One of the world’s most deadly toxins is transforming lives thanks to TUF research.

The programme that is going to reduce urology waiting times, infections, and even save lives.

How does TUF invest in young urologists?
Hello and welcome to TUF matters.

The last few months have been good for TUF, as we have celebrated seeing some of the profound ways that our work is improving lives for patients.

In March a platform called Predict Prostate was released on an NHS website thanks to work by our researcher, Mr David Thurtle. The platform is designed to provide a unique prognosis for men with prostate cancer that has not spread outside of the prostate.

It can help men make informed decisions about their treatment, as the tool informs them of what each treatment option will mean for their quality of life and how long they can be expected to live after treatment.

We believe it will make decision making easier as discussions with doctors, nurses, family, and friends are all informed by the detailed and straightforward information that the tool provides.

We are also celebrating 15 years of the use of Botox as a treatment for a type of incontinence known as Overactive Bladder which blights more lives than either diabetes or asthma. On page 10 you can read more about TUF funded research and how this treatment is changing lives.

These are just two of the examples of how we are transforming the lives of urology patients and their families across the country. It is exciting to know that there is much more of this work to come.

With warmest wishes

Louise de Winter, Chief Executive
Throughout these last 25 years, the role of TUF has always been to make life better for patients and to do so by investing in urologists and urology research.

Because of this, we’re hoping to hear back from each group of people who are at the heart of what we do:

**Patients & Families**
If you are a patient, or have a family member, who has benefited from the work of a surgeon who received training from TUF or have benefited from a treatment that has been made available by TUF research, we’d love to hear about your experience and what the work of TUF has meant for you.

**Urologists and urology professionals**
If you are a urologist, a nurse, or a trainee who has received support in your career through The Urology Foundation, please write to us to tell us how TUF’s support has made an impact on your career and on your patients.

**Researchers**
If you have received funding from TUF, we’d love to hear about what that funding has meant for you and for research in your field. Whether you were one of the first scholars 25 years ago, or received your scholarship in recent years, please write to us to tell us about it.

**Fundraisers**
Our work would not be possible without all of you fundraisers. If you have had a blast fundraising for TUF in the past, write to us to tell us about it and to tell us why you felt it was important to raise money for urology patients through us.

Whatever your story, whether it fits in to one of the categories above or whether you have another perspective, we’d love to hear about it.

*We’re planning for our 25th birthday celebrations right now, so please don’t wait to send in your story.*

Email your stories to info@theurologyfoundation.org
Leading the fight against urology disease

MS CISSY YONG
Ms Cissy Yong has won the TUF Medal 2019 for her excellent research proposal. The TUF Medal has been awarded every year since 2015 to the best research scholarship proposal for that year. Cissy won the award for her research to look at the role of abnormal metabolism in kidney cancer and is the first woman to win the award.

Cissy’s research aims to understand the metabolic changes that occur in patients by conducting isotopic tracer studies in patients who undergo surgery for kidney cancer. Cissy believes the analysis of this tracing will allow scientists to improve our ability to diagnose kidney masses (to determine if they are cancerous or not) and to determine how aggressive the cancer is.

It is also possible that Cissy’s research will help scientists to develop new treatments for kidney cancer and new ways to track the effectiveness of a treatment. Kidney cancer’s 5 year survival rate is just 56%, meaning Cissy’s research could make a profound difference in an area of urology disease that needs this vital investment.

A visit from the Countess of Wessex

Wednesday 20 March saw us joined by Sophie, Countess of Wessex, who is the wife of the Queen’s youngest son, Edward.

The Countess joined The Urology Foundation, Wellbeing of Women, and the supporters of these two charities at Working Title Films in London. The event was to celebrate the achievement of those that took part in Hike for Hope in Ethiopia last year.

Thirteen fundraisers, led by TUF’s President, Professor Roger Kirby, trekked across the Simien Mountains, climbing to the top of Ethiopia’s highest mountain, and raising £65,000 in the process.

Sophie joined us at the celebration event to hand over the cheque to The Urology Foundation and Wellbeing of Women and to thank these impressive fundraisers.
Ask questions about your health online

We are continuing our series of online health clinics in partnership with talkhealth. In March we had our most popular clinic yet on Female Urology Health. That clinic is still available to see at talkhealthpartnership.com/online_clinics.

We have two more clinics in 2019.

The first finished in July and related to any issues with the penis. You can take a look at what was discussed over at talkhealth.

The second clinic is taking place in the week commencing 21 October. This is an opportunity to ask any questions you have about the health of your kidneys.

At both of these clinics our experts will be on hand to provide you with answers to the questions that are worrying you.

PROFESSOR RICHARD BRYANT

Richard’s research is looking at BPH (Benign Prostatic Hyperplasia) which is the enlargement of the prostate. BPH affects half of all men in their 50s and 80% of men in the 80s. It is a condition that can lead men to have a lot of trouble when peeing.

Richard’s research aims to understand the biology of BPH progression using three key methods. These steps will provide Richard and the team with levels of data on BPH that haven’t been seen before.

The last step of the research will take what has been learnt from the first two steps and apply them to BPH samples in a laboratory, where treatments based on what they’ve learnt can be tested.

Richard’s in-depth analysis of BPH could lead to new treatments that could transform life for millions. We are grateful to the John Black Charitable Foundation and the Rosetrees Trust for their funding of this three year project.

An evening with Stephen Fry

On Tuesday 4 June we were joined by the inimitable Stephen Fry for the latest in our series of TUF Talks. Stephen, our new Ambassador, underwent treatment for prostate cancer the previous winter under the expert guidance of urologist, TUF-trained surgeon and TUF Trustee, Mr Ben Challacombe.

A packed house at the Greenwood Theatre listened to Stephen as he chatted with BBC Panorama journalist, Jane Corbin, where he regaled us with stories of his life and career, touching on what we can learn from the Greeks, what it means to be British today, and what it’s like to be diagnosed with prostate cancer.

We are very grateful to Stephen for being so generous with his time. Thanks to him and Jane, we raised just under £10,000 on the night.
This is David’s story of turning something painful into a force for good.

Prostate cancer has made itself known in my family

“My dad was diagnosed with prostate cancer a while back and I knew nothing about the disease back then. But I decided to talk to my GP about it and see if I could get checked, it just seemed like the sensible thing to do.

“My GP agreed that we should be careful and I ended up getting a blood test every 6 months. For a while, everything appeared fine. Then the tests started to reveal something was wrong.

“It turned out that I also had prostate cancer and needed immediate treatment. I was transferred to the excellent
urology team at Guy’s and St Thomas’ Hospital where I was under the expert care of surgeon, Mr Ben Challacombe.

“Ben operated on me on Friday 13 (thanks for picking that exact date, Ben!) April 2018. More than a year later, I’m feeling good and I have so much gratitude towards Ben, my nurse, Sharon, and the whole urology team at Guy’s. They were excellent.”

Ben showed me that this level of treatment wasn’t an accident

“I think a lot of us take the NHS for granted and we don’t realise the levels of investment that have been required by charities like TUF. If it wasn’t for TUF, Ben wouldn’t have been trained in robotic surgery and my recovery from the prostate cancer operation would have been a lot rougher.

“Ben’s training didn’t come about by accident. It only happened because people decided to support TUF. My life is better because of those people and so I decided to thank Ben by also supporting TUF, a charity close to his heart.”

Supporting TUF has been a fantastic experience

“Since my operation, I have tried to do my bit. Before I retired I was working with the Corporate Social Responsibility team at Santander, so I started by organising sponsored walks with former colleagues in London, Liverpool, Leicester and Manchester, and received matched funding from Santander, which was excellent.

“I have also done my part to help organise the Bike4TUF events in 2018 and 2019. The event in 2019 will see urologists, patients, and former banking friends cycle from London to the Loire Valley. We’re hoping to raise around £100k.

“I’ve found that there are loads of ways to get involved with TUF. There are the big cycle rides, and you can organise your own events, like the walks, but there’s something for everyone, whether you’re cash-rich or cash-poor, time-rich or time-poor.

“One of the things I did was take part in Free From Feb which saw me make the foolish decision to give up beer for a month and at the end I donated the money that I saved by not buying the beer each week!

“Then there’s all the excellent fundraising events that TUF organise and that you can go along to. I had a great time at their wine tasting evening and their evening with Stephen Fry in June.

My message: together we can all make a difference

“The work that TUF does to train surgeons like Ben, to fund urology research and, crucially, to raise awareness of these terrible diseases, is amazing.

“A little effort from a lot of individuals has a massive accumulative impact. If a few of us chip in with whatever we can do, then we can make a big difference.

“Even sharing a TUF post on Facebook or Twitter can make a difference; if a TUF post raises awareness of a disease and reaches the right person at the right time, it could save their life. That’s invaluable.”

“My call to you is to join me and all the other people who are raising money for TUF. What you’re doing might not seem like a lot, but together we can and will make a difference to patients in the future.”
Because of my TUF-trained surgeon, cancer hasn’t stopped me meeting my grandkids or my great-grandkids

I’d never had to go to hospital before 2004. A lot has changed since then.

“I was 62 in 2004 and I was greeted with quite a surprise after one toilet trip. A lot of blood had come out in my pee so we went straight to the doctor, who referred me for tests at the hospital.

“I was diagnosed with bladder cancer pretty quickly. It was a pretty frightening time; your first thought is ‘how long have I got?’

“The doctors were very good and they assured me that they would do everything they could. They treated the cancer with minimally invasive surgery and then a dose of chemotherapy.

“Ever since, throughout the last 15 years, I’ve been returning to the hospital every three months for checks. Pretty soon after the bladder cancer treatment, however, the check-up revealed that the cancer had spread to my kidneys.

“So, in 2005 I had my right kidney completely removed and they also took a biopsy from my left kidney, as well. Now I only have one kidney and that is working at about 35% capacity."

I’ve been in such good hands because my doctor has been so well trained by The Urology Foundation

“I’d done a good job of avoiding hospitals for the first 60 years of my life. Since then I’ve been back countless times for cancer treatments and even a heart attack back in 2014. But I have had such good care throughout.

“Ms Eleanor Ray took over my treatment about 5-6 years ago. She’s been so good; she always explains everything to me and my regular check-ups have never caused me any problems.

“Every three months they have me in and, under general anaesthetic, they run a camera up through my penis and

Robin was diagnosed with bladder cancer in 2004. Fifteen years later, he’s still keeping well, even though he has also faced kidney cancer and a heart attack in that time. Now he’s enjoying life with his wife, kids, grandkids and great-grandkids thanks to the skill of his TUF-trained surgeon, Ms Eleanor Ray.
into my bladder and kidneys to check for any cancer tumours. It’s become a regular part of my routine and I’m always in and out within a day.

“About 5 years ago my check-up revealed that I had lots of small cancerous tumours in my kidney, but they were in a part of the kidney that is really hard to reach.

“Thankfully, Eleanor had received a scholarship from The Urology Foundation to visit New York where she received specialist training. While she was there she learnt about a rare technique that is used to reach tumours that are really hard to reach, like mine, using a 2 French Ureteric Diathermy Probe.

“Because I only have 35% of my kidney left, we absolutely had to get the tumours out before they damaged my kidneys any more. Thankfully, because of Eleanor and her excellent training, we were able to do just that.”

I’ve been lucky that cancer has not been allowed to ruin my life

“I’ve been quite surprised, really. Even though I have had both bladder and kidney cancer, I’ve been able to continue my life as normal.

“I’m retired, which helps, but even so it’s not really had an impact on my day to day life. I still get to see my grandkids and great-grandkids and I’m still able to get out and potter round the garden. I’m big on pub quizzes and it’s never stopped me from doing those!

“Apparently the cancer I have is not an aggressive one. That could have been a different story for me, but it could also have been a different story for me if my doctors were not so excellent and well trained.

“Since my original treatment I’ve moved away from the hospital in Dartford, but I still make the 40 minute drive from near Whitstable for my check-ups because the team there are just so good.”

If you ever see blood in your pee, even if it’s just once, go and see your GP straight away. It might be nothing but it’s better to be safe than sorry.

Help save the lives of more people like Robin and donate today so that TUF can train more surgeons like Eleanor.
OAB is ruining lives

OAB affects a little over 8 million people in the UK, which means that around 1 in 8 people experience it. You are considered to have OAB if you find yourself regularly rushing to the loo because you cannot hold your bladder.

Whilst people with a healthy bladder are able to hold their pee for as long as they need to, those with OAB find it impossible and must find a toilet in time or risk wetting themselves. In addition they pass urine very often in the day and have to wake up frequently during the night to do so, which has a detrimental impact on sleep.

Needless to say, this is an awful experience for the 1 in 8 people in the UK that are affected by it. For some people it makes attending a meeting very difficult, as they may suddenly have to rush out. It can also mean trips to new places are very tough, as they always have to know where the nearest toilets are. Attending anything from a concert to a football match or a cinema becomes tricky as they urgently leave their seat mid-way through to find a toilet.
It's not uncommon for embarrassment and fear to lead people to become housebound, afraid to leave their home in case they cannot find a toilet in time.

One key solution to this problem is the most poisonous toxin known to man

In the early 2000s a team in Switzerland began to test the use of Botox as a treatment for patients who have OAB because of neurological conditions, such as spinal cord injury, or MS. Botox (Allergan, Ltd) is short for Botulinum toxin and one of the world’s most deadly poisons. It’s used in patients to treat OAB when lifestyle and dietary advice as well as medications to treat the problem have failed. In years gone by the next steps would have been complex surgery on the bladder to increase its holding capacity with the use of bowel patch (augmentation cystoplasty).

In 2005 The Urology Foundation funded Mr Arun Sahai to research using Botox to treat patients with OAB but with no associated neurological condition. The vast majority of patients with OAB don’t have a known neurological condition, and finding a treatment for these patients could have an enormous impact.

Working with Professor Prokar Dasgupta and Professor Shamim Khan, Arun was able to run the world’s first level 1 double blind placebo controlled trial of Botox as a treatment for idiopathic OAB.

When Botox is injected into the bladder muscle (detrusor), it has the effect of paralysing it. Arun’s trial showed that patients whose bladders were overactive during the filling or storing phase of the ‘peeing’ process were able to hold more urine and the urgency related incontinence either improved or resolved completely. The treatment was shown to improve symptoms and quality of life in the study. A small proportion will develop voiding dysfunction and will need to self-catheterise for a few weeks to months. The treatment is not permanent and, if successful, repeated injections are required typically every 6-12 months.

The treatment has been transforming lives for fifteen years

Thanks, in part, to the funding Arun received from The Urology Foundation he was able to start using the new Botox treatment on his patients at the UK’s first dedicated Botox clinic at Guy’s Hospital. This clinic is now celebrating its fifteenth anniversary and has reviewed and treated approximately 3,000 patients. The clinic currently injects close to 200 patients each year. The clinic was also one of the first to promote delivery of the injections in an outpatient setting under local anaesthetic.

Botox treatment is now transforming millions of lives across the world. Help us fund more revolutionary research by donating today.
Cissy Yong is a young urologist based in Cambridge. She is a bright and promising scientist and clinician and that is a good example of why TUF is keen to invest in urology professionals like her.

Cissy has received two of The Urology Foundation’s key awards.

A huge part of what TUF does is investing in urologists and two of our key ways of doing that are through Research Scholarships and through the Fulbright Scholarship.

The TUF Research Scholarships are awarded once a year and provide up to £60k in research funding that is used to find new ways to diagnose, treat, and cure urology diseases.

Cissy received her funding in early 2019 and is currently using it to research the metabolism of kidney cancers. Her work could be the key to better diagnosing kidney cancer and to finding new and better drug treatments for this disease.

Back in 2018, Cissy was also TUF’s Fulbright Scholar, which meant that she received funding to travel to a lab in Texas to learn about new and innovative research techniques from one of the world’s most advanced metabolic research labs. Cissy was able to take the knowledge, experiences, and collaborations that she developed in Texas and use them to make her research scholarship a success.

For Cissy, this has had a huge impact

“Well, for one thing, this investment from TUF has helped me to open up my career prospects. It will mean that I stand a good chance of taking my experience and knowledge and applying it in contexts where I can have the most impact.

“When you are both a clinician and a scientist you are able to see what the limitations are in treating patients and, with your scientific hat on, you can begin to go about rectifying those problems. It’s an empowering position to be in as a young doctor.

“But, of course, I chose to go into this line of work because I want, more than anything else, to help patients. This kind of investment from The Urology Foundation is a perfect opportunity for me to become the very best doctor and scientist I can be.”

Young urologists will be at the centre of our nation’s urology health for years to come

Whilst all urologists will receive high quality training through their education and the NHS, the work TUF does helps to raise them up to world-leading standard.

By providing opportunities to learn abroad, to conduct high-level research, to receive surgical training, TUF is helping to create a generation of urologists equipped to provide the highest standard of care to patients for years to come.
Could your company end urology cancers?

There are lots of ways your company or business can support The Urology Foundation. We are always delighted to receive donations but if you fancy something a bit different, we have a few other ways to help you and your staff get tough on urology disease.

Partnering with TUF is great way to inspire your customers, engage your staff and raise awareness of and money for The Urology Foundation – helping to end the suffering caused by cancers and diseases of the kidneys, bladder and prostate.

**EVENTS AND CHALLENGES**

Whether sponsoring an event, taking part or booking a corporate space, you can take part in any event in the TUF calendar. We can also work with you to create a bespoke staff fundraiser, from bake sales and fancy-dress days to walks, treks or even a team skydive. These are a great opportunity to get staff together and encourage team building while raising money for TUF. Plus, if your company offers match-funding even more money can be invested in urology research and training.

**FUND A TUF PROJECT**

From research projects and professional training courses to awareness campaigns we have a number of TUF plans to achieve our mission that you can be part of. Make a difference by choosing a project to fund and be involved every step of the way.

**CAUSE RELATED MARKETING**

Give a day of income, a percentage of your fees or sales, or give when you succeed. Your clients and customers will see you’re supporting vital research and training for new treatments for urology disease.

**CHARITY PARTNER**

Make TUF your company charity whether it’s for a day, a month or a year and we can work with you to create a calendar of activity to help your company fulfil its CSR objectives, engage staff and help raise valuable funds for TUF.

If your business would like to partner with us please contact Sayara on 020 7713 9538 or email her on sayara@theurologyfoundation.org
Whilst a lot of medicine looks to the next miracle drug or the next high-tech treatment option, there is a simple programme that is being developed in urology right now that will have a beneficial impact on patients.

Quality Improvement: the key to a better service

Quality Improvement (QI) is a process through which a urology department, or any hospital department, can look at the service they provide, identify areas for improvement, and then act on those areas through a structured QI process so that their service can improve.

In reality QI could improve almost anything in health care. QI could reduce waiting times, reduce the amount of time spent in hospital after an operation, and reduce the risk of an infection or sepsis, it could create seamless patient pathways and even save lives.

However, the reality is less straightforward, as embedding different ways of working relies on a cultural change within NHS organisations, and making that happen has often been the stumbling block to widespread improvement.

The EQUIP Programme is the key to making this happen

The EQUIP Research Programme has been funded by The Urology Foundation, with a generous contribution.
from the Schroder Foundation, and is run by Professor James Green, a consultant urologist, and Professor Nick Sevdalis, a behavioural scientist, from King’s College London.

Their approach is a straightforward one: they have developed a QI syllabus and taught urology trainees the principles of QI so that they can begin to change services if they need to be improved.

As well as this, they are planning to train consultant urologists in QI so that they can support trainees and other team members as they implement QI projects. By 2020 half of all urology trainees in the UK will have received this QI training.

As well as improving the service for patients, it is hoped that QI will empower trainees to bring about change in their work. Often the scale of the problems facing the NHS are overwhelming for trainees, but through QI they can break off a manageable piece and fix it themselves.

Spreading the word to make sure improvement can be repeated

The EQUIP team are working with the British Association of Urological Surgeons (BAUS) and TUF to set up a website that can be used to store information on completed QI projects that are run successfully by urology departments across the NHS.

By using this website a hospital can see what other hospitals are doing to improve their service. So, for example, if a urology department in one hospital is struggling with an increased rate of infections among their patients, they can see how a hospital in another area has found a solution to a similar problem and implement that. When reinventing the wheel costs the NHS millions ever year, the potential of this website to save time and money is huge – and it also allows trainees to link up and learn from each other.

This means patients can bring about the change they want to see

In the future patients will hopefully be able to be more involved in QI by drawing attention to a problem they have experienced in their care and suggesting an improvement. The urology staff will then be able to identify why the problem has occurred, decide whether it is a one off event or a pattern that requires improvement and then, with the patient’s help, develop a plan to solve the problem.

QI might not be a miracle drug, but thanks to EQUIP it could be a solution to so many of the problems and frustrations that are facing urology patients in this country.
SPOTLIGHT ON FUNDRAISING AND WAYS TO GET INVOLVED

TUF heroes thank you!

The team at Whipps Cross Hospital took part in the Big TUF Bake and raised a delicious £180.00 to support urology departments just like them.

Our London Landmarks Half Marathon team raised a pavement pounding £3,700 between them. Special thanks to Tom Stonier, Nick Simson, Dan Wood, Christina Fontaine, Ben Challacombe and Tim Burton of this year’s TUF running team.

Taking on the toughest footrace on earth Tom Maples completed the 250km Marathon Des Sable in 50°C heat. He raised over £39,000.

Led by Luke Forster, Sophie Rintoul-Hoad and Paul Sturch, trainee urologists as part of BSoT, raised over £1,000 through their fun run and dinner at this year’s BAUS Conference in Glasgow.

Inspired by his urologist father Ed Cooke and friend Matt ran the Cambridge Half marathon raising an impressive £950 between them.

New Cross Hospital’s urology team took part in the Birmingham 10k and raised a fantastic £1,182 for TUF. A great big thank you to Ameet Gupta, Selvan, David Muthuveloe, Harpal Matharoo, Pete Cooke, Masilamani Selvam, Maria Harrington-Vogt and Jenny Akin.

How you can get involved

Quite simply, without you our work into vital urology research, education and training would cease to exist.

It is thanks to you that we are able to work towards ending the suffering caused by urology disease and make a difference to the thousands of people with a urology condition or cancer. Here are just some of the ways you can get involved to power our work.

ARE YOU READY TO RIDE FOR RESEARCH?

Pedal4Cancer: London to Cambridge, SUNDAY 8 SEPTEMBER

This 60 mile cycle is a fantastic way to get together with friends and family or team up with work colleagues and be part of this special cancer bike ride. It’s open to anyone 14 and over! The event is not timed and it’s not a race - it’s about having a great time, enjoying the challenge and raising funds for The Urology Foundation. Sign-up for your place by visiting theurologyfoundation.org/pedal4cancer

Prudential RideLondon-Surrey 100 SUNDAY 16 AUGUST 2020

Join our 2019 cycling team and channel your inner Geraint Thomas as you take part in the now iconic ‘festival of cycling’ with 25,000 fellow cyclists following the 100 mile route.
from the London 2012 Olympics. We have places in the TUF cycling team and we’d love you to be part of it, so sign-up today by emailing Sayara on sayara@theurologyfoundation.org

ULTRA CHALLENGES
Walk it, Jog it, Run it!
Through-out the year
Tackle some of the most challenging routes over a weekend in aid of TUF. We have places in the South Coast Challenge, Thames Path Challenges and the Chiltern 50. Why not get a team together and push yourself on one of these exhilarating trails. To find out more contact Sayara on sayara@theurologyfoundation.org

FIGHT UROLOGY DISEASE
FROM THE KITCHEN
TUF Big Dinner of the Year, this NOVEMBER
Bring family and friends together for dinner this November and support the fight against urology disease. The Big TUF Dinner is simple, it’s fun, and it saves lives. Invite people over for a meal and collect donations for The Urology Foundation. Register your interest with Sayara on sayara@theurologyfoundation.org

OTHER WAYS TO DONATE
Leave a Legacy
Leaving a gift in your will, no matter how big or small, is a touching way to be part of the fight against urology disease. Your gift will help fund ground-breaking research into all urological conditions and diseases, their causes and new treatments.

Set-up a Regular Gift
Regular donations are extremely important to TUF as it helps ensure we have the funds available when they are needed most, giving us the security and confidence to capitalise on opportunities that will make a positive difference in urology health.

If you would like to sign up to any of the above, or to find out more ways to get involved, visit our website or email fundraising@theurologyfoundation.org or call 020 7713 9538

Raise money while you do your online shop
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
The tool that could transform prostate treatment decision-making

Mr David Thurtle is a researcher supported by The Urology Foundation and urology registrar in Cambridge. Using TUF funding, David has developed the Predict Prostate tool which went live on an NHS website on 13 March, alongside an existing breast cancer tool.

It is hoped that this tool will empower prostate cancer patients to make the decisions that are right for them and give clinicians confidence that they are counselling patients appropriately.

Giving patients the information they need

Every patient who is diagnosed with localised prostate cancer has to make a decision about what to do next, whether to monitor the cancer carefully or to pursue upfront treatment. If treatment is chosen, more decisions need to be made about which treatment is right.

Providing accurate survival predictions is one of the hardest things a clinician is asked to do. As part of his research David surveyed nearly 200 prostate cancer specialists to assess perceptions around survival following prostate cancer diagnosis, and likelihoods of recommending treatment.

The results demonstrated huge variations in clinician perception of long term survival, with predictions of prostate cancer death ranging from 5 - 95% in some clinical scenarios. Unsurprisingly, the likelihood of recommending treatment varied significantly too. Counselling patients with the best information available isn’t always straightforward, but David’s tool hopes to inform and standardise that process.

Providing accurate and individualised predictions

Using big data banks, David has created a tool that is intended for use within a consultation between a patient newly diagnosed with prostate cancer and their doctor or specialist nurse.

The tool asks for information on everything about their cancer from PSA, BRCA status, tumour stage, Gleason score, and biopsy characteristics, and also information on their age, whether they’ve been hospitalised for other reasons and for any significant comorbidities, such as a previous heart attack, kidney failure, diabetes, or other cancers.

Once all the information has been entered, the Predict tool will provide an estimate that is based on data from more than 10,000 case studies. The results look at the long term chances of survival for patients with initial monitoring or radical treatment.

So, for example, the tool could suggest that a patient has a 67% chance of survival over ten years with surveillance, and a 75% chance if treated with radiotherapy or surgery. The tool will also provide a prediction for 15 years and provide information on potential side effects too.

Empowering patients with personalised information

David hopes the Predict tool will empower patients to become more involved in their treatment decision process.

By providing men with more personalised information, it’s hoped patients can have more informed discussions with consultants and nurses, as well as with friends and family on what the best choice for them might be.

Free online access also enables men from any part of the country to have the same access to evidence-based, standardised information.
Dates for your Diary

When you join us at a TUF event you are guaranteed a great time. You are also guaranteed to support us in our work as we bring an end to the suffering caused by urology disease.

THURSDAY 19 SEPTEMBER – SUNDAY 22ND SEPTEMBER

Bike4TUF – Loire Valley

Join patients, urologists, nurses and supporters as they cycle 300 miles from the TUF offices in London all the way down to the Loire Valley to raise money for The Urology Foundation.

The team will cycle to Portsmouth, where they’ll take an overnight ferry to Caen. Once in France the team will head to Le Mans, where there are plans to cycle a few laps of the famous Le Mans race track.

After Le Mans, the team will move down to the Loire River and cycle along the riverside, stopping off at chateaux en route for wine tasting sessions.

Book your place by visiting bit.ly/Bike4TUF-Loire

SATURDAY 16 NOVEMBER – WEDNESDAY 27 NOVEMBER 2019

Cycle Costa Rica

This wonderful cycle challenge, traversing on your steeds from the east to the west coast of Costa Rica, is an amazing opportunity to cycle 360 km through one of Central America’s most fascinating countries.

Our route takes us from Parismina on the eastern Caribbean coast, to the beautiful Playa Hermosa on the Pacific coast. Along the way, we’ll experience breathtaking scenery, exotic Caribbean culture and abundant local wildlife and we’ll finish with a free day to treat ourselves and explore San Jose.

Book your place by the end of July by visiting theurologyfoundation.org/costa-rica

FIRST TUESDAY OF EVERY MONTH

TUF Nuts Tuesday

Testicular cancer is 99% curable if it is caught early. With that in mind, TUF is calling on every man to check their testicles for lumps and bumps on the first Tuesday of every month.

At the moment men are not checking regularly enough and this needs to change. Join us at the start of each month by taking part and by encouraging others to do so, both online (using #TUFNutsTuesday) and offline.

MONDAY 23 SEPTEMBER 2019

Golf Day

TUF is holding its inaugural fundraising Golf Day on the West Course as Royal Ashdown in East Sussex, which has been named the best course under 6,000 yards in the UK by Golf World magazine. There are, at time of going to press, a few remaining places if you are interested in joining us to play. There are also still some sponsorship opportunities so if you are interested in helping us raise as much money as possible to support our work please contact our events manager Serena on 01449 737971 / 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 preventing, treating, and curing urology diseases.

Your support enables us to keep our work going and improve treatment for the people affected by a urological condition. 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

Book you place on the TUF trek in September 2020: theurologyfoundation.org/machupicchu

Trek To Machu Picchu

The lost city of Machu Picchu sits on the bucket list of many and with good reason; it’s simply breath-taking.

Tough yet rewarding, the Trek to Machu Picchu challenge follows the spectacular and uncrowded Ancascocha trail, surrounded by snow-capped mountains, raging rivers and remote mountain communities. Join The Urology Foundation, along with patients, doctors and nurses, as they take on this tough challenge to the awe-inspiring lost Incan city of Machu Picchu.