

Ellyse and Sam's Charity Walk For PCaSO – 20th March 2022

Prostate cancer is the most common cancer in me. Each year, in the UK, over 47,000 men are diagnosed with prostate cancer. Approximately 11,000 men die of prostate cancer every year. University Hospital Southampton Urology Department see approximately 1000 new suspected prostate cancer referrals per year.

Ellyse and Sam are both Prostate Cancer Diagnosis Nurse Practitioners at University Hospital Southampton. Ellyse and Sam run 2 week wait prostate clinics for suspected prostate cancer, arrange MRI scans if clinically indicated and undertake transperineal prostate biopsies. The risk of developing infection and sepsis with outdated trans rectal biopsies forced Southampton's Urology department to reconsider their biopsy approach. Therefore, utilised the Covid -19 pandemic to eliminate TRUS biopsies and implement a nurse led transperineal biopsy service. This new diagnostic pathway has only been made possible by the generous donation of £35,000 from PCaSO to purchase two state of the art biopsy couches and a clinician's chair.

In light of their generous donation, Ellyse and Sam are walking 38 kilometres from Eastleigh Football Club to Havant and Waterlooville Football Club to raise money and awareness for PCaSO – Prostate Cancer Support Organisation. PCaSO are a charity for men diagnosed with prostate cancer. PCaSO is run by patients or relatives and friends with a diagnosis of prostate cancer. There are no offices, no highly paid executives and no paid staff at all - just volunteers working from home. PCaSO offer drop-in PSA clinics for all men over the age of 45, support for men and their families and raise awareness of prostate cancer.

If you would like to know any further information, please ask for Ellyse or Sam.

If you would like to donate, please speak to a member of staff or follow the link or QR code below <https://gofund.me/946340a7>

Any donation is greatly appreciated!

Ellyse and Sam

