

NEWSLETTER

- September-Indian Summer
- Self Care September
- Summer BBQ
- New Skin Cancer Therapy
- Science Daily Report
- Vitamin D Benefits
- Buddies report
- *** STOP PRESS ***
- DJ Chris Evans' Melanoma
- And more.....

September

The summer recedes and a time of plenty as harvests are gathered.

However, the weather forecasters suggest a possible Indian Summer, so make the most of this month and get out and about if you can.

Below are a few of the events taking place during September in Surrey. They can all be found on the following website where further details are available.

<https://www.visitsurrey.com/whats-on/events-calendar-view>



Guildford WalkFest

Fri 1 Sep – Sat 30 Sep



Wisley Flower Show

Tues 5 Sep – Sun 10 Sep



Robin Hood at
West Horsley Place
Fri 8 & Sat 9th Sep



Wildlife Walk & Wine
at Albury Vineyard
Various Dates



Haslemere Food Festival

Sat 16th Sep

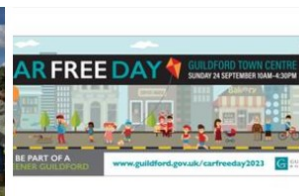


Creative Makers Market

Dorking Halls
Sun 17th Sep

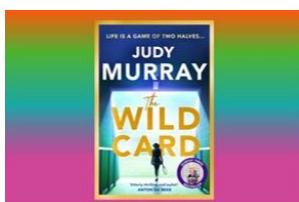


Tractor Fest
Dorking Brewery
Sat 23rd Sep



Car Free Day in Guildford

Sun 24th Sep



Guildford Book Festival:
Judy Murray: The Wild Card
Mon 25th Sep



Guildford Story
Guided Walk
Various Dates



National Dahlia Show
Wisley
Tues 5th – Sun 10th Sep

Check out your area and make a day of it while the weather lasts.

NEWSLETTER

Talk to yourself like you would to someone you love. ~ Brené Brown



ACTION FOR HAPPINESS

Self-Care September 2023

MONDAY



4 Plan a fun or relaxing activity and make time for it

11 Make time to do something you really enjoy

18 Ask a trusted friend to tell you what strengths they see in you

25 Avoid saying 'I should' and make time to do nothing

TUESDAY



5 Forgive yourself when things go wrong. Everyone makes mistakes

12 Get active outside and give your mind and body a natural boost

19 Notice what you are feeling, without any judgement

26 Find a new way to use one of your strengths or talents

WEDNESDAY



6 Focus on the basics: eat well, exercise and go to bed on time

13 Be as kind to yourself as you would to a loved one

20 Enjoy photos from a time with happy memories

27 Free up time by cancelling any unnecessary plans

THURSDAY



7 Give yourself permission to say 'no'

14 If you're busy, allow yourself to pause and take a break

21 Don't compare how you feel inside to how others appear outside

28 Choose to see your mistakes as steps to help you learn

FRIDAY

1 Find time for self-care. It's not selfish, it's essential

8 Be willing to share how you feel and ask for help when needed

15 Find a caring, calming phrase to use when you feel low

22 Take your time. Make space to just breathe and be still

29 Write down three things you appreciate about yourself

SATURDAY

2 Notice the things you do well, however small

9 Aim to be good enough, rather than perfect

16 Leave positive messages for yourself to see regularly

23 Let go of other people's expectations of you

30 Remind yourself that you are enough, just as you are

SUNDAY

3 Let go of self-criticism and speak to yourself kindly

10 When you find things hard, remember it's ok not to be ok

17 No plans day. Make time to slow down and be kind to yourself

24 Accept yourself and remember that you are worthy of love



ACTION FOR HAPPINESS

Happier · Kinder · Together



To view copy and paste the link below into your browser.

<https://youtu.be/8hHI5Dr0sm8>

MelaNoMore's Annual Summer BBQ - August 2023



Guest Speakers Skin Analytics

Dr Dilraj Kalsi, Dr Dan Mullarkey,
Dr Audrey Menezes



Name a Teddy
raised net funds
of £257 for
MelaNoMore.

Many thanks to all
who contributed.

The Band - "Don't Look Now"



We all enjoyed a splendid evening as we met up with each other, enjoying a drink and chat on the terrace of Weybourne House, overlooking the river Wey. The food was superb and we appreciated receiving an update of the progress Skin Analytics have been making in support of melanoma diagnosis. The music entertainment was by "Don't Look Now" who provided a lively set of eclectic songs.

Our thanks go to the Masonic Centre for supporting us again in running this event.

News From The World of Melanoma



Robin McKie *Science Editor*

Sat 2 Sep 2023 13.07 BST

Hope for new skin cancer therapy as UK cases soar

Researchers discover a technique that can kill melanoma cells with few toxic side effects, but warn there is still no cure



The sun is a key source of UV radiation, and tanning without sufficient protection can trigger a melanoma. Photograph: Yui Mok/PA

Skin cancer rates are rocketing. Thanks to over-enthusiastic sunbathing in previous decades, melanoma cases have tripled in numbers in the UK since the early 1990s – and scientists predict worse is to come.

The type of cancer once relatively rare in Britain is now its fifth most common. Broadcaster Chris Evans recently revealed he had been diagnosed with the disease.

Scientists say skin cancer is likely to continue to rise up the nation's tumour prevalence charts: most recent estimates suggest cases will increase a further 50% in the next 20 years.

The impact has been particularly marked among adults aged 55 and over. Case rates in this age group have increased by 195% since the 1990s, according to the latest figures from Cancer Research UK. A grim price is being paid for those cheap package holidays and tanned skins that were enjoyed in the 60s and 70s.

Early diagnoses and treatments for skin cancer are keeping down deaths but scientists say it is becoming urgent that new therapies are developed, particularly techniques for neutralising melanomas that have metastasized and spread from a patient's skin to other parts of their body.

"We are making progress but we are still not yet at the stage where we have a cure," said cell biologist Prof Dot Bennett of the Molecular and Clinical Sciences Research Institute, St George's, University of London. "However, we recently uncovered a very promising process which we hope could become an effective way of dealing with metastatic skin cancer."

News From The World of Melanoma



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The new technique has evolved the creation of a chemical – called a cell-penetrating peptide – that can kill melanoma cells efficiently and selectively, while having few toxic side effects. “We were very surprised at its effectiveness and although a great deal of extra work needs to be done before we can think of using this on human patients, it is very encouraging.”

Melanomas are linked to skin cell division. Sometimes, after a single mutation, this can produce moles. “However, after a certain number of divisions, a defence mechanism called cell senescence halts this process and the mole’s growth halts,” added Bennett. “So you can think of a mole as an aborted cancer. If it had not been terminated it would have grown and spread.”

The problem is that on occasions further mutations occur in a cell and the process of shutting down its division stops working. The result is melanoma and crucially all of the mutations involved can be triggered by ultraviolet (UV) radiation. The sun is a key source of UV radiation and bathing in its rays without proper protection not only produces sunburnt skin, it can trigger a melanoma that can take many years to materialise.

In many cases surgery or radiotherapy can halt the disease.

However, in some cases skin cancer can metastasize and spread to other organs before it is spotted. It is this form that has been the focus of research by Bennett and her team. Jointly funded by Cancer Research UK and the British Skin Foundation, they have identified worked on a protein known as p16, which was already known to be able to suppress tumour development, and on a small active part of p16 called a peptide.

“We made a series of changes to the peptide that previous research by other scientists showed might be effective and would allow it to enter cells, then added the peptide to melanoma cell lines in the laboratory,” Bennett said last week.

“The results were surprising. We expected the peptide might stop the cancer cells dividing. In fact it killed them. Moreover it did not kill normal cells.

This deadly impact is important. Like many other cancers, the stage at which melanoma is identified is crucial to a patient’s prospects of survival. The earlier the diagnosis, the better the outcome, as Michelle Mitchell, chief executive of Cancer Research UK, told the *Observer*.

She said: “More people than ever are surviving melanoma skin cancer, but there remains a critical gap in survival between people diagnosed at early stages compared with those diagnosed later. The p16-related peptide offers a promising new approach for those patients diagnosed with metastatic disease.”

Adil Sheraz, of the British Skin Foundation, said: “The protein p16-related peptide preferentially targets melanoma cells, preserving fibroblasts – which play a vital part in skin repair and regeneration – and causing minimal damage to other cells. While further research is needed, this has the potential for much more favourable outcomes for melanoma patients.”

Bennett added: “We tried the p16 peptide on three lines made up of metastatic melanoma cells. All of those were nicely wiped out, which is very promising. Obviously we have to do a lot more research before using this technique on humans and that will take several years but it is a very good start.”

News From The World of Melanoma

ScienceDaily®

Your source for the latest research news

Why men, wealthy people and maritime residents are more likely to develop skin cancer

Date: August 31, 2023

Source: McGill University, Canada

Summary:

A new study examines why people living in Atlantic regions are more at-risk for developing melanoma than other Canadians, providing lessons on skin cancer prevention for the whole country. To find out why, the researchers compared UV exposure and behaviours among different groups in Atlantic Canada based on income, education, and gender, among other factors.

A new study led by McGill University examines why people living in Atlantic regions are more at-risk for developing melanoma than other Canadians, providing lessons on skin cancer prevention for the whole country.

Rates of melanoma, a deadly form of skin cancer, have been rising globally, including in Canada. Current estimates indicate that up to 1 in 3 Canadians will develop some form of skin cancer during their lifetime. While some Atlantic provinces such as Prince Edward Island (PEI) and Nova Scotia have the highest incidence rate of melanoma in the country, neighbouring provinces like New Brunswick and Newfoundland and Labrador have rates below or comparable to the Canadian average.

To find out why, the researchers compared UV exposure and behaviours among different groups in Atlantic Canada based on income, education, and gender, among other factors.

Higher-income individuals more at risk for melanoma

The study found that higher-income individuals had an increased risk of melanoma. Risk factors contributing to this include more lifetime sun burns, tanning bed use, and being tanned. Similarly, individuals with university education had higher rates of recreational sun exposure but were less likely to use tanning beds.

"A higher socio-economic status is known to be associated with more vacations in sunny climates and recreational tanning, which likely ultimately drives melanoma incidence in this population," highlights Dr. Ivan Litvinov, an Associate Professor in the Department of Medicine and Chair of the Dermatology Division at McGill University.

However, the study also showed that individuals earning less than \$50,000 a year were more likely to work outdoors and experience occupational sun exposure, placing them at a higher risk of developing skin cancer. These findings suggest that policies to protect outdoor workers could help reduce melanoma risk, say the researchers.

Men are more sceptical of sunscreen

Looking at differences between men and women, the researchers found that women had less sun exposure and practiced more sun protection compared to men. Men were more likely to report more lifetime sunburns as well as occupational and recreational sun exposure. They also had higher rates of melanoma and other skin cancers.

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Nevertheless, women tended to wear fewer long-sleeve shirts and frequented tanning beds more. These behaviours, the researchers say, may explain findings in a previous study that show women are more likely to develop melanoma in their extremities.

When it comes to skin cancer prevention, their study found that men express more negative beliefs toward sunscreen use than women. Consistent with this, women were more concerned about new moles and were more likely to seek medical advice from a family physician. The researchers say these behaviour patterns may account for the overall lower melanoma incidence and mortality in women.

Putting sun protection knowledge into practice

The findings also show that people living in the most high-risk communities of PEI and Nova Scotia had more sunburns and sun exposure compared to people in regions like Newfoundland and Labrador. Surprisingly, those living in these high-risk communities had more knowledge of sun protection and melanoma awareness as well.

"To prevent skin cancer many Canadians really need to act on the knowledge they already have. Applying sunscreen is one of the effective ways to prevent skin cancer," says Dr. Litvinov.

Public health efforts aimed at reducing skin cancer should be tailored to target specific demographic groups, the researchers say. "You need to have a different sun protection message when you're talking to a single young man versus a mother of three children," says Dr. Litvinov.

"Governments also have a direct role to play in combatting rising rates of melanoma. It's projected that the financial burden of skin cancer to the Canadian healthcare system could rise to one billion annually by 2030," he adds. "Canada should follow in the footsteps of many countries that have removed sales tax on sunscreen to promote their use."

ScienceDaily®

Your source for the latest research news

Fewer cases of melanoma among people taking vitamin D supplements

Date: January 9, 2023

Source: University of Eastern Finland

Summary:

Fewer cases of melanoma were observed among regular users of vitamin D supplements than among non-users, a new study finds. People taking vitamin D supplements regularly also had a considerably lower risk of skin cancer, according to estimates by experienced dermatologists. The study included nearly 500 people with an increased risk of skin cancer.

Fewer cases of melanoma were observed among regular users of vitamin D supplements than among non-users, a new study finds. People taking vitamin D supplements regularly also had a considerably lower risk of skin cancer, according to estimates by experienced dermatologists. The study, conducted in collaboration between the University of Eastern Finland and Kuopio University Hospital and published in *Melanoma Research*, included nearly 500 people with an increased risk of skin cancer.

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Vitamin D plays a key role in the normal function of the human body, and it may also play a role in many diseases. The link between vitamin D and skin cancers has been studied abundantly in the past, but these studies have mainly focused on serum levels of calcidiol, which is a metabolite of vitamin D, and its association with skin cancers. Findings from these studies have been inconclusive and even contradictory at times, as serum calcidiol levels have been associated with both a slightly higher and with a slightly lower risk of different skin cancers. This may, in part, be explained by the fact that serum calcidiol analyses do not provide information on the metabolism of vitamin D in the human skin, which can express enzymes that generate biologically active vitamin D metabolites or inactivate them.

The new study, conducted under the North Savo Skin Cancer Programme, took a different approach: 498 adult patients estimated to have an increased risk of a skin cancer, such as basal cell carcinoma, squamous cell carcinoma or melanoma, were recruited at the dermatological outpatient clinic of Kuopio University Hospital. Experienced dermatologists at the University of Eastern Finland carefully analysed the patients' background information and medical history and examined their skin. The dermatologists also classified the patients into different skin cancer risk classes, namely low risk, moderate risk and high risk. Based on their use of oral vitamin D supplements, the patients were divided into three groups: non-users, occasional users and regular users. Serum calcidiol levels were analysed in half of the patients and found to correspond to their self-reported use of vitamin D.

A key finding of the study is that there were considerably fewer cases of melanoma among regular users of vitamin D than among non-users, and that the skin cancer risk classification of regular users was considerably better than non-users'. Logistic regression analysis showed that the risk for melanoma among regular users was considerably reduced, more than halved, compared to non-users.

The findings suggest that even occasional users of vitamin D may have a lower risk for melanoma than non-users. However, there was no statistically significant association between the use of vitamin D and the severity of photoaging, facial photoaging, actinic keratoses, nevus count, basal cell carcinoma and squamous cell carcinoma. Serum calcidiol levels were not significantly associated with these skin changes, either. Since the research design was cross-sectional, the researchers were unable to demonstrate a causal relationship.

Other relatively recent studies, too, have provided evidence of the benefits of vitamin D in melanoma, such as of the association of vitamin D with a less aggressive melanoma.

"These earlier studies back our new findings from the North Savo region here in Finland. However, the question about the optimal dose of oral vitamin D in order to for it to have beneficial effects remains to be answered. Until we know more, national intake recommendations should be followed," Professor of Dermatology and Allergology Ilkka Harvima of the University of Eastern Finland notes.

Researchers at the University of Eastern Finland and Kuopio University Hospital have previously reported (BMC Cancer 2021) that the melanoma mortality rate in North Savo is relatively high in relation to its incidence.

"For this reason, too, it is worth paying attention to sufficient intake of vitamin D in the population in this region," Harvima concludes.

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

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.

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

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

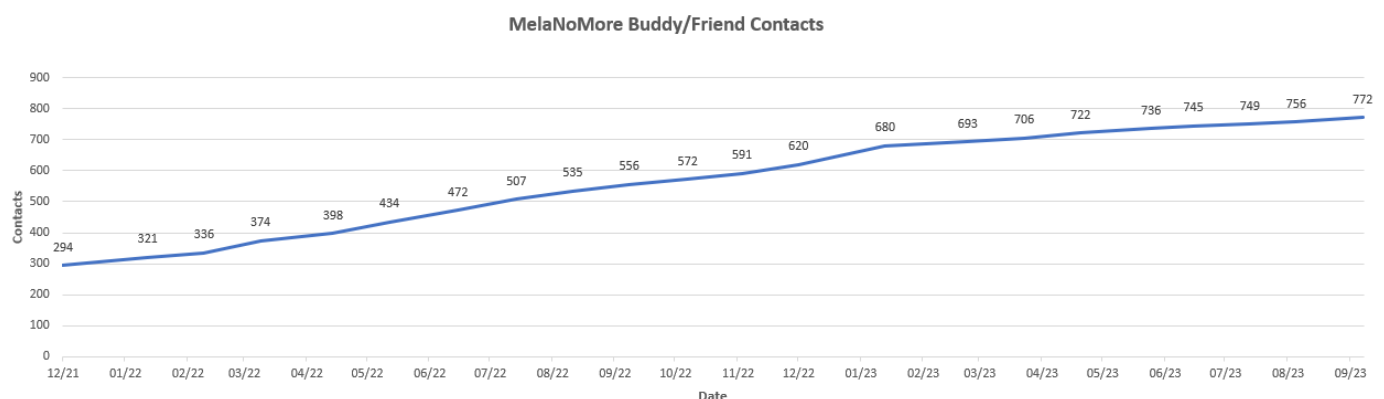
Chris Caswell, Lead – MelaNoMore Buddies

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 over two years Buddies have been in contact with 27 Friends to give support, shared 743 phone calls, texts, WhatsApps or emails. There have also been a total of 29 face to face meetings, including MelaNoMore group gatherings at the Loseley Park in April '22, the Summer BBQ in August '22, the Christmas celebration at the Hogs Back Hotel in December '22 and the recent Summer BBQ in August '23. This gives a total of 772 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**](mailto:group@melanomore.net)

***** STOP PRESS *****

Christmas Party



HOLD THE DATE



**MelaNoMore's Christmas Party will be on:
Tuesday 5th December
Details to follow**

An Exciting Proposition

We were offered an exciting proposition at the BBQ.

One of our members is an acclaimed artist and is offering to run a creative, colour-based session for our members. This note is to check who might like to come along.

Please reply to group@melanomore.net if you think you might be interested in joining a lovely relaxed painting event.

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

We are pleased to print this article provided by member Ed Farmer

Even Celebrities get Skin Cancer



Chris Evans' treatment for skin cancer is due to start this month.

BBC News - 21st August 2023
Entertainer Reporter: Paul Glynn

DJ Chris Evans has revealed he has been diagnosed with skin cancer.

The 57-year-old announced the news on his Virgin Radio show on Monday, urging others to get themselves checked.

He told listeners he was tested for the disease after his "angel" of a masseur found "a mark" on his shin and that it had been "caught as early as possible".

It comes eight years after the former BBC Radio 1 and Radio 2 broadcaster was given the all-clear following a prostate cancer scare.

"I've just got to talk briefly about my biopsy for the skin cancer issue," he said. "So the best news that I got whilst I was away is that it was a positive test, so I have tested positive for skin cancer.

"Obviously better news would have been [that it was] negative. But the reason it's great news is because they've caught it as early as they can, as early as is possible."

He added that he had a type of skin cancer called melanoma.

"It's as treatable as cancer can be to the extent that they call it 'stage zero'," Evans continued. He said the mark on his leg would be removed on 14 September.

"I can't run for a month afterwards so I'm going to do nothing but run until then," he joked. "Is that ok?"

He went on to say he had thanked his masseur Dee for "potentially saving my life", as well as urging listeners to "get yourself checked".

"Just check yourself for stuff, as you get older especially, on your skin, on your bits and your bobs," said the DJ.

"Just keep checking because the biggest weapon in your arsenal, in our collective arsenal... is early detection. And so please do that."

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.

