

# **Race & Health**

## **Seminar Five: Men's Cancer Awareness**

**15 January 2026, 6-7pm**



# The purpose



## WHY are we doing this?

- People's **health and wellbeing** are affected by many things – like their **background, culture, and life experiences**.
- In a diverse place like **Newham**, it's important to understand how **ethnicity connects to health**, so we can make things fairer for everyone.



## HOW are we doing this?

The events will be hosted **online every 2 month** on different topic to develop more **knowledge** and **awareness** of:

- The **data** and **academic evidence** of the relationships between ethnicity, health and wellbeing
- The **real live experiences** of people from different ethnicities around their health and wellbeing, and their family and friends
- The **support, services** and **resources available** for people.



## WHO is leading this?

- The topics will be chosen by the **Newham Race Equality Forum** and the **Public Health team**.
- They'll focus on issues where some ethnic groups face **unfair differences in health**.

# Guest speakers and their slides



- **Overview of LIMIT prostate cancer detection trial.** Natasha Thorley and Chris Brew-Graves, UCL (*slides 4-11*)
- **Prostate cancer and support available from APPLE Prostate.** Ken Mastris, Chair APPLE Prostate, Trustee and Director of Tackle Prostate (*no slides*)
- **Penile and Testicular cancers & other cancers like Bowel, Lung, and Oesophageal.** Caroline Cook, NEL Cancer Alliance (*slides 12-25*)

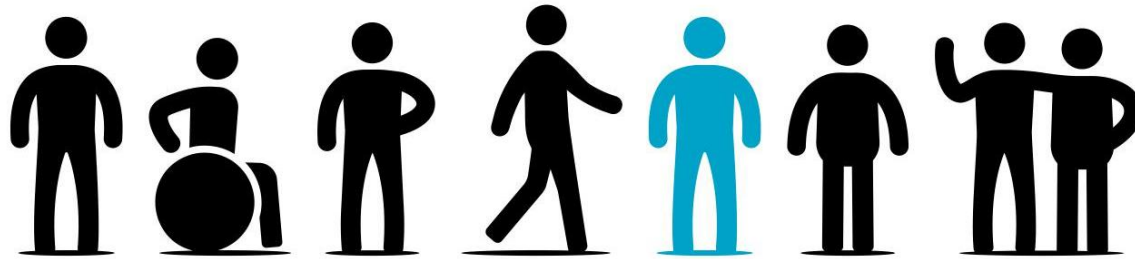
# Prostate Cancer Screening: The LIMIT Trial

Dr Natasha Thorley, Clinical Research Fellow

Chris Brew-Graves, NCITA Program Manager & CTU Manager







**1 in 8**

In the UK, about 1 in 8 men will get prostate cancer at some point in their lives.



**Prostate cancer  
is the most common  
cancer in men  
in the UK.**

## **OVER 50 YEARS OLD**

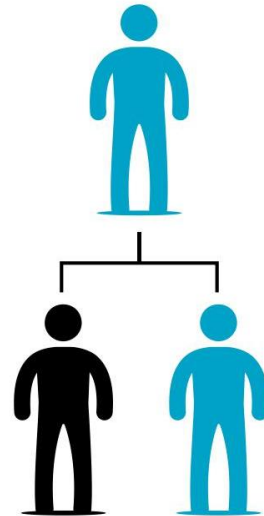
Prostate cancer mainly affects men over 50 and **your risk increases with age**. The average age for men to be diagnosed with prostate cancer is between 70 and 74 years.



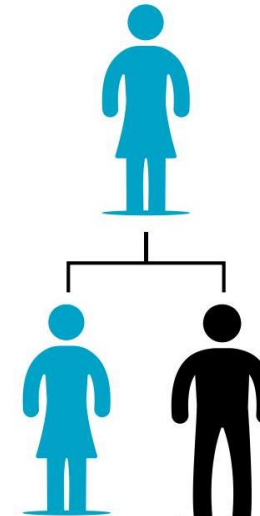
**PROSTATE  
CANCER UK**

## FAMILY HISTORY AND GENES

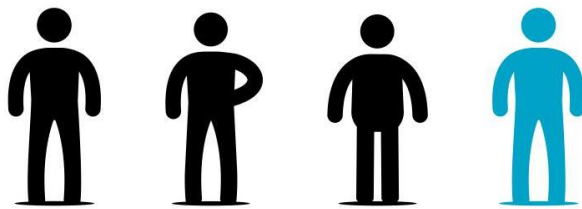
You are two and a half times more likely to get prostate cancer if your **father** or **brother** has been diagnosed with it, compared to a man with no family history of prostate cancer.



Your risk of getting prostate cancer is higher if your **mother** or **sister** has had breast or ovarian cancer.



## ETHNICITY



**Black men are more likely to get prostate cancer than other men.** In the UK, about 1 in 4 black men will get prostate cancer at some point in their lives. If you're black, you may be more likely to get prostate cancer if you're aged 45 or over.



**PROSTATE  
CANCER UK**

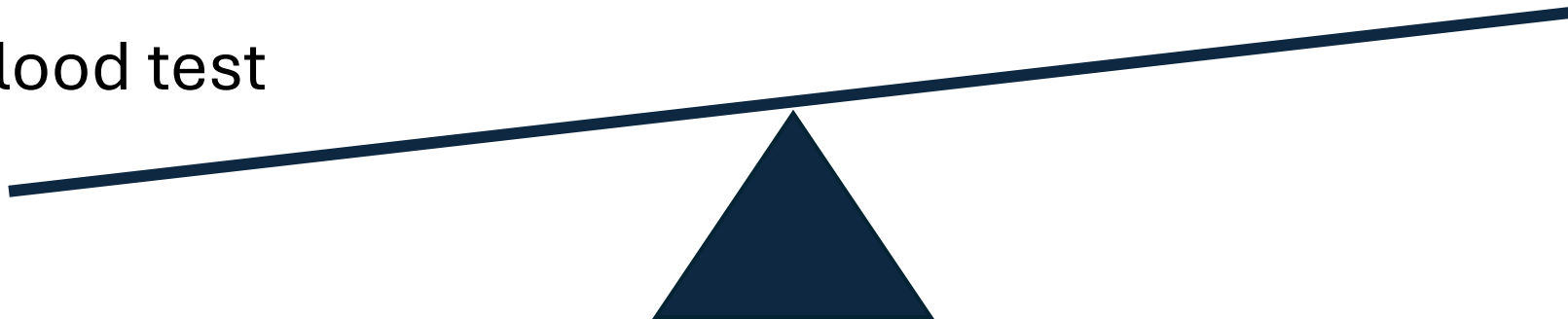
# Diagnostic tests



PSA blood test



Prostate MRI scan



# LIMIT Trial – What do we do?

Short MRI scan  
PSA test

Who can take part?

- ✓ Men aged 50-75
- ✓ Not diagnosed or treated for prostate cancer
- ✓ Able to have MRI scan (no metal implants, severe claustrophobia)





# LIMIT Trial – What are we dealing with?

- Incidence and distribution
  - Ethnicity
- Difficult to trust and engagement
- Generalisability of trial data
  - Example Artificial intelligence



# LIMIT Trial – How do we tackle the challenges?

- Recruitment methods
- Recruitment pathways
  - Mosques, Black churches, flyers at Black events, WhatsApp messaging using Black men's groups, UCL groups, community pharmacies, Black hair salons
- Why? ..... Trusted messenger
- Community recruitment (Pros and cons)
  - ✓ Pros – genuine myth busting
  - ✗ Cons – staffing, cost, access to space



**“GET IT DONE”**  
Prostate Health Screening for Black Men 50–75

**Black Men**  
Too many of us don't even know we may have it!  
**The Good News**  
Catch it early. It can be treated!

**LIMIT - A NEW METHOD**

- Fast Screening: A quick, 5–10 minute MRI
- Non-Invasive: No discomfort

“Call to book your screening today!”  
**07876 216449**

**LIMIT MRI SCANS**  
**NOW AT**  
UCL Hospitals  
NHS Foundation Trust  
235 Euston Road,  
London NW1 2BU

**COMING SOON TO**  
UCL East Campus,  
Queen Elizabeth Olympic Park  
London E20 3BS

**CHANGE LAB**  
**Jason Roberts FOUNDATION**  
**NHS**  
University College London Hospitals  
NHS Foundation Trust

For men aged 50–75 with no previous prostate cancer diagnosis.  
If you are claustrophobic, have dementia or any metal implantable devices.  
You will not be able to join this programme

# Thank you for listening



CANCER  
RESEARCH  
UK

# Awareness of Men's Cancers

15 January 2026

Newham Men's Cancer Awareness Session

**Caroline Cook**

Early Diagnosis Programme Lead  
North East London Cancer Alliance



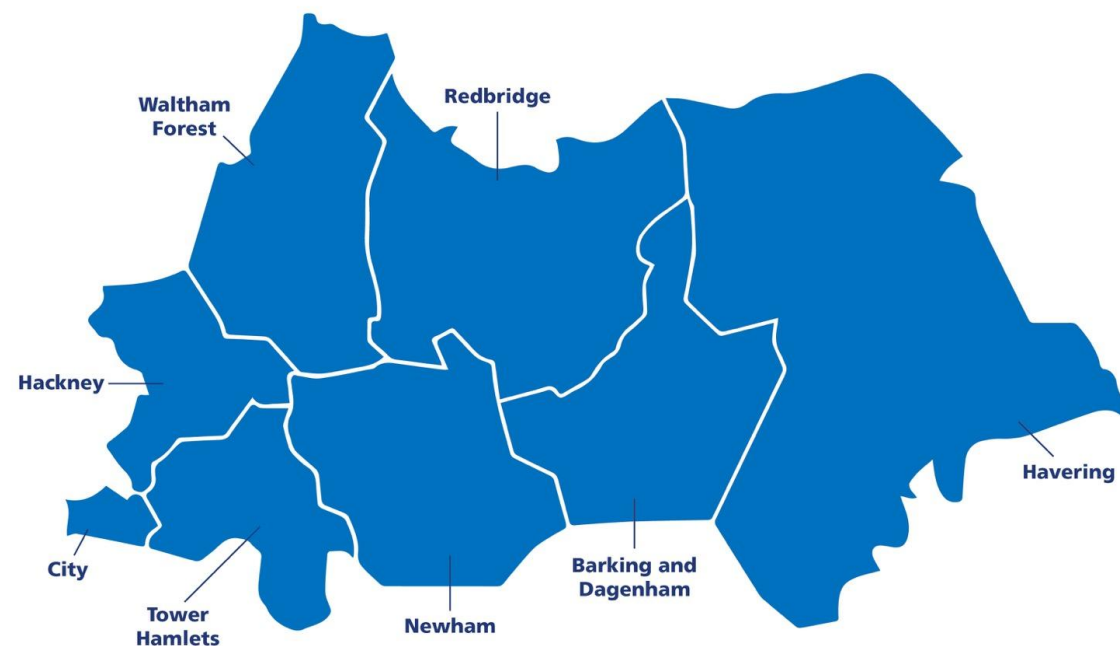


# Introduction

- Context:
  - What is a Cancer Alliance?
  - Early diagnosis
- Prostate cancer
- Penile and testicular cancers
- Other cancers to note:
  - Bowel
  - Lung
  - Oesophageal

# What is the North East London Cancer Alliance?

- We are part of the NHS and 1 of 20 Cancer Alliances in England
- We are a team working across all 7 boroughs of North-East London, to improve cancer care and outcomes.
- We work collaboratively with local people, doctors, hospitals and community groups and many other groups and organisations.
- We want **everyone** to have **fair and equal access** to cancer care. To make this happen, we work to:
  - Prevent cancer
  - Spot cancer sooner
  - Provide the right treatment at the right time
  - Support people and families affected by cancer

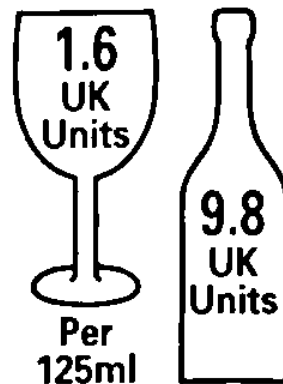


# Overview

- **Why raise awareness?**

- Not all cancers can be prevented.
- Remove barriers, fear and address myths.
- Empower people to seek medical advice early.
- Early diagnosis =
  - Less need for invasive procedures
  - Less likely to need more toxic treatments
  - Better outcomes

- **Risk reduction**



## A word about HPV

- The human papillomavirus (HPV) is a common virus that infects the skin and cells lining the inside of the body, including the mouth, throat, genitals and anus.
  - About 8 out of 10 people will be infected with HPV at some point in their lives.
- Hundreds of different types of HPV - 14 'high-risk' types increase the risk of some types of cancer.
- Usually has no symptoms – most people most people will never know they have had it.
- Commonly spreads through close skin-to-skin contact - during sexual activity, including vaginal, anal, or oral sex.

### The HPV vaccine

- Helps to prevent cancer by protecting against 9 high risk types of HPV.
- All children aged 11-13 in the UK can get the vaccine.
  - Anyone up to the age of 25 who missed their vaccine can get it for free.
  - Men who have sex with men (up to the age of 45), and some transgender people (up to the age of 45) are also eligible for a free vaccine.
- The HPV vaccine has been proven to be **safe** and **effective** at protecting against HPV and reducing HPV infections.



# Prostate cancer

- Most common cancer in men – 1 in 8 men will get prostate cancer in their lives.
  - Including trans women and non-binary people assigned male at birth.
- No screening for prostate cancer.
  - Men over 50 can request a prostate specific antigen (PSA) test from their GP.
- Will be followed up by an MRI if necessary.
- No need for a digital rectal examination (DRE).

## Newham: September 2024 – August 2025

- New diagnoses
  - 49% Black men
  - 31% White men
  - 18% Asian men
  - 2% other/unknown
- Stage at diagnosis
  - 57% diagnosed at early stage

## Symptoms

- Usually no symptoms in early stages.
- Later stages
  - Back or bone pain that doesn't go away with rest
  - Tiredness
  - Weight loss for no reason

## Risk factors

- Age – mainly affects older men
- Ethnicity – 1 in 4 men from a Black African or Caribbean ethnicity will get prostate cancer.
- Family history – having a father, brother, uncle or grandfather with prostate cancer.
- Genetics – some mutated genes – BRCA1 and 2 (which are also connected to breast and ovarian cancers)

[Check your risk in 30 seconds | Prostate Cancer UK](#)

# It's Not a Game



- 22nd January, 10am – 4pm – Queens Market, Green Street
- 23rd – 24th January, 10am – 4pm – Gallions Reach Shopping Centre, Armada Way

# Penile and testicular cancers

- Both rare forms of cancer
- Both can affect trans women and non-binary people assigned male at birth

## Penile cancer

- Commonly develops under the foreskin
- Mostly affects men over 50
- Symptoms
  - Growth or sore on the penis
  - Bleeding
  - Discharge
  - Rash
  - Change in colour
- Risks
  - Human papilloma virus (HPV) – cause 60% of penile cancers
  - Age – less common in under 40s
  - Weakened immune system

## Testicular cancer

- About 2,400 men a year in the UK.
- More common in younger men – early 30s.
- Symptoms
  - Lump or swelling
  - Enlarged testicle
  - Pain or discomfort
- Risks
  - Undescended testicles
  - Family history
  - Hypospadias (usually treated at birth)
  - Previous testicular cancer
  - HIV or AIDS may increase risk.

# Bowel cancer

- 4<sup>th</sup> most common cancer in UK
- 3<sup>rd</sup> most common cancer in males
- Accounts for 12% cancers in men
- 56% new bowel cancer diagnoses are in men
- More common in older people
- Bowel Cancer Screening service in UK
  - Estimated 2,400 deaths avoided in the UK each year by screening
  - Reduces the risk of dying from bowel cancer by 25%

## Symptoms

- Bleeding from the rectum or blood in the poo
- A change in your normal bowel habit, such as looser poo, pooing more often or constipation.
- A lump that your doctor can feel in your rectum or abdomen
- A feeling of needing to strain in your rectum, even after opening your bowels
- Losing weight when you haven't been trying to
- Pain in your abdomen or back passage
- Tiredness and breathlessness caused by anaemia

## Newham: September 2024 – August 2025

- 97 new diagnoses
  - 49% Female
  - 51% Male
- Ethnicity
  - 42% White
  - 33% Asian
  - 21 % Black
  - 4% other
- 31% diagnosed at an early stage
- 16 were under 50 years of age

## Risk factors

- Diet – for example, high in processed and red meat or low in fibre.
- Obesity
- Lack of physical activity
- Age - risk increases after 50
- Family history – close relative
- Genetic conditions – e.g. Lynch Syndrome
- Inflammatory Bowel Disease (IBD)



# Lung cancer

- 3<sup>rd</sup> most common cancer in UK
- More common in older people
- Similar rates in men as in women
  - 52% in males
- Lung cancer screening service being introduced.
- In NEL – operational in Barking and Dagenham, Tower Hamlets, Newham, parts of Havering.
  - Will be available in all boroughs by 2029.

## Symptoms

- A new cough or a change in cough
- Getting out of breath easily
- A hoarse voice
- Coughing up phlegm (sputum) with blood in it
- An ache or pain in the chest or shoulder
- Repeated chest infections or one that doesn't get better
- Loss of appetite
- Feeling tired all the time (fatigue)
- Losing weight without trying to

## Newham: September 2024 – August 2025

- 122 new diagnoses
  - 52% men; 48% women
- Ethnicity
  - 61% White
  - 20% Asian
  - 13% Black
  - 6% Other
- 43% - current smokers; 30% ex-smokers; 25% never smoked
- 43% diagnosed at an early stage
- 11 under 50 years of age

## Risk factors

- Smoking – about 60% of lung cancers are linked to smoking
- Previous lung disease
- A family history of lung cancer
- Exposure to certain chemicals in the workplace
- Pollution
- Exposure to radon gas

# Screening for bowel and lung cancers

	Bowel	Lung
Who is eligible?	Anyone aged 50 – 74	Anyone aged 55-74 who has ever smoked
How will I be invited?	By letter to let you know a screening kit will arrive in the post	By letter inviting you to a telephone assessment.
How will I be screened?	The kit will be sent in the post to complete at home. You will need to return the sample bottle with a small poo sample in the prepaid envelope provided.	After the assessment, if you are at risk of lung cancer, you will be invited to a face-to-face appointment with a nurse. You may then be offered a low dose CT scan.
How will I get my results?	By post in about 2 weeks. Your GP will also receive a copy of your results.	By post in about 2 weeks. Your GP will also receive a copy of your results.
What if the test is positive?	You will be invited to an appointment with a specialist screening practitioner who may suggest you have a colonoscopy.	You will be invited to an appointment with a specialist physician in the hospital. You may also be invited for further tests.
What if the test is negative?	You will be invited to complete a test kit again in two years time.	You will be invited for follow up scans in 12 and 24 months if you have risk factors.

**N.B. to be invited for any screening programme you must be registered with a GP**

# Oesophageal cancer

- 14<sup>th</sup> most common cancer in the UK
- Affects more men than women

## Newham: September 2024 – August 2025

- 20 new diagnoses
  - 60% male; 40% female
- Ethnicity
  - 35% Black
  - 45% White
  - 20% Asian or other ethnic group\*
- 55% never smoked; 35% ex-smoker; 10% current smoker

\*numbers suppressed as less than 5 in total – cannot be separated

## Symptoms

- Difficulty swallowing
- Weight loss (without trying)
- Indigestion or heartburn that won't go away
- Pain in the throat
- Hoarseness
- Coughing up blood
- Food coming back up

## Risk factors

- Smoking or tobacco use (including chewing tobacco)
- Obesity
- Alcohol
- Barrett's Oesophagus
- Gastro Oesophageal Reflux Disease

# Further information

- Any symptoms or if something feels unusual – **see your GP**
- Useful websites:
  - [Preventing Cancer | North East London Cancer Alliance](#)
  - [About Cancer | Cancer Research UK](#)
  - [Prostate Cancer UK | Prostate Cancer UK](#)
  - [Orchid Fighting Male Cancer](#)
  - [Bowel Cancer | Bowel Cancer UK](#)
  - [Home | Roy Castle Lung Cancer Foundation](#)
- Video links
  - [Take action on prostate cancer](#)
  - [Understanding the risk of prostate cancer in the Black community](#)
  - [How can bowel screening save your life?](#)
  - [NEL Cancer Alliance videos](#)
- Contacts
  - Generic: [nelondonicb.nelcanceralliance@nhs.net](mailto:nelondonicb.nelcanceralliance@nhs.net)
  - Early Diagnosis: Caroline Cook – [caroline.cook9@nhs.net](mailto:caroline.cook9@nhs.net)





**North East London**  
Cancer Alliance

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**LinkedIn:** [www.linkedin.com/company/north-east-london-cancer-alliance](http://www.linkedin.com/company/north-east-london-cancer-alliance)

**YouTube:** [youtube.com/@nelcanceralliance](http://youtube.com/@nelcanceralliance)

**Visit:** [nelcanceralliance.nhs.uk](http://nelcanceralliance.nhs.uk)

# Your voice matters

# Feedback



To bring you more sessions like this, we'd love to hear your feedback on:

- How would you rate overall today's session?
- What did you enjoy the most?
- What could be improved in the future sessions?
- What would you like next?
- What other health topics would you like us to cover in the future sessions?

Share with us your feedback by completing short form <https://forms.office.com/e/924yvXNWaM> or email to [communityhealthchampions@newham.gov.uk](mailto:communityhealthchampions@newham.gov.uk)



**Next session : 19 March 6-7pm on Zoom**

**Theme: Heart & Lungs Health**

**Where:** Online (Zoom). Reminder e-mail with log in details will be sent to those who have registered.

**Register here or scan QR code:**  
<https://forms.office.com/e/1RzJgNR6aG>

**For any questions, contact**  
[communityhealthchampions@newham.gov.uk](mailto:communityhealthchampions@newham.gov.uk)

***Thank you!***

