

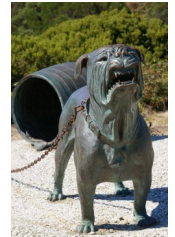
NEWSLETTER

- July—the Dog Days
- Jump Back Up July
- Well-being Webinar—Scars & Scar Management
- Skin cancer research
- Next Generation cancer treatment
- Introduction to “Yes to Life”
- Buddies report
- And more.....



July named after Julius Caesar -

the second month of the meteorological summer season (1st June - 31st August).



The phrase 'dogs days of summer' used to refer to sweltering summer days has more to do with the stars than dogs. The Roman's '*dies caniculares*' began towards the end of July when the star Sirius (known as the Dog Star - see Page 6) began to rise in the sky just before the Sun. The star was so bright that the Romans believed it gave extra heat to the sun and was responsible for hot days in summer.

First day of summer - This year the astronomical summer began on 21 June. The astronomical calendar determines the seasons due to the 23.5 degrees of tilt of the Earth's axis, in its orbit around the Sun. The meteorological summer begins on 1 June. The meteorological seasons are split into three months each. They coincide with our Gregorian calendar, making it easier for observing and forecasting to compare seasonal and monthly statistics.

Crickets get chirpy - Next time you hear the sound of crickets chirping on a balmy summer evening, why not try this simple trick to find out the temperature. The frequency of a cricket's chirps is consistent with air temperature, so you simply need to count how many chirps there are over 25 seconds then divide by 3 and add 4 to tell you the temperature in Celsius.

Height of summer - Did you know that on a hot day in Paris, the Eiffel Tower grows taller? The tower is constructed from iron and when this is warmed it expands, causing the structure to grow by up to 17 cm.

Midnight match - Every year on the summer solstice, a unique baseball game is played at the Growden Memorial Park known as the Midnight Sun Game. Taking place in Fairbanks, Alaska, the Sun is out for almost 24 hours on the solstice and so the game begins at 10:30 pm and ends around 1:30 am without any artificial lighting. The tradition originated in 1906 and has been played every year since 1960 by the Alaska Goldpanners.

Summer BBQ - Last Call

We have re-booked Weybourne House, Guildford for Saturday 19th August, 2023.

We have now contacted most of our members - if you haven't heard from us and would like to join us, please contact us at group@melanomore.net



Please note vegetarians are also fully catered for

Jump Back Up July

Let's find ways to bounce back!

Jump Back Up July 2023

SATURDAY

1 Take a small step to help overcome a problem or worry

8 Avoid saying "must" or "should" to yourself today

15 Set yourself an achievable goal and take the first step

22 Find 3 things you feel hopeful about and write them down

29 Be a realistic optimist. Focus on what could go right

SUNDAY

2 Adopt a growth mindset. Change "I can't...yet" into "I can't...yet"

9 Put a problem in perspective by seeing the bigger picture

16 Find fun ways to distract yourself from unhelpful thoughts

23 Remember that all feelings and situations pass in time

30 Reach out to a friend, family member or colleague for support

MONDAY

3 Be willing to ask for help when you need it

10 Reach out to someone you trust and share your feelings with them

17 Use one of your strengths to overcome a challenge today

24 Choose to see something good about what has gone wrong

31 Remember we all struggle at times - it's part of being human

TUESDAY

4 Find something to look forward to today

11 Look for something positive in a difficult situation

18 Let go of the small stuff and focus on the things that matter

25 Notice when you are feeling judgmental and be kind instead

WEDNESDAY

5 Get the basics right: eat well, exercise and go to bed on time

12 Write your worries down and save them for a specific 'worry time'

19 If you can't change it, change the way you think about it

26 Catch yourself over-reacting and take a deep breath

THURSDAY

6 Pause, breathe and feel your feet firmly on the ground

13 Challenge negative thoughts. Find an alternative interpretation

20 When things go wrong, pause and be kind to yourself

27 Write down 3 things you're grateful for (even if today was hard)

FRIDAY

7 Shift your mood by doing something you really enjoy

14 Get outside and move to help clear your head

21 Identify what helped you get through a tough time in your life

28 Think about what you can learn from a recent problem



ACTION FOR HAPPINESS

Happier · Kinder · Together

Do not judge me by my success,
judge me by how many times I
fell down and got back up again.

~ Nelson Mandela

ACTION FOR HAPPINESS



Action For Happiness provides Well-Being Talks. Each event lasts for 1 hour. For Further information on how to join please go to: <https://actionforhappiness.org/talks>.



Scars and Scar Management with Octavia Hamilton 28th June 2023

Octavia is a musculoskeletal turned women's health physiotherapist of 15 years with a keen interest in cancer rehabilitation. She practices with a blend of scar work, acupuncture, Pilates, and breathwork, drawing on fifteen years of experience in complex trauma rehabilitation, restoring resilience and confidence in her clients.

She is the founder of XENA, a women's health platform designed to support women through life defining moments, starting with pregnancy.

Nearly all of us have undergone some form of surgery and scars are all part of the healing process.

How we heal is different for all of us and the same cut for different people will result in different scarring. There are many things we can do to minimise scarring such as ice application, pumping, stroking, stretching, massaging, application of creams, oils, silicone gel patches, tape, compression aids and skin camouflage. This not only applies to fresh scars but also older one's too.

We recorded the session and we very much recommend that you take an hour or so out of your day to watch this recording. Just copy the link below and paste into your browser, press enter then press the play button (triangle pointing to the right) and the recording will start.

<https://1drv.ms/v/s!AgiK2WfB3hAUiGz3r-3C5qzQ0t5Q?e=0HBC88>

The Slides used in her presentation can be found via the link below:

<https://1drv.ms/p/s!AgiK2WfB3hAUiHb446DW0sYh2B5T?e=bmtBon>

Our thanks to Octavia for providing such an interesting and well-presented talk complete with demonstrations.

News From The World of Melanoma

Skin cancer articles from across Nature Portfolio

Latest Research and Reviews

Research

Open Access

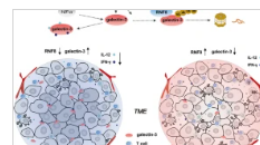
30 Jun 2023

[Cell Death Discovery](#)

Volume: 9, P: 205

RNF8 enhances the sensitivity of PD-L1 inhibitor against melanoma through ubiquitination of galectin-3 in stroma

Yanan Guo, Rong Shen ... Degui Wang



Reviews

Open Access

29 Jun 2023

[Cell Death Discovery](#)

Volume: 9, P: 202

Autophagy in BRAF-mutant cutaneous melanoma: recent advances and therapeutic perspective

Elisabetta Fratta, Giorgio Giurato ... Barbara Montico



Research

Open Access

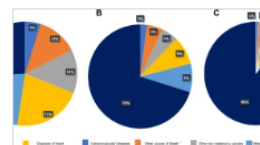
24 Jun 2023

[Scientific Reports](#)

Volume: 13, P: 10257

Causes of death among patients with cutaneous melanoma: a US population-based study

Mohammed Ahmed Sadeq, Mohamed Hady Ashry ... Abdelrahman Yousry Afify



Research

21 Jun 2023

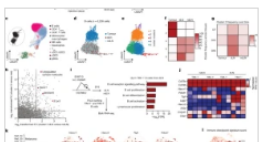
[Nature](#)

P: 1-9

B-cell-specific checkpoint molecules that regulate anti-tumour immunity

Manipulation of TIM-1-expressing B cells enables engagement of the second arm of adaptive immunity to promote anti-tumour immunity and inhibit tumour growth.

Lloyd Bod, Yoon-Chul Kye ... Vijay K. Kuchroo



Research

Open Access

08 Jun 2023

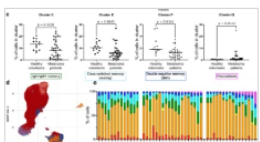
[Nature Communications](#)

Volume: 14, P: 3378

B cell profiles, antibody repertoire and reactivity reveal dysregulated responses with autoimmune features in melanoma

B cells are playing an active role in shaping the tumour immune microenvironment and the anti-tumour immune response in melanomas. Here authors show that intra-tumoral B cells are aberrantly activated and produce antibodies that are potentially autoreactive.

Silvia Crescioli, Isabel Correa ... Sophia N. Karagiannis



Reviews

07 Jun 2023

[Nature Reviews Cancer](#)

Volume: 23, P: 430-449

Advances in cutaneous squamous cell carcinoma

This Review outlines risk factors and prevention strategies for cutaneous squamous cell carcinoma (cSCC) and highlights recent advances in the understanding of the impact of molecular and cellular intra-tumour heterogeneity that provide the basis for new therapeutic strategies to treat advanced cSCC.

Mårten C. G. Winge, Laura N. Kellman ... Paul A. Khavari



So, it is likely that none of us really understand what any of these papers, published in the month of June, really mean. The point is research continues at a pace for melanoma and skin related carcinomas. This can only be good news and whilst we may or may not benefit from current research, certainly future generations will.

News From The World of Melanoma

Scientists make breakthrough for 'next generation' cancer treatment

Source: ScienceDaily

Summary: Scientists are a step closer to creating a new generation of light-activated cancer treatments. These new treatments would be highly targeted and more effective than current state-of-the-art cancer immunotherapies.

Scientists at the University of East Anglia are a step closer to creating a new generation of light-activated cancer treatments.

The futuristic sounding treatment would work by switching on LED lights embedded close to a tumour, which would then activate biotherapeutic drugs.

These new treatments would be highly targeted and more effective than current state-of-the-art cancer immunotherapies.

New research published today reveals the science behind this innovative idea.

It shows how the UEA team have engineered antibody fragments -- which not only 'fuse' with their target but are also light activated.

It means that in future, immunotherapy treatments could be engineered to attack tumours more precisely than ever before.

The principal scientist for this study, Dr Amit Sachdeva, from UEA's School of Chemistry, said: "Current cancer treatments like chemotherapy kill cancer cells, but they can also damage healthy cells in your body such as blood and skin cells.

"This means that they can cause side effects including hair loss, feeling tired and sick, and they also put patients at increased risk of picking up infections.

"There has therefore been a very big drive to create new treatments that are more targeted and don't have these unwanted side-effects.

"Several antibodies and antibody fragments have already been developed to treat cancer. These antibodies are much more selective than the cytotoxic drugs used in chemotherapy, but they can still cause severe side effects, as antibody targets are also present on healthy cells."

Now, the UEA team has engineered one of the first antibody fragments that binds to, and forms a covalent bond with, its target -- upon irradiation with UV light of a specific wavelength.

Dr Sachdeva said: "A covalent bond is a bit like melting two pieces of plastic and fusing them together. It means that drug molecules could for example be permanently fixed to a tumour.

"We hope that our work will lead to the development of a new class of highly targeted light-responsive biotherapeutics. This would mean that antibodies could be activated at the site of a tumour and covalently stick to their target upon light activation.

"In other words, you could activate antibodies to attack tumour cells by shining light - either directly on to the skin, in the case of skin cancer, or using small LED lights that could be implanted at the site of a tumour inside the body.

News From The World of Melanoma

"This would allow cancer treatment to be more efficient and targeted because it means that only molecules in the vicinity of the tumour would be activated, and it wouldn't affect other cells.

"This would potentially reduce side effects for patients, and also improve antibody residence time in the body."

"It would work for cancers like skin cancer, or where there is a solid tumour - but not for blood cancers like leukaemia.

"Development of these antibody fragments would not have been possible without pioneering work from several other research groups across the globe who developed and optimised methods for site-specific incorporation of non-natural amino acids into proteins expressed in live cells.

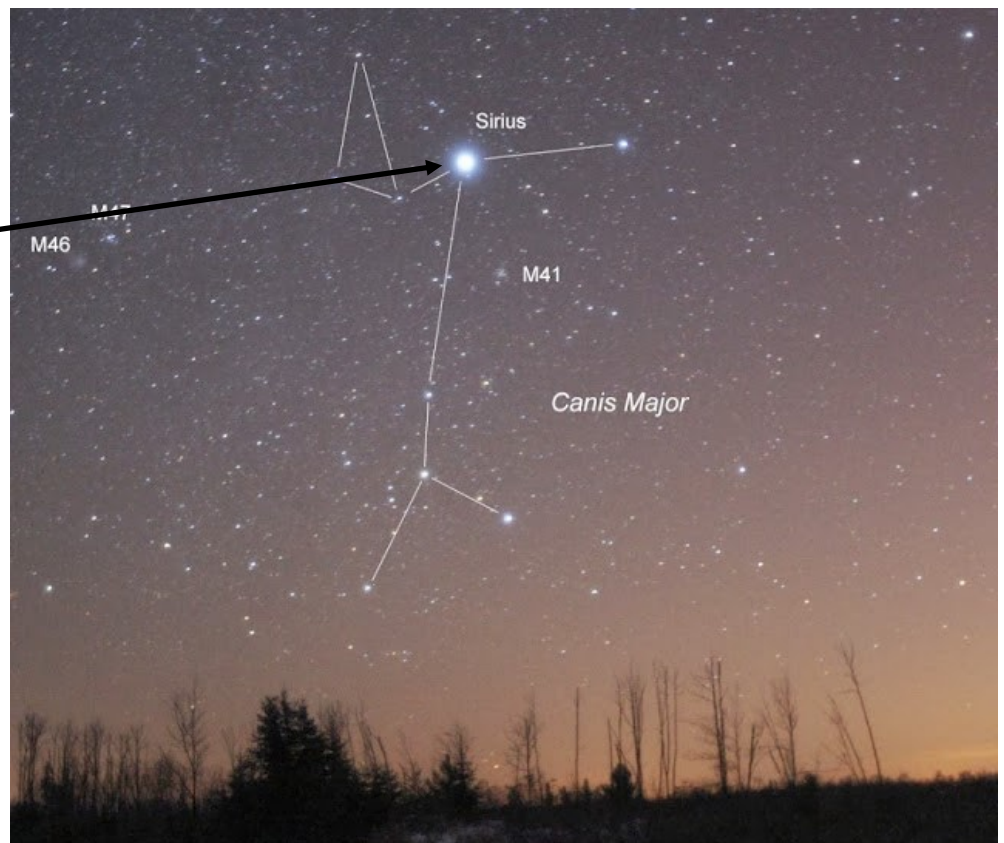
"We employed some of these methods to site-specifically install unique light-sensitive amino acids into antibody fragments."

If the researchers are successful in the next stages of their work, they hope to see the 'next generation' light-activated immunotherapies being used to treat cancer patients within five to 10 years.

This research was funded by the Biotechnology and Biological Sciences Research Council (BBSRC) and the Wellcome Trust. It was led by the University of East Anglia with assistance from the proteomics facility at the John Innes Centre.

Cont'd from front page

Sirius, the brightest of the Dog Stars



News From The World of Melanoma

<https://yestolife.org.uk/>



"If you, or a loved one is faced with a cancer diagnosis, knowing where to get trusted medical information is vital. The

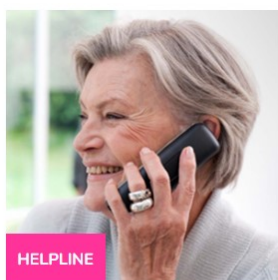
Yes to Life Charity promotes evidence-informed lifestyle strategies that can improve well-being, reduce adverse effects, lower the risk of relapse and improve long term survival"

Professor Robert Thomas

Consultant Oncologist
Bedford & Addenbrooke's Cambridge University Trusts
Professor of Exercise & Nutritional Science University of Bedfordshire

YES TO LIFE IS THE UK'S INTEGRATIVE CANCER CARE CHARITY

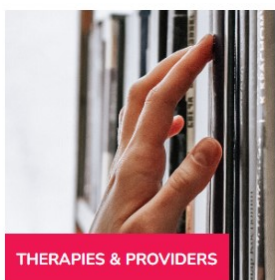
We provide support, information and financial assistance to those with cancer seeking to pursue approaches that are currently only available as private healthcare



HELPLINE



OUR SERVICES



THERAPIES & PROVIDERS



CANCER SUPPORT GROUPS



ONE TO ONE SUPPORT



WELLBEING SESSIONS



OUR BOOKS



YES TO LIFE SHOW

News From The World of Melanoma





ABOUT US

Yes to Life empowers people with cancer to make informed decisions about their care options. For well over a decade, we have provided evidence-based information to those in need.

Most importantly, we offer individual support through:

- our helpline
- our website
- information via blogs and publications
- our book, The Cancer Revolution
- the Yes to Life Radio Show on UK Health Radio
- workshops, talks and conferences
- connecting people to a wide range of specialist therapies and practitioners



 <p>Helpline</p> <p>Yes to Life's helpline is often the first point of contact with the charity. We are here to listen, signpost and support</p>	 <p>Life Directory</p> <p>Our fully searchable international directory of Therapies and Providers relating to integrative approaches to cancer</p>	 <p>Wigwam Support</p> <p>A community of people living with cancer coming together to explore and share their interest in Integrative Medicine</p>	<p>P2P</p> <p>Peer to Peer Support</p> <p>We are currently training volunteer cancer survivors to offer this service giving emotional and practical support to others with cancer</p>
 <p>Events</p> <p>Our educational programme helps people with cancer navigate the maze of questions and information and help them choose what is right for them</p>	 <p>CANCERTALK Podcasts</p> <p>Jointly hosted by Dr Penny Kechagioglou, Senior NHS Clinical Oncologist and Robin Daly, Founder of Yes to Life</p>	 <p>The Yes to Life Show</p> <p>Our weekly internet radio show features experts from the world of Integrative Medicine for cancer</p>	 <p>Financial Support</p> <p>We can help you raise money towards complementary and lifestyle therapies, currently only available from private practitioners</p>
 <p>Wellbeing Sessions</p> <p>A choice of regular weekly online sessions to help maintain wellbeing</p>	 <p>Books & Publications</p> <p>Our book The Cancer Revolution on Integrative Medicine for cancer and a growing collection of publications</p>	 <p>Horizons</p> <p>The Yes to Life online learning and development centre for healthcare professionals</p>	 <p>Resources</p> <p>Our searchable library of signposts to helpful reading, viewing, websites, products, organisations and more</p>

MelaNoMore's Buddies and Friends

Join the conversation – we are looking for both “friends” and “buddies” to match together

“It is so good just to talk – we discuss all sorts of different subjects and have formed a real friendship”

MelaNoMore
Buddies
Let's talk

A 2020 study of 100,000 Brits found that confiding in others appears to reduce the risk of depression by 21%

Whether you have just received your diagnosis, are undertaking treatments, still on the road to recovery, or a family member trying to make sense of it all, you may be feeling anxious, fearful, apprehensive. MelaNoMore is here to help. We cannot give medical advice, but we can give a listening ear and the chance to chat with someone who understands what you're going through.

For further information: visit www.melanomore.net/buddies/ or email: melanomore.buddy@gmail.com

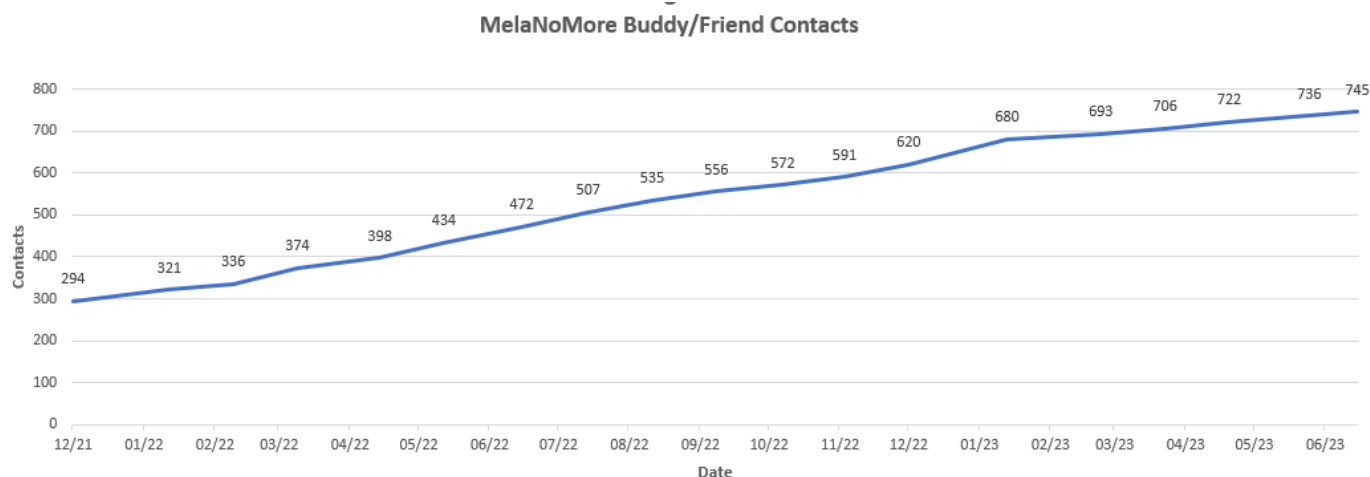
Chris Caswell, Lead – MelaNoMore Buddies

The MelaNoMore Buddies system continues to offer support via the Buddy / Friend one to one pairing. A Buddy, who perhaps has had more experience of the melanoma path and process, is paired with a Friend, who is possibly newer and in need of support and a listening ear.

This pairing offers support to share information, to discuss worries and concerns on a one to one basis, without the constraints of appointment time slots. This support pairing is away from the standard clinical appointments, on a more frequent basis, probably weekly or more.

Contacts are mostly by longer phone calls and interspersed with shorter ad hoc text or WhatsApp messages.

In just over two years Buddies have been in contact with 27 Friends to give support, shared 724 phone calls, texts, WhatsApps or emails. There have also been a total of 21 face to face meetings, including MelaNoMore group gatherings at the Loseley Park in April, the Guildford Masonic Centre in August and the most recent Christmas celebration at the Hogs Back Hotel in December. This gives a total of 745 support contacts since inception in October '20.



If you wish to join this support group, as either a Buddy or a Friend, please send an email to

group@melanomore.net

This page is for your contributions to the Newsletter. There are no limits on content.

If you have any gems of useless trivia, then please email them to us for publication.

Useless trivia

1. The Bubonic plague shifted Shakespeare to write poetry instead of plays. Similar to how the COVID-19 quarantines forced businesses to close around the world, the Bubonic plague had a similar result. Theatres across Europe closed for a year to stop the spread of the disease in 1593. Without a live audience to write for, it's believed that he instead started writing his 154 sonnets.
2. According to the Bible, the chicken came before the egg. According to Genesis 1:20–22, God created all creatures and specifically wanted to “let birds multiply on the earth.” Then they laid their eggs.
3. Antarctica is the largest unclaimed territory on Earth.
4. Pope John Paul II was an honorary Harlem Globetrotter.
5. The most common password is “123456.”
6. Marie Curie’s 100-year-old belongings are still radioactive. Even though she died in 1934, her possessions were so saturated with radium particles that they still remain radioactive today.
7. The average person has four to six dreams a night.— not that you’ll remember them!
8. There are 10 times more stars in the night sky than grains of sand in the world’s deserts and beaches.
9. The placement of a donkey’s eyes in its’ head enables it to see all four feet at all times.
10. Our eyes are always the same size from birth.
11. The average person with the average stride living until 80 will walk a distance of around 110,000 miles. Which is the equivalent of walking about 5 times around the Earth, right on the equator.
12. The average person spends 6 months of their life sitting at red lights.
13. Dexterous comes from the Latin word dexter, meaning “on the right side.” Since most people are right-handed, and therefore do things more easily with their right hand.
14. Airlines saved \$40,000 in 1987 by eliminating one olive from each salad served in first-class.
15. The infinity sign is called a lemniscate.
16. The lint in the bottom of your pocket has a name, *gnurr*.

We hope you enjoy this Newsletter. Please let us know or if you have, any suggestions for improvement or any articles you wish to publish. You can contact us on:

group@melanomore.net



MelaNoMore Vacancies

We continue to have vacancies on the Committee and are also in need of volunteers to assist the Committee with tasks or roles - such as:

- *Website designer
- *Deputy Newsletter Editor
- *Membership Secretary
- *Linked Site leads
- *Committee members

If you are interested in helping out with any of these roles or wish to join the Committee, then drop a line to

group@melanomore.net

Include your phone number and we will ring you back to discuss with you.

