

Prostate Matters

INTERNATIONAL

Prostate Matters International is a registered charity set up with the primary aim of supporting research into prostate diseases.

Prostate Diseases

Approximately 2.5 million men in the UK suffer from diseases of the prostate – which include Prostate Cancer, Benign Prostate Hyperplasia (BPH) and Prostatitis. Depending on the condition with which they are diagnosed, sufferers may experience problems with urination, sexual dysfunction and a reduced quality of life.

Whilst prostate disease is confined to men, its effect on family members should not be overlooked. A large number of families have to live with the consequences of prostate diseases.

Awareness of prostate diseases is still relatively limited but this is gradually changing.

In recent times, many advances have taken place in the diagnosis and the medical and surgical treatment of prostate diseases. However, much research still needs to be carried out if the development of new strategies are to be progressed.

Prostate Cancer, which accounts for about 10,000 deaths in the UK per year, is now the most common form of

cancer in men. Each year about 30,000 men in the UK are diagnosed with Prostate Cancer.

There is an urgent need for significant advances in more accurate diagnosis to enable doctors to tailor the most appropriate treatments to individual patients as well as develop new treatments.

Benign Prostatic Hyperplasia (BPH): Urinary symptoms become increasingly common as men age. Advances in the understanding of the pathology and pharmacology of BPH have led to a substantial decrease in the number of major surgical operations that were previously carried out. But many men still suffer significant loss of quality of life and there is a great need for more new less-invasive treatment options.

Prostatitis is caused by bacterial or chemical inflammation of the prostate and can affect men at any age. The cause is often difficult to diagnose accurately. It is not usually life threatening but can cause great pain and discomfort. Treatment is often empirical and ineffective and much research still needs to be carried out.

About prostate diseases and the PMi charity

Some facts about prostate diseases

- Globally, Prostate Cancer accounts for 10% of all cancers in men
- 100,000 new cases of Prostate Cancer are diagnosed in Europe each year
- 30,000 new cases of Prostate Cancer are diagnosed in the UK each year
- One male dies every 15 minutes of Prostate Cancer in Europe
- Benign Prostatic Hyperplasia affects more than 50% of men over the age of 60
- Approximately 2.5 million men in the UK suffer from diseases of the prostate.

The logo for Prostate Matters International (PMi) features the letters 'P', 'M', and 'i' in a large, blue, sans-serif font. The 'i' is lowercase and has a small orange dot above it. The 'P' and 'M' are uppercase. The logo is positioned in the bottom right corner of the page.

About the charity

Prostate Matters International

Prostate Matters International (PMI) was registered as a charity in December 2004. It was co-founded by Professor E-N Lalani and Mr PD Abel.

Professor E-N Lalani BSc(Hons) MBChB FRCPath PhD ILTA is the Leith Chair of Pathology and Head of the Pathology Department at Birmingham University and Honorary Consultant Histopathologist at Birmingham University Hospitals Trust.

Mr PD Abel ChM FRCSE is Reader and Honorary Consultant Urologist at Imperial College London and the Hammersmith Hospital.

Professor Lalani and Mr Abel have jointly led and developed the Prostate Biology Group (BPG) for over 10 years. Together they have raised over £3M for research, published over 50 academic papers, co-edited a major book on prostate cancer, supervised over 30 MSc, MD & PhD students and regularly present their work at national and international conferences.

PMI's Mission and Objectives

PMI is committed to achieving the highest standards of academic research and to training the clinicians and scientists of the future, encouraging them to bridge the gap in delivering translational research which will meaningfully impact upon the diagnosis and treatment of men with prostate diseases and their families.

The initial objective of the PMI charity is to provide financial stability for the Prostate Biology Group (BPG). This will enable BPG to continue its work

on identifying novel biomarkers and unravelling the mechanisms of how prostate cancers spread and become resistant to current treatments. PBGs work will aid early diagnosis and treatment of prostate cancer.

Lessons learnt whilst developing a sustainable PMI research unit (BPG) on Prostate Cancer will be applied to develop research units on Benign Prostatic Hyperplasia (BPH) and Prostatitis - culminating into a research institute focused entirely on conducting basic and translational research on prostate diseases.

PMI's long term objective is to create an international network of research centres - all committed to the same ideal.

Prostate Biology Group (BPG)

BPG was established in 1995 by Professor El-Nasir Lalani and Mr PD Abel at the Royal Postgraduate Medical School (RPMS) in order to address the national problem of an inadequate framework for research into prostate diseases in the UK. [RPMS later merged with Imperial College, London] BPG is now based at the University of Birmingham in the UK.

Amongst its achievements, the most important scientifically include the identification of high levels of the proteins cyclooxygenase-2 and MUC1 mucin in the development and progression of prostate cancer as well as unravelling the alternative signalling mechanisms in cancers which continue to grow in the absence of testosterone. Clinically, the benefits of using oestrogen patches for advanced prostate cancer and the potential of high intensity focused ultrasound as a non-invasive way of treating cancer with heat stand out.

Frequently Asked Questions

What differentiates the PMI charity from other prostate charities?

There are three main areas which distinguish PMI from other prostate related charities:

- One of the aims of the PMI charity is to fund and develop an institute focused on prostate research by bringing together international experts both clinicians and scientists to undertake peer reviewed basic and translational research. Initially this will be via funding of the Prostate Biology Group (PBG) unit at the University of Birmingham in the UK.
- PMI will foster international collaborations to maximise cost effectiveness and minimise administrative costs.
- The founders of PMI already have a long established track record of basic and translational research into prostate diseases. They had started the Prostate Biology Group in 1995.

Has the PMI charity targeted specific countries where it will establish and/or support research units?

At present, PMI is a new and developing organisation and will focus initially on consolidating in the UK. However, the costs of research activity can be attenuated in some overseas countries whilst maintaining the highest academic standards. Poland is one such country with which PMI (through the PBG) is already building bridges. One of PMI's key objectives is to establish a fully functional research unit overseas in the medium term.

What research is currently undertaken by Prostate Biology Group?

PBG addresses four thematic areas:

- Unravelling mechanisms of the development of androgen independent prostate cancer.
- Determining the efficacy of alternative cost effective treatments and their mechanisms of action e.g. estrogens and COX 2 inhibitors.
- Stem cells and their role in the development of prostate cancer.
- Diet and prostate cancer

Is the Prostate Biology Group solely dependent on funding from the PMI charity?

No. The activities of the PBG have so far have been funded by research councils, charities, government and industry. However, these funding streams tend to be irregular and do not maximise on initial capital investment i.e. they are fixed, short term awards. Whilst these will continue, PMI offers the opportunity to achieve a sustainable, regular additional income allowing for optimal planning and development - especially of key experienced scientific and technical staff who may otherwise be lost.

What are the Prostate Biology Group's achievements?

Since its inception in 1995, the PBG has:

- Published over 50 academic papers
- Developed over 30 clinicians and scientists who have achieved higher degrees
- Presented over 100 scientific papers in more than 15 countries worldwide

- Raised over £ 3M in grants from research councils, charities, government and industry.
- Achieved national and international publicity of its research.

How much funding does the PMI charity require to support the Prostate Biology Group's ongoing research?

PMI's initial aim is to fund a complementary research unit within the PBG comprising of:

- 2 post doctoral scientists
- 1 technician
- 1 PhD student
- Equipment
- Research consumables
- Annual recurring cost of approx. £300K

Are there specific laboratory equipment which PMI wishes to purchase?

Our priority at this stage is to fund research staff. There is no immediate need for specific equipment. However, PMI would gratefully accept donations toward specific objectives such as a piece of equipment as the needs arise.

Do the Trustees and Directors of the PMI charity benefit in any way?

No. They will enjoy the philanthropic satisfaction of developing and progressing a new organisation from the beginning. Professor Lalani & Mr Abel may benefit through the publication and dissemination of research by the PBG.

**Charity registered in
England and Wales
Reg. No. 1107211**

Supporting research into
prostate diseases

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Reg. No. 05177084

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Does the PMI charity have a donor recognition policy?

Yes. PMI will work with large donors to enable their contribution to be publicly acknowledged, where required, in a forum that is acceptable to both parties. PMI shall display donations in a number of categories on its website.

Can an individual or a company contribute monthly by direct debit and/or donate over a number of years?

Yes. Lump sum or regular donations are all of value to the PMI charity whether short-term or long-term.

Will PMI disclose names of donors and amounts donated?

PMI will comply with the wishes of the donors. Some individuals and organisations may not wish to disclose their donation. Donors agreeing to be acknowledged publicly will be listed on the PMI's website.

Will PMI be informing donors/supporters of PMI's & PBG's activities, results, projects and accounts?

Yes. There will be frequent updates on the website and a newsletter will be published regularly. Accounts will be prepared annually by established auditors and available for public scrutiny on the PMI and the Charity Commission websites.

How can I make a donation to Prostate Matters International?

Firstly, we would like to thank you for considering donating to the charity. All donations whether large or small are appreciated and will help our research into prostate diseases.

There are a number of ways you can donate to the PMI charity:

- One-off or regular donation by Credit/Debit Card or Direct Debit via the JustGiving.com's secure link: www.justgiving.com/pmi
- One-off donation by cheque or regular donation by Bank Standing Order using the PMI's Donation and Gift Aid forms.
- By leaving a legacy to PMI. If you wish to leave a legacy to PMI, please email us on: legacy@prostate-matters.org.uk
- By raising funds for PMI through sponsorship events. You can do this either with PMI sponsorship forms or by easily setting up a webpage via the JustGiving.com's secure link: www.justgiving.com/pmi

Any other questions?

This leaflet only lists the most frequently asked questions. If you have a question about PMI which is not addressed here, please do not hesitate to contact us.