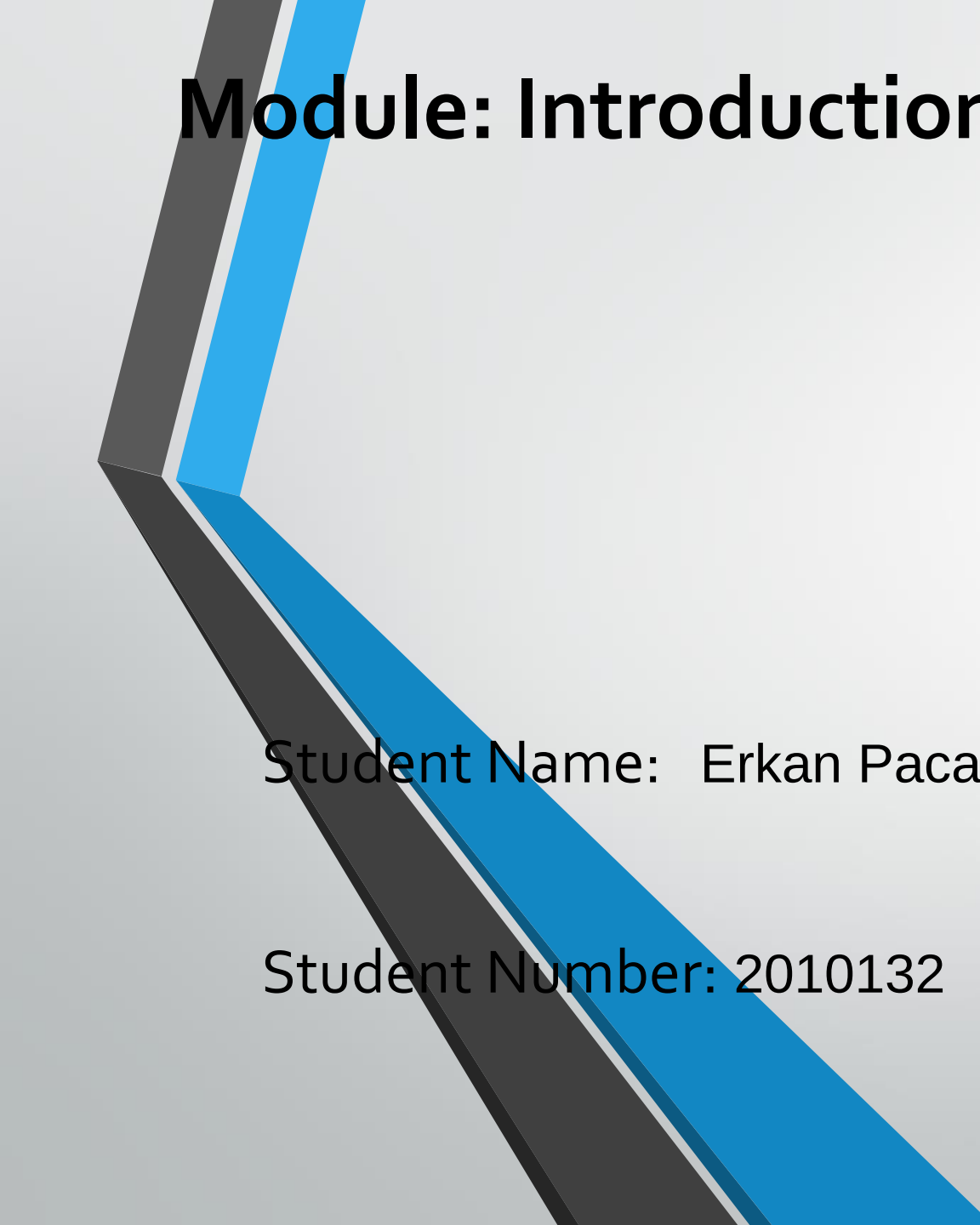




Module: Introduction to Research (BMHP5005)

Assessment 2: Viva Voce

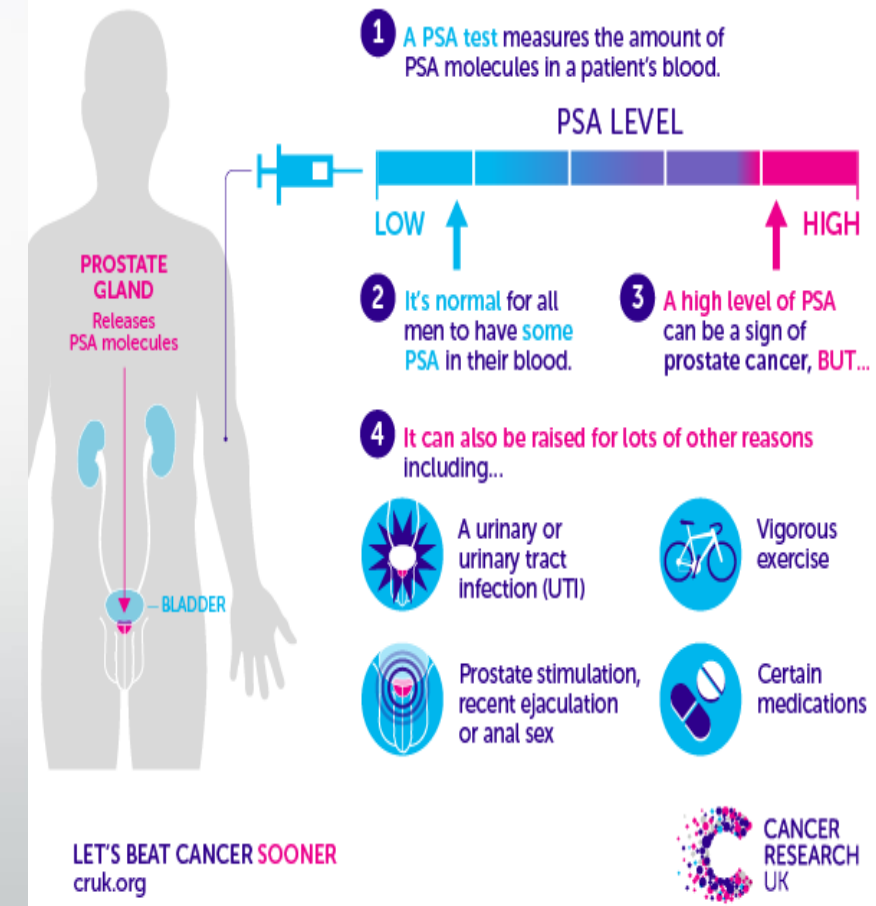
Student Name: Erkan Paca

Student Number: 2010132

Introduction

- Topic is Prevention methods, strategies and risk factors in prostate cancer for older/adults in the UK.
- The aim of study to establish and explore what the risk factors are significant in prostate cancer for British males, UK, and what methods of prevention measures used in order to achieve that, prospectively.
- How do I achieve these aims by examine and evaluate primary research articles on the impact of PSA testing as an early intervention and how specific food consumption and life style factors can effect prostate cancer and make relevant recommendations.

THE PSA TEST AND WHY ITS RESULTS CAN BE CONFUSING



(Cancer Research UK, 2018)

Method

- Systematic literature review with thematic analysis used for the topic explored.
- ProQuest, PubMed was utilized as databases
- Key words are prostate cancer, prevention, risk factors, older adults, UK.

Inclusion Criteria's

Date of Publication: 2012-2022

Language: English

Type of documents: Peer review articles

Exclusion Criteria's

Dissertations, books, magazines and excluded publications over 10 years old.

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Littlejohns, Travis , Key et al (2016) Lifestyle factors and prostate-specific antigen (PSA) testing in UK Biobank: Implications for epidemiological research	Purpose of the research to examine the risk components such as sociodemographic, lifestyle, dietary and health attributes effect the prostate cancer and, are connected with PSA testing as an early intervention in a large middle-aged population-based cohort in the UK.	Wide range community centered accomplice research on age, region, family history, ethnicity, employment, life style factors such as smoking, alcohol consumption, BMI Index height and private medical care. Ethical approval taken from North West Centre Ethics Committee by questionnaire and endorsed electronic interview where specimen of urine, saliva, blood and BMI level obtained.	The effect of PSA testing were connected with factors of sociodemographic, lifestyle, dietary and health attributes as a preventive measures.
Cornago, Key, Allen et al. (2017) Prospective investigation of risk factors for prostate cancer in the UK Biobank cohort study	Reflective future exploration of risk elements for prostate cancer in the UK Biobank accomplice research.	The UK Biobank approached 9.2 million individuals via postal approach. Ethical approval gained from NWCEC. Self disclosed information by set of questions and an oral consultations and %5.7 responded. In total 503.317 men & women aged 40-69 were recruited in 12 examination centers throughout in England	Family history and individuals who had experience PSA test with intensified prostate from Black ethnicity are strongly linked with prostate cancer compared to Asian ethnicity. Bias in terms of obesity and BMI index some study agree, but some firmly oppose.

Literature Review

Author(s), title, and year of publication	Aim of study	Methods and Sample size and characteristics	Summary of main findings
Lane, Oliver, Appleby et al , (2016) Prostate cancer risk related to foods, food groups, macronutrients & micronutrients derived from the UK. Dietary Cohort Consortium food diaries.	The impact of dietary influence still uncertain and disputable for screen-detected prostate cancer and undetermined for medically identified ailment. We intend to analyze these connections by utilizing gathered food journals for future purpose.	Collection of detailed food diaries of 37 elements of nutrition. Protensively accomplice study including 1.717 patients middle aged and older UK men were included from four future accomplice with medically diagnosed ailment. Embedded in a randomized trial of prostate cancer treatment. (Lane, et al 2016)	As a result of the study there was no strong evidences that suggest the dietary consumption can be a risk factors prior to diagnose in prostate cancer.

Results

- Various connections such as sociodemographic, life style factors with PSA testing robust connection in men over >50 than men under<50 years old, and some of the themes are below;
- Age & Ethnicity variables between 40-69 age and mostly white ethnicity.
- Sociodemographic fact suggest that men from London have higher risk of prostate cancer than men from North-East or West, Yorkshire & Humber and South- West England.
- Family history of prostate cancer
- Life style, dietary consumptions and anthropometric factors have no serious connection with prostate cancer threat.
- PSA testing (Prostate specific antigen) further empirical research will prevent and identify the bias for prospective analysis.

(Cornago et al, 2017)

Discussion

- After analysis amongst the life style components which mentioned in this study, had minor risk connection with prostate cancer.
- Limitations include, the frequency effect on people who are able to participate more often than others who are less able to do the test, which created social class in this accomplice study. (Morgan et al, 2013, p 1207-1212)
- Additionally, latest meta-analysis of nutritional influences for prostate cancer suggest that consumption of red and well cooked meat, fat and milk should be restricted, while on the contrary lycopene, green tea and soya based commodities can be a remedy in prostate cancer. (Brunner et al, 2001, p 405-414)
- Contrast to white men, black ethnicity from southern England have higher risk of been verified with prostate cancer. (Ben-Shlomo et al, 2008)
- While Asian men have minimal risk of prostate cancer. (Metcalfe et al, 2008)
- The black ethnicity was identified, and possess a greater risk of prostate cancer according to Hospital Episodes of Statistics for England. (Maruthappu et al, 2015)
- Participation rate for PSA testing have risen in numbers in the UK, similarly causing immense increase in prostate cancer. (Lilja et al, 2008)
- Research findings are significant for early diagnose and creates life changing therapies along with prevent illnesses, promote better prospective care and enhance quality of life equally. (NHS, 2021)

Conclusion

- Life style factors, dietary consumptions have no convincing interrelation with prostate cancer.
- However, certain ethnicity especially black men from southern England carry a greater risk in prostate cancer.
- Although no connection found in relation with sociodemographic, anthropometric and other life style factors but some figures of the studies are bias on these factors.
- Further studies needed for prospective purpose particularly on PSA testing and family history factor.
- Explored studies suggest that there is no routine screening program available in the UK due to non-definitive tests to utilise. (Cancer Research UK, 2019)

References

- ✓ Cancer Research UK(2018) Image [online] Available at: <http://www.imperial.ac.uk/occupational-health/workplace-wellbeing/well-person-screening/> (Accessed: 10/04/2022)
- ✓ Cancer Research UK (2019) Screening: [online] *Prostate cancer* Available at: [https://www.cancerresearchuk.org/about-cancer/prostate-cancer/getting-diagnosed / screening](https://www.cancerresearchuk.org/about-cancer/prostate-cancer/getting-diagnosed/screening). (Accessed: 10/04/2022_
- ✓ Littlejohns, T.J., Travis R.C., Key T.J., et al (2016) Lifestyle factors and prostate-specific antigen (PSA) testing in the UK Biobank: [online] *Implications for epidemiological research*. Available at: <https://doi.org/10.1016/j.canep.2016.09.10> (Accessed: 10/04/2022)
- ✓ Cornago, A.P. Key, T.J., Allen,N.E., et al. (2017, p 1562-1571) *Prospective investigation of risk factors for prostate cancer in the UK Biobank cohort study* [online], Springer Nature. Available at: <https://doi.10.1038/bjc2017.312>(Accessed: 11/04/2022)
- ✓ Lane, J.A., Oliver, S.E., Appleby, P.N., et al (2016) Prostate cancer risk related to foods, food groups, macronutrients & micronutrients derived from the UK: [online] *Dietary Cohort Consortium food diaries*, p1-10 Available at: <https://doi.10.1038/ejcn.2016.162> (Accessed: 11/04/2022)
- ✓ Morgan, R.M. (2013,p 1207-1212) Socioeconomic variation and prostate specific antigen testing in the community: [online] a United Kingdom based population study. Available at <https://europepmc.org/article/MED/23608675>. (Accessed: 12/04/2022)
- ✓ Ben-Sholomo Y, et al. (2008) The risk of prostate cancer amongst black men in the United Kingdom: [online] *The progress cohort study*. p 99-105 Available at: <https://doi.org/10.1016/j.eururo.2007.02.047>. (Accessed: 13/04/2022) Available at: [https:// doi: 10.1111/j.1464-410X.2008.07818.x](https://doi.org/10.1111/j.1464-410X.2008.07818.x). Epub 2008 Jun 6. (Accessed: 13/04/2022)
- ✓ Amrutha M, (2015) Incidence of prostate and urological cancers in England by Ethnic group,2001-2007: [online] *A descriptive study Cancer* 15:753 Available at: [https:// doi: 10.1186/s12885-015-1771-2](https://doi.org/10.1186/s12885-015-1771-2). (Accessed: 13/04/2022)
- ✓ Lilja H, et al. (2008) Prostate-specific antigen and prostate cancer: [online] *Prediction, detection and monitoring*, Nat Rev Cancer p 268-278 Available at: [https:// doi: 10.1038/nrc2351](https://doi.org/10.1038/nrc2351) (Accessed: 13/04/2022)
- ✓ NHS (2021) What does the new clinical research vision mean for NHS patients and health professionals.[online] Available at: www.England.nhs.uk/bolg/what-does-the-new-clinical-research-vision-mean-for-nhs-patients-and-health-professionals/ (Accessed: 13/04/2022)
- ✓ Brunner, et al. (2001) Dietary assessment in Whitehall II: Comparison 7 diet diary and food frequency questionnaire and validity against biomarkers [online] Available at:[doi.10.1079/bjn2001414](https://doi.org/10.1079/bjn2001414) (Accessed: 13/04/2022)