1 MB\)](#)
- [Understanding Cancer of the Prostate booklet \(Polish version\) \(pdf 458 KB\)](#)
- [Understanding the PSA test \(pdf 1.5MB\)](#)
- [The Journey Journal](#) – Keeping track of your cancer treatment
- [Manual for Men: Destination Health](#)
- [Basic Information about Prostate Cancer - CDC](#)

Upcoming Events

Man to Man – a series of meetings to support men with advanced prostate cancer

Athlone 24th November <http://www.cancer.ie/about-us/news/man-to-man-2015#sthash.xli0ajHN.dpbs>

November: Raise funds and awareness of men's health , and the **MOVE** challenge – see more at www.cancer.ie

DISCLAIMER

This newsletter contains links to information about Prostate Cancer.

This information is **not advice** and should not be treated as such.

This month's issue was compiled by a collaborative group of health librarians.

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