

TAKE A BREAK



Stephen Malone is CEO of Malone Group, a professional project management firm which has opened its HQ in Skyline Court, on Centrum 100 in Burton.

Favourite film or TV series?
The West Wing

Favourite takeaway?
I do enjoy the odd chicken curry from my local Chinese

Tell us one thing no one knows about you?
Growing up beside Dublin airport I wanted to be a pilot but have an eye condition that prevented me from pursuing that career

What's your ultimate ambition in life?
To develop Malone Group into a multi-national business

Pet hates?
Negativity for the sake of it

What's your favourite song?
9000 Days by Overtone

Marmite? Love it or hate it?
Love it

What's your worst habit?
Ignoring questions I don't want to answer

What was your first car?
A 1988 Red Lancia Delta

If you could make a law, what would it be?
One that compels large firms to pay small and medium enterprises within 30 days

If you could go anywhere in the world where would it be?
Egypt

Who would you invite to a dinner party, dead or alive?
Bill Clinton, Cameron Diaz, Tiger Woods, my father's parents and an uncle who died young.

What would you do if you won the lottery?
Invest in the business sooner than I'd be able to otherwise

HEALTH



Left, Jyoti Shah, consultant urological surgeon at Burton's Queen's Hospital, with colleague Sarah Minns, urology advanced nurse practitioner. Above inset, Ms Shah in the urology department at the hospital. She said screenings for prostate cancer there are fully booked for the rest of the year.

Prostate cancer deaths top those for breast disease

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More men are dying from prostate cancer than women from breast cancer for the first time in the UK, it has emerged.

It comes as a screening programme in Burton for prostate cancer is proving a huge success.

Inspire Health – Fighting Prostate Cancer, a group led by Jyoti Shah, a consultant urological surgeon at Burton's Queen's Hospital, has now seen nearly 700 men take advantage of prostate screening in the town, with 35 diagnosed with cancer and beginning treatment that could save their lives.

Prostate cancer is the most common male cancer in the UK, affecting one in eight men. There is a higher risk for black men.

The prostate is a gland the size and shape of a walnut that grows bigger with age. It sits underneath the bladder and surrounds the urethra – the tube that men urinate and ejaculate through.

Its main job is to help make semen.

Miss Shah and Sarah



Burton Albion Football Club is among organisations in the town to have hosted a prostate cancer screenings.

Minns, the urology advanced nurse practitioner, have been carrying out the screening in their own time for free, with no funding apart from through the hospital charity to cover the cost of the tests.

It is thought that an ageing population means more men are developing and dying from the disease, according to Cancer Research UK.

Prostate Cancer UK says advances in the diagnosis and

treatment of breast cancer are paying off, and increased funding could benefit prostate cancer.

The latest figures from 2015 show there were 11,819 deaths from prostate cancer compared with 11,442 from breast cancer.

Although deaths from prostate cancer have been rising over the past 10 years or so, the mortality rate or the proportion of men dying from the

disease has fallen by six per cent between 2010 and 2015, figures show.

For breast cancer, the mortality rate has come down by 10 per cent, according to the BBC.

Miss Shah said the screening at the hospital has proved so successful that the sessions are booked up to the end of the year.

So far she and her colleague have screened 680 men with the support of Burton Albion Football Club, the Derbyshire Freemasons and the Burton Caribbean Association, which are among organisations in the town that have staged screening sessions.

Miss Shah said: "Men are notoriously difficult to engage when it comes to healthcare, never mind when

it comes to a physical examination. The screenings can only happen once a month as so much goes in to it. We work extra clinics in the hospital to take the time out for the day to carry out the screenings, working through our dinner break.

"The problem with prostate cancer is the symptoms can come naturally with age, like struggling to urinate. The urethra goes through the prostate but the prostate enlarges as men get older, which is normal, so this makes it hard to go to the toilet."

A lot of prostate cancer screenings use a blood test to test the prostate specific antigen (PSA), which is a hormone in the gland. If this is high then it means there is a chance that the man has prostate cancer but if it is low it does not mean they have not got cancer.

This is why the Inspire Health – Fighting Prostate Cancer screening also carries out a physical examination. When Miss Shah does this she can tell whether the patient has got cancer.

The biggest cancer killers in the UK remain lung and bowel cancer, with prostate now third. Anyone concerned about prostate cancer should see their GP.

WHO'S AT RISK OF PROSTATE CANCER?

There are several factors that may mean you are more likely to get prostate cancer.

- **Age:** Prostate cancer mainly affects men over 50. Your risk increases as you get older.
- **The average age for men to be diagnosed is between 70 and 74. If you are under 50 then your risk of getting prostate cancer is very low.**

Men under 50 can get it but it isn't common;

- **Family history:** You are two and a half times more likely to get prostate cancer if your father or brother has been diagnosed with it, compared to a man who has no relatives with prostate cancer.
- **Ethnicity:** One in four black men will get prostate

cancer at some point in their lives, according to Prostate Cancer UK. Black men are more likely to get the cancer than other men, who have a one in eight chance.

- **Lifestyle:** No one knows how to prevent prostate cancer, but a healthy diet and lifestyle may be important in protecting against it.