Funding research into a life threatening, congenital kidney disease

New hope for bladder cancer patients

Four friends take on the Atlantic Rowing Challenge for TUF
Hello and welcome to TUF matters.

The start of each new year is always brimming with excitement for the next 12 months and this is certainly true at TUF as we enter 2018 with enthusiasm, determination and huge ambition.

Inside, you can read about the work we’ve been doing to help people with urology conditions, such as the exciting development of a urine test to detect bladder cancer, research into a life threatening, congenital kidney disease which affects baby boys and pioneering pelvic research to help thousands of women.

Plus, patient Sandy Stuart tells how a football injury led him to be diagnosed with testicular cancer. We are passionate about improving the lives of people with urology disease; conditions which can be debilitating, traumatic and sometimes life-threatening. It is crucial that we continue to invest as much time, effort and resources as we can to fighting them.

I recently took part in a TUF challenge; I joined thirty fellow bikers and cycled 500 kilometres across Vietnam and Cambodia to raise money for research and training. This year we have some wonderful fundraising events taking place, including a Piano Concert with a difference, mounted by prostate cancer survivor Adrian Goldsmith. We hope to see as many of you there as possible.

Last but not least, we are delighted that four friends from Cornwall are preparing to take on the planet’s toughest race and to row, unaided, 3,000 miles across the Atlantic Ocean to raise funds for TUF. Please show your support by making a donation or sponsoring their efforts.

I hope you enjoy hearing about the work we are carrying out.

Thank you for all your support.

Louise de Winter, Chief Executive
Composer Adrian Goldsmith invites you to a unique evening of four major piano concertos, including the world premiere of his very own Piano Concerto No. 2, in aid of The Urology Foundation.

This phenomenal one-off musical extravaganza will take place at the beautiful Cadogan Hall, in London – one of London’s leading concert venues – and will boast performances by world-renowned pianists.

Being able to compose is an exceptional gift bestowed to very few talented musicians after many years of playing and performing. But incredibly, Adrian only started playing the piano after he was diagnosed with prostate cancer in 2006. Now he is composing his own music to critical acclaim.

He was operated on and successfully treated by TUF President, Professor Roger Kirby, which is how he became aware of the work of TUF.

Adrian said: “This is something of a personal journey. Having survived prostate cancer and having been operated on by Prof Kirby, I set myself a target to do something I’d never thought possible when I was ill; learning to play the piano. That was 2006 and I haven’t looked back since – by 2013 I was composing my own work.

“Prostate cancer transformed my life because it made me musical – a true silver lining without which I would not have discovered the joy of composing and playing.

“I am delighted to be supporting the work of The Urology Foundation and raising money for such a worthwhile cause.

“All the money raised from the concert will go directly into the research and towards the long-awaited goal of stopping cancer.”

Piano concertos are Adrian’s favourite form of music. His concert, at Cadogan Hall on Wednesday 23 May, will feature world-class soloists Eduardo Andrade, Aisa Iijiri, Panayiotis Gogos and the Orion Orchestra, conducted by Toby Purser.

There will be four very different concertos concluding with Adrian’s Piano Concerto No. 2 which contains distinct echoes of the Rachmaninov style, albeit without the technical demands of Rachmaninov’s four concertos. There is also homage to Handel and Beethoven.

The concert also includes The Warsaw Concerto, written for the 1941 British film, Dangerous Moonlight, The Piano concerto in A minor, Op 54 - the only piano concerto written by Romantic composer Robert Schumann and the Piano Concerto No 2 in G Minor, Op. 22 – Camille Saint-Saëns’ most popular piano concerto.
Thanks to TUF funding, two free mobile apps developed specifically for men and women, ‘My Waterworks’ and ‘My Bladder Problem’, are now available to download so people can self-assess their urinary problems, allowing them to access the appropriate care as early as possible.

The apps include the personal questions that a doctor or specialist will commonly ask if a patient has a problem passing urine. The questions can be answered in the calm and privacy of the patient’s own home, avoiding any embarrassment and allowing time to think about each of the questions.

The apps then offer two types of summaries – a report in layman’s terms and one in medical terminology which can be presented straight to the doctor.

Mr James Green, a consultant urologist from Barts Health NHS Trust, developed the apps with Dr Luke Foster, a core surgical trainee at Guy’s and St Thomas’ Hospital.

James said: “The aim is patient empowerment and for patients to avoid feeling overwhelmed during a GP consultation. It helps patients to reflect on their symptoms prior to seeing a specialist and to prepare mentally. They can understand more about their condition. The consultation is then smoother and it’s easier for the GP to get the information they need.

“Patients never really think about their symptoms – if you ask a patient how many times they pee a day, they look at you blankly and then spend five minutes trying to count the times (inaccurately) at which point the consultation has run out of time.

“The idea of the app is to help both the doctor and patient get the best out of the appointment.

“The app enables better use of the consultation time and saves patients from having multiple consultations. It could potentially result in earlier treatment.”

The two apps are now available for download. ‘My Waterworks’ (for men) and ‘My Bladder Problem’ (for women). They are available free on iTunes and are for use on an iPhone or iPad.
Urology Awareness Month proves a big success

TUF marked Urology Awareness Month for the fourth year last September. The successful month-long initiative was aimed at raising the profile of urology in the UK so that more people are aware of the signs and symptoms of urology disease. During the month TUF focused on all urological conditions – cancerous and non-cancerous – and the silence and secrecy surrounding these, in a bid to eradicate their taboo and stigma. There was a particular focus on testicular cancer and the need for men to check themselves regularly.

TUF’s goal was to encourage awareness about urology conditions so that more people would approach their GPs, also raising the profile of TUF and the work that we do in the process. This was achieved through a mix of broadcast and print media as well as social media, including Facebook and Twitter.

A radio information day achieved national and regional coverage with 20 radio stations throughout the country, reaching an estimated audience of more than six million listeners. National TV coverage was also achieved with urology features on TUF appearing on London Live (a 24-hour TV channel devoted to London) and Sky’s Chrissy B Show; the UK’s only TV talk show dedicated to wellbeing and mental health. TUF’s work also featured in a special urology supplement produced in conjunction with the Guardian Newspaper.

You can be part of this year’s awareness month in September by taking on the Big 5 Challenge or promoting the month in your work place. Contact sayara@theurologyfoundation.org to find out how.

TUF Nurse of the Year

TUF caught up with Fidelma Cahill, TUF Nurse of the Year 2016, to find out what impact winning the award has had on her.

“I feel so honoured and humbled to have been given this award. It has made such a difference to my career,” said Fidelma.

“The grant enabled me to go on a number of courses and conferences where I have learnt about the best ways to engage with new cohorts of patients and how to make service improvements which has been so inspirational.

“I have attended patient public involvement forums, I presented at the British Association of Urological Nurses conference as a guest speaker. I visited a hospital in Hampshire where I was able to engage with inspirational oncology urology nurses just starting out on their careers, and encouraged them to do research, make changes, approach things fresh with open eyes and improve services for patients.”

“I am very grateful to TUF for encouraging nurse development.”

Help TUF continue its work: theurologyfoundation.org/donate
Bladder cancer affects about 10,000 people a year in the UK, and in 10% of patients it will already have spread outside the bladder at diagnosis. Although bladder cancer treatment has improved in recent years, survival rates have not because bladder cancer is often detected late while patients are treated first for infections.

For most people an early sign is blood in pee – but many also have recurrent infections, and may suffer urgency and irritation when they pee.

At present, people suspected of having bladder cancer undergo a cystoscopy, where a camera inside a thin, flexible tube is passed into the bladder via the urethra. The procedure is uncomfortable and there is a small chance of a urine infection afterwards.

The new test, called UroMark, part funded by TUF, requires patients to give their GP a urine sample which can be sent away for testing. Developed by researchers Dr Feber and Prof Kelly at University College London, UroMark can detect bladder cancer in 98% of cases, a figure equivalent to the results of cystoscopies. While previous tests were able to detect only two or three markers found in urine that are specific to bladder cancer, UroMark examines 150 markers.

The scientists responsible for UroMark believe that it could save the NHS about £25 million a year by doing away with the need for cystoscopies. An estimated 110,000 are performed in the UK each year, costing the NHS some £55 million.

Further trials are now under way but it is hoped UroMark tests will become widely available later this year.

“This is the first test to diagnose bladder cancer with a high degree of accuracy, and so is a game-changer in terms of cost to the NHS, patient costs, reducing the number of patients going to hospital – there are huge benefits” says Dr Andy Feber, senior research scientist at UCL and part of the team developing UroMark.
The idea of the test is that it will spare patients who don’t need a cystoscopy from having one. They are uncomfortable and undignified for patients, patients must travel to hospital and have a local anaesthetic. Cystoscopies to check for bladder cancer are not necessary in 90% of cases. To perform 90% more cystoscopies to check for bladder cancer than are needed, puts a huge pressure on the NHS.

It’s also hoped the urine test will detect cancer at an earlier stage, thus improving survival rates.

“The survival of bladder cancer patients hasn’t really changed in the last 20 years because we haven’t been catching the cancer fast enough,” said Andy.

“Patients, particularly women, are often diagnosed late with bladder cancer and often have to visit a GP several times with symptoms before detection, so they are harder to treat and the outcome is worse. But with this test we can detect the cancer earlier on and that will improve survival rates. This test could make a huge difference – a good proportion of lives could be saved.”

TUF has funded approximately £200,000 of the innovative project and Andy says this money has been vital for the project to progress.

“The Urology Foundation has been tremendously supportive, providing funding for this project and other bladder cancer projects too. We are very grateful to TUF - TUF’s funding has driven this project forward and enabled us to get funding from other organisations. TUF has played a critical and important role in this project and without TUF’s funding, things would not have progressed as quickly or smoothly.”

SYMPTOMS OF BLADDER CANCER INCLUDE:

- Spotting blood in urine
- Needing to pee more frequently
- Recurring urinary infections
- Feeling the need to urinate but unable to
Football injury led to testicular cancer discovery

Sandy Stuart knew nothing about testicular cancer, or the importance of carrying out regular self-examinations, until a football injury suddenly turned his world upside-down.

Sandy, 32, said: “I’d never given testicular cancer a second thought, even when a school friend was diagnosed with it, it still never hit home that it could happen to me. I thought it was something that happened to other people. I never checked myself at all, not even once a year.

“Then one day I was playing football and I sustained a groin injury. I had a lot of pain in my right testicle but ignored it, thinking it would go away. Instead the pain grew worse and it became swollen and sore. I had lower back pain as well but I told myself it was nothing. Eventually my then girlfriend saw how swollen my testicle was and said: ‘You are going straight to the doctor.’”

A doctor gave Sandy an examination and sent him to A and E. He had an ultrasound scan at St Thomas’ Hospital and was referred to a specialist at Guy’s Hospital.

But within minutes of meeting the specialist was telling Sandy he had testicular cancer and that the tumour should be removed immediately.

Sandy, who lives in South London with his wife Yasmin, said: “He told me the cancer had been caught early, but there was a possibility the cancer could spread through my abdomen and in that case I’d need chemotherapy. He explained the procedure for the operation.

“I felt like I was in a dream. I was so shocked - I couldn’t believe I had cancer. Both my parents were abroad, my sister was at work and it was awful feeling so alone. I couldn’t understand how this had happened – I was young, fit and healthy.

“Thankfully the hospital staff were amazing and gave me so much information and anticipated my questions. They explained that I would still be able to have an active sex life, children even. I would still be able to play football.

“I asked if there was any chance I could still keep my right testicle but they said it was impossible. I was given the option of having it replaced with a plastic one, but I chose not to – I’ve no ambitions to be a Chippendale!”

Less than 48 hours after his diagnosis, Sandy had his testicle removed.
Dr Ian Eardley, is a consultant urologist at Leeds Teaching Hospital and an expert in testicular cancer. He previously received funding from TUF and is a former member of TUF’s Science and Education Committee.

He said: “In cases like Sandy’s, almost always it is best to remove the whole testis. The short surgical procedure is usually performed under general anaesthesia and most patients go home the same day.

“In some cases, a silicone prosthetic testis can be replaced into the scrotum through the groin incision to give a better cosmetic appearance.”

Sandy said he wasn’t fazed by the operation and was back home the same day.

“I felt nervous about the operation but really I just wanted it over and done with and to have the cancer removed. I held onto the fact that more than 90% of men recover completely.

“When I came round from the operation I was in quite a lot of pain but I had morphine to help. It was difficult to pee at first but I was back home with my family within a matter of hours.

“I had a six week course of chemotherapy which was gruelling but was soon back to work.

“I consider myself so lucky. I’ve had the all clear and I’ve recently got married, it has had no lasting impact on my life whatsoever. I do realise though that I am lucky and that if it hadn’t been caught so early things could have been very different. I would urge all men to check themselves monthly and be vigilant for any lumps. You can check yourself in only 30 seconds in the shower. It is very easy not to think about testicular cancer and to think it would never happen to you – but it could. Why take the risk?”

Every year around 2,400 men are diagnosed with testicular cancer in the UK. It has an over 90% cure rate, provided it is caught in time.

Knowing the symptoms so you can seek medical advice sooner is important.

SYMPTOMS OF TESTICULAR CANCER INCLUDE:

- A painless lump or swelling in either testicle
- Enlargement of the testicle
- A feeling of heaviness in the scrotum
- Pain or discomfort in the testicle or scrotum.

It’s important to be aware of what feels normal for you. Get to know your body and see your GP if you notice any changes.
Four friends from Cornwall are preparing to take on the toughest race on the planet and row, unaided, 3,000 miles across the Atlantic Ocean to raise funds for TUF. It is a formidable challenge – more people have gone to the moon and climbed Everest than have rowed the Atlantic.

For one of them, a GP from Falmouth, the inspiration has come following the death of his grandfather, and the hundreds of patients he treats each year.

Dr Jonathan Davis and his three friends Tim May, Rob Spence and Andrew Berry (Bez) are hoping to raise £100,000 for TUF – the charity is close to Jon’s heart since his grandfather, Ken, who had prostate and renal cancer, died last year. He was also inspired to undertake the challenge by the patients he sees each year who are suffering from debilitating urological conditions such as prostate, bladder and kidney cancer, incontinence and erectile dysfunction.

“As a GP I am on the frontline and seeing people with urological conditions daily and the effects these urological conditions have on them. Incontinence affects so many of my patients and has such a detrimental effect on quality of life.” said Jon.

“Urological conditions will affect 50% of people during the course of their lifetime but so many people still have no idea what a urological condition is.
“I am so happy that rowing across the Atlantic in aid of The Urology Foundation will bring vital funds to support their research and training programmes and raise awareness of urological conditions.”

Jon, who works at Trescobeas surgery, said the response of his patients has been overwhelming.

“My patients think urology is a wonderful cause to row for – because it affects so many of them.”

Jon, Tim, Rob and Bez will undertake the Talikser Whisky Atlantic Challenge, described as the ‘world’s toughest endurance race’ together. For weeks on end they will row non-stop in two hour shifts across the world’s second largest ocean, the Atlantic. They will experience 40ft waves, 35 mile per hour winds and excruciating salt sores and blisters, and eat and sleep in a boat measuring just seven metres long and two metres wide.

They will depart from the Canary Islands (La Gomera) on 9 December this year and finish in Antigua; the boys are hoping to win the race and to beat the brand new world record of 29 days.

Urological conditions will affect 50% of people during the course of their lifetime.

Get behind the Atlantic Seamen today.

Visit atlanticseamen.com to find out how you could power their oars across the unforgiving ocean.
New SEC chairman leads the search for future stars of urology

The man poised to stand at the helm of our Science and Education Committee (SEC) to make sure we succeed in our fight is Mr Grant Stewart. He will take over in March from Professor John Kelly, who has served as TUF SEC Chairman for five years.

The SEC is responsible for the development and assessment of The Foundation’s medical education and training programmes and the review and administration of its grant making policy. During Professor Kelly’s tenure, TUF has expanded its grant making programmes and opened up funding to urology nurses.

Mr Stewart said: “I have been proud to serve as a member of the SEC under Prof Kelly’s leadership. They are a fantastic group of urology research experts and lay members on the SEC and we always have an interesting discussion around the grants that come through. John steers our discussions through to an appropriate and agreed resolution and I’m honoured to follow in his footsteps.

“The SEC assesses the applications and advises TUF on which are the most important to invest in. As an academic urologist I have a very strong interest in research, and I value the importance of TUF as a funder of urology research so I am really looking forward to taking up this new role.

“Part of our remit is to identify the up and coming future stars of urology. As well as assessing the applications we have also recently invited the candidates to come to London and give a three minute elevator pitch so we can learn more about the candidate's research and background. We are looking for those with an extra spark in their eye, a future leader in our speciality.”

As SEC chairman, Mr Stewart will also become a member of TUF’s Board of Trustees. Alongside other urologists who sit on the board, he will help provide insight into new developments in research and treatment for the lay trustees.

Mr Stewart is a clinical academic and senior lecturer at University of Cambridge and honorary urologist at Addenbrooke's hospital. His research into kidney cancer includes developing bio markers and also investigating if the population should be screened for kidney cancer.

At TUF the fight against urology disease is at the heart of everything we do.

Research applications are peer reviewed and TUF is a member of the Association of Medical Research Charities, which monitors for quality approved research. Therefore donors can be confident that their donations will be put to good effect.
Looking for a birthday gift that brings back wonderful memories?

A way to mark a particular anniversary?

A unique gift that celebrates a special occasion for your family and friends which also raises money for The Urology Foundation?

A cross between an e-card and a day out to a film archive, Your Big Day creates a unique and personalised video gift centred on the day of your choice. It is a five to six minute video for almost any date and year over the last century, using historic footage from the ITN and Reuters archives. Narrated by former BBC and ITN news anchor Sir Martyn Lewis, each video starts with your own personal message to the recipient, and is delivered online at a date and hour of your choosing. You, the sender, will also receive a copy.

Order a Your Big Day video for £9.95 and enter the code ‘TUF’ in the charity box to trigger a donation of £1 to The Urology Foundation and support the work of the charity at no extra cost to you.

Visit www.yourbigday.tv to celebrate a birthday, wedding anniversary, graduation, first day at work or even your first date!

“What a surprising alternative to mark my birthday. Thank you! It was a delightful time-capsule video and a great way to support The Urology Foundation.”

Professor Roger Kirby, consultant urologist and TUF President.
Funding research into a life threatening, congenital kidney disease

It is thanks to the generous support of people like you that TUF was able to fund Kevin and his team. Please help us fund more urology professionals in the future.

donate
TUF is funding pioneering research into a condition affecting new-born baby boys and foetuses.

Posterior urethral valves (PUV) is a congenital condition found only in boys that affects the urethra (the tube which runs from the bladder to the outside). About one in every 5,000 male births has PUV.

In PUV, the urethra has a blockage near the bladder, caused by a membrane of tissue. This makes it difficult for a child to pass urine. Pressure can build which may result in urine being pushed back from the bladder into the ureters and kidneys. This causes the kidneys and bladder to swell and can lead to kidney damage in the foetus. Some children will need a number of kidney transplants during their lifetime.

Researcher Mr Kevin Cao, is being funded by TUF to investigate the cellular pathways that cause excessive connective tissue deposition (blockages) in the bladders of foetal and newborn boys.

Kevin said: “The purpose of the research is to learn more about the disease itself, how it comes about. We think it is related to certain cellular signals inside the cells of the bladder.

“We will carry out tissue biopsies and see if the theory is correct. Our aim is to understand the cellular signals that lead to this increased cell build up. If we can characterise those pathways then we can apply drugs to reverse them and potentially treat or even cure PUV before it becomes a disease.

“In the past we have attempted to improve kidney and bladder conditions by unblocking the obstruction once the babies are born, but the outcomes are not always that good because we are getting to the problem too late. Foetal intervention is a surgical and medical treatment where the operation is in utero. We affect the disease itself, we are not patching the defect.”

Foetal surgery is relatively new and refers to any of a broad range of surgical techniques that are used to treat birth defects in babies in the womb.

In about half of all cases PUV is discovered before the baby is born, at the 20 week pregnancy scan. Detecting PUV prenatally by screening with ultrasound is beneficial because performing surgery whilst the foetus is still in the womb improves survival chances and significantly reduces life-time disability.

Kevin said: “We are looking at several years of work. Foetal intervention is a big area. There are a dozen big surgical conditions, such as spina bifida, where treating the disability before the child is born can improve their long term development.

“PUV is a serious condition, if a child doesn’t pass urine spontaneously they will need to be catheterised to make sure the pressure doesn’t build up. Some children will need follow up care for years. More severely affected children will need further surgery. They may need to abandon the bladder altogether as an organ of urine and have it drained into a bag. Some boys will have sustained kidney damage and may need several kidney transplants and repeated operations and investigations. This can have a huge psychological impact on families.”

Kevin’s research into PUV could also have wider implications, offering hope to men with bladder scarring.

“Men who have had brachytherapy or radiotherapy which have caused scarring to the bladder can also benefit,” said Kevin.

“The signalling pathways may be universal. If the drug is shown to reverse congenital bladder problems in babies then the same drug could reverse scarring in adults and could maybe even help with liver and lung conditions.”
WALK, JOG OR RUN AN ULTRA CHALLENGE

You might be a regular walker and new to endurance events? Perhaps a seasoned trekker looking for adventures? Or even a marathon runner wanting to ‘up’ your distance? If you’re after a challenge in 2018 to raise money for TUF these events are for you.

Whether it’s along magnificent coastal scenery, or in stunning open countryside, your Ultra Challenge will be unforgettable. There are seven top quality events to choose from, each with its own character, all achievable, with the best support and hospitality to the finish line. Push yourself further in 2018. Sign-up to your challenge today.

Isle of Wight  •  London2Brighton  •  Cotswold Way  •  Jurassic Coast  •  Wye Valley  •  South Coast  •  Thames Path

RIDE FOR RESEARCH

Bike4TUF, Saturday 23 – 25 June

Now in its fifth year this Bike4TUF cycling challenge will be setting off from the steps of St Paul’s Cathedral to
raise money for TUF. Join Mr Ben Eddy, consultant urologist and TUF scholar, along with urologists, nurses and supporters as they cycle over 200 miles to Liverpool for this year’s BAUS conference. Contact Sayara on sayara@theurologyfoundation.org

Prudential RideLondon-Surrey 100, Sunday 29 July
Channel your inner Olympian as you take part in the now iconic ‘festival of cycling’ with 25,000 fellow cyclists and cover the 100 mile route from the London 2012 Olympics. We have places in this year’s TUF cycling team, so sign-up today by emailing Sayara on sayara@theurologyfoundation.org

BIG TUF BAKE WEEK
12 – 18 March
You can’t go wrong with a slice of cake and that’s why this March we’re calling on you to host a bake sale in aid of TUF. Whip up a batch of mouth-watering lemon drizzle cupcakes or buy in some tempting fruit scones and put the kettle on – it really is that simple to help fund urology research.

If you want some tips on how to stir up a TUF bake sale, get in touch for your fundraising kit that contains everything from recipe ideas, posters to promote your event and a donation box! Of course, if this week doesn’t suit you, you can hold your Big TUF Bake sale at any time of the year.

RAISE FREE FUNDS FOR TUF
With your online shopping
Thinking of booking your summer holiday? Or just doing the food shop? easyfundraising is the simplest way to raise money for The Urology Foundation. Shop online with over 3,300 well-known retailers via the easyfundraising website and a percentage of what you spend is passed to us at no additional cost to you.

Retailers include Amazon, M&S, Vodafone, eBay, Tesco, Thomas Cook, Booking.com, Expedia and many, many more. Please register to support us today at easyfundraising.org.uk/causes/urologyfoundation/

GIFT AID YOUR DONATIONS
Gift Aid adds 25% to the value of your donations, helping us to fund more lifesaving research at no extra cost to you. Make sure we have a Gift Aid declaration from you. Contact sayara@theurologyfoundation.org to request a copy.

Why regular gifts make a big difference
Regular donations are extremely important to the charity and help make a really big difference in our fight against urology disease.

By choosing to give a regular monthly donation, you will be helping us to plan ahead and make long-term change for those affected by a cancer or disease of the kidneys, bladder or male reproductive organs. A regular gift allows us to plan for the future because we know, day in day out, that we will have a steady income stream that we can rely on.

Your regular donation will help us invest in long term research that could be a game-changer in how we treat urological matters like incontinence, kidney stones and prostate cancer. Your commitment to helping us will allow us to provide bespoke training to the urology profession so they can go onto provide world-class care, giving hope to patients and their families.

Whether you choose to give an ongoing gift every month, quarter or year a recurring donation is an effective way to support the work of The Urology Foundation. It helps ensure we have the funds available when they are needed the most, giving us the security and confidence to capitalise on opportunities that will make a positive difference in urology health.

You can give a regular donation to TUF by setting up a standing order with your bank to the charity or select your preferred donation frequency at theurologyfoundation.org/donate
Pioneering pelvic research to help thousands of women

Incontinence is a condition on the rise in the UK with 1 in 10 UK women now needing pelvic floor repair surgery during their lifetime. As the complications associated with use of current vaginal mesh has come to public attention with national television programmes and a parliamentary debate, the need for new incontinence treatments has become increasingly urgent.

But TUF has been funding research into incontinence treatments since 2001/2, long before vaginal mesh gained public attention. Since 2009/10 TUF has funded several independent pieces of research into new treatments and is currently investing in research which aims to develop a new generation of materials to be used in pelvic floor repair in women with stress urinary incontinence and pelvic organ prolapse.

Ms Naside Mangir is a clinical research fellow at University of Sheffield who is developing new pelvic floor repair materials which can stimulate ingrowth of new blood vessels after implantation.

Naside said: "Incontinence affects thousands of women - some are very depressed and distressed and suffer in silence because of the stigma associated with incontinence. As the population ages we expect to see more cases of incontinence and prolapse. It is estimated 30% of women will require surgery and the impact of research in this area could be far-reaching; incontinence has a huge impact on women's dignity and social life."

Incontinence comes about because the soft tissues forming the pelvic floor weaken over time, especially after childbirth or menopause. Sometimes surgery is necessary and a synthetic material called 'surgical mesh' is used to support weakened tissues.

"Surgical mesh has been used in the last 10 years but the more we use it the more we understand that it is not ideal," said Naside. "Many women suffer from chronic pain following mesh implantation procedures and unfortunately things can really go wrong in some cases. We think this is because the mesh was never designed for use in pelvic floor, it was extensively used in hemia repairs."

"Surgical mesh was the best synthetic material that was available, but in the current climate, the practical situation is that when the time for treatment comes, women are asked whether they are willing to risk experiencing mesh complications or instead have less effective or more invasive treatments."

"The complications with current surgical mesh affect up to 10% of women using mesh and can cause them chronic, debilitating pain, infections and tissue erosion. We are hoping to offer women alternative material that will have no complications."

The materials being worked on are synthetic polymer and synthetic tissue designed specifically for the requirements of the female pelvic floor.

Naside added: "I know brave women in the UK are campaigning to draw public attention to adverse effects of the mesh. I hope we all learn lessons from the mesh experience and these efforts lead to better understanding of pelvic floor disorders and treatment options."
SUNDAY 25 MARCH

London Landmarks Half Marathon
Location: London

The London Landmarks Half is brand new for 2018 and is the only half marathon that takes place on closed roads through central London.

Our team of 10 runners need cheering on as they pound the streets to raise money for TUF. Come and join our small staff team as we shout encouragement!

To join the TUF cheering squad contact Sayara on sayara@theurologyfoundation.org

WEDNESDAY 23 MAY 2018

Fundraising Gala Concert
with pianist Adrian Goldsmith
Location: Cadogan Hall, London

A stand out musical evening in aid of The Urology Foundation, with renowned soloists and orchestra and the world premiere of Adrian Goldsmith’s Piano Concerto No 2.

Range of ticket options available

For full details please visit
www.cadogancharityconcert.com

SUNDAY 16 SEPTEMBER

Pedal4Cancer
Location: London to Cambridge

Pedal4Cancer is a 60 mile cycle ride from the Lee Valley Velo Park at the Olympic Park (site of the London 2012 Olympic Games and Paralympic Games) to Cambridge. It is suitable for families with those aged 14 and above being able to take part. They also have a bike guided group, as well as snack, toilets and lunch stations on route.

Find out more at by contacting Sayara on sayara@theurologyfoundation.org

TUESDAY 18 SEPTEMBER

Vintners wine-tasting dinner
with Jane MacQuitty at Vintners’ Hall

Following the success of our previous wine-tasting dinners, we are delighted to announce that Jane MacQuitty, author, broadcaster and wine critic for The Times, has very kindly agreed to host one for us in September.

The event will take place appropriately at the historic Vintners’ Hall. The evening will begin with a drinks reception in the drawing room, followed by a three course meal downstairs in the splendid Livery Hall. Each course of the dinner will be accompanied by two different wines in order that you can compare, contrast and judge for yourself.

Whether you are a wine connoisseur or a novice, join us for what promises to be another entertaining and lively evening.

For more information on any of the above events please email Serena at swyman@theurologyfoundation.org

Are you planning to fundraise for The Urology Foundation?

Do you want more information on how to support our work?
If the answer is “yes” then please contact Sayara on sayara@theurologyfoundation.org or call us on 020 7713 9538
Thank You

We’re making great progress every day as a result of our investment into urology research, training and education.

Your support enables us to keep our work going and improving treatment for the people affected by a urological condition or disease who need it most. This work would simply not be able to happen without you.

Further information

If you would like any further information, or indeed would like to host a fundraiser for The Urology Foundation, please call:

SAYARA MUTHUVELOE: Fundraising Manager
t: 020 7713 9538

SERENA WYMAN: Events Manager
t: 01449 737 971

Hold your Big TUF Bake sale in aid of The Urology Foundation from the 12 to 18 March and help fund urology research.

This year we’re launching the Big TUF Bake week and we need you to host one at your home, workplace, school, or anywhere that you would like, and ask people to donate in return for your baked delights.

So, whether you bake or buy, every pound raised will make a difference to the work of The Urology Foundation.

Raise £231 and you could provide one day of TUF-funded research.