



# GUTS

FIGHTING BOWEL CANCER

## autumn/winter/2019-20

The latest news from GUTS, the Guildford-based charity dedicated to improving bowel cancer survival rates through better screening, treatment, research and care.

## Marie's message: "Do it!"



Marie pictured recently with her 92-year-old mother, Josephine Whittle

**We'd like to introduce you to our friend Marie Lee.**

**Marie has been a great supporter of GUTS for many, many years. She has organised a number of big events which have raised thousands of pounds for GUTS. This is Marie's Story:**

Rewind 24 years ago and my mother was 68 and diagnosed with bowel cancer. She would need a colostomy, chemotherapy and radiotherapy.

I was 38 and it was the first time cancer had touched my family and I was devastated. I didn't even know you could get cancer in your bottom. Mum survived her bowel cancer. I then channelled my energies into raising money for GUTS. We've had a lot of fun with barn dances, line dances, a raft race, cycle rides, point to point, rattling tins outside stores etc, etc.

Back to the present, I'm now 62 and Mum, who still lives independently at home, is 92. My bowel cancer screening kit

arrived, duly done and sent off. Results 'abnormal' and the second test also comes back abnormal. I was invited within a week to speak with a specialist nurse about going forward with a colonoscopy. A sinister mass is picked up and biopsies taken. CT scan booked and then the appointment to discuss my results.

I am delighted to say that because of the screening programme my tumour, although cancerous, was caught early and contained. I am booked to have a bowel resection by keyhole surgery and feel like the luckiest woman in the world.

**Marie's message is clear: Aged 60-74? Please, please don't ignore that screening kit – get it done and send it off! It may save your life.**

The new FIT kit contains a test tube for your sample, a personalised label, instructions and an addressed jiffy bag for returning your sample.

In England and Wales screening is offered every two years to everyone aged 60-74 who is registered with a GP.

A new test kit - 'FIT' - was rolled out earlier this year. FIT differs from the previous test kit in that it has greater sensitivity and is able to distinguish between human blood and blood that has been ingested with meat. It only requires one sample to be provided because it is much more reliable.

The test kit contains a small test tube with a spatula attached to the lid. Using the spatula, you collect a small sample of your poo and insert it into the tube. It's really simple to use; when your sample is in the tube it can be sealed so it's perfectly clean. All you have to do then is label it, put it in the envelope provided and post. You will receive a letter telling you the outcome in a fortnight or so.

A positive result does not necessarily mean you have bowel cancer as the presence of blood can be due to other causes. In that eventuality you would be referred for further investigation.

Once you reach 75 you will not automatically be invited to continue screening but you can elect to do so - just call the Screening Programme on 0800 707 6060.



A moving occasion - our Midsummer Jazz at Loseley Park was swinging! It featured...



Mark Bassey on trombone



Karen Sharp on tenor sax and Terry Seabrook on piano



The Farnham Big Band (see p3 for report)

## GUTS Colon Cancer Family Clinic

Although bowel cancer screening is now freely available to everyone aged 60-74 in England and Wales, there are some people with a family history of bowel cancer who may need to begin screening much earlier. The GUTS Colorectal Cancer Family Clinic (CCFC) is here to provide a service that does just that.

Bowel cancer most usually affects people in later life but many of the people referred to the GUTS clinic may have experienced the loss of a close relative to the disease at a much younger age; indeed in some exceptional cases, teenagers and young people in their twenties and thirties may develop bowel cancer because of a genetic trait such as Lynch syndrome.

When a patient is referred to the GUTS clinic the first step is to ask that individual to complete a family questionnaire so that our experts can assess the likelihood of family members going

on to develop bowel cancer. Generally that will depend on how many first degree relatives (parent or siblings) have developed bowel cancer and at what age. Patients may then be referred for genetic testing and/or regular colonoscopy examinations. We keep in touch with patients and they are followed up at regular intervals until they become eligible for the National Bowel Cancer Screening Programme at age 60.

The CCFC provides a unique service and one which would not otherwise be readily available. An early warning of bowel cancer can mean the difference between effective, non-invasive treatment and the physical and psychological trauma of surgery, cancer treatment and uncertain outcome that comes with a late diagnosis.

This service can be literally life-saving.

**If you would like to help us maintain this vital service by making a donation, you can do so by post (see p4), online at [www.gutsfbc.co.uk](http://www.gutsfbc.co.uk) or by direct transfer (see p.4 for our bank details).**

## Research projects that prioritise patient care

Big strides are being made in the ways that cancer is treated but it's equally important to look at all aspects of symptoms or treatment that can affect patients' well-being. We're really pleased to be supporting two research projects that aim to improve the health of patients during treatment.

The first is 'The Gutbugs Project' which is looking into a condition that can affect up to 1 in 3 patients after major bowel surgery. It's known as post-operative ileus (POI). The symptoms of POI can be uncomfortable and distressing. While it is normally self-resolving it can be associated with more serious problems such as chest infections, kidney problems and respiratory failure.

Research fellow Paul McKenzie is examining how the microbiome (the bacteria which naturally live in the intestines – the "gut bugs") may be involved. The study aims to gain an understanding as to how the microbiome and host (the patient) interact and examine whether this may be linked to the development of POI.

Patients electing to take part in the study will keep a diary of any post operative symptoms and a record of what they eat over the period. The study will enable clinicians to better identify patients at risk of POI before surgery. Supplements or medications that may change the microbiome prior to surgery can then be put in place. We hope this research will lead to a reduction in the incidence of this potentially dangerous condition.

The second project we are supporting is by Lindsey Allen, Macmillan Oncology Dietitian at the Royal Surrey. Working with patients she has developed an eating plan to help people with bowel obstruction.

Bowel obstruction often affects patients with late stage bowel cancer (as well as other conditions) and can really impact on quality of life. The condition may deter a patient from eating at all, impairing health and recovery.

Lindsey's guide is already having a positive impact on the lives of Royal Surrey patients. After it is validated the plan will be available to help patients throughout the NHS.

## New cash for old curiosities

We are currently holding monthly bric-a-brac sales in the Royal Surrey. They are kindly being organised by ex GUTS trustee Sarah Grillo.

To date we have had four sales raising more than £1,500. Thanks to Sarah's contacts we have so far had a good supply of stock but we're always looking for more. If you have some bric-a-brac (china, glassware, ornaments etc) that you would like to donate for the stall, please do get in touch. Likewise if you'd like to pop along to browse, call the GUTS office on 01483 408316 to find out forthcoming dates.

Follow us on Facebook (@gutsguildford) and Instagram (@gertieguts) for previews of some of the more interesting pieces.

## Dr Henry Lynch

Chances are you haven't heard of Dr Henry Lynch but you may have heard of Lynch Syndrome, a genetic trait that raises the probability of those affected developing colon cancer, often at a very young age. Dr Lynch, who died earlier this year aged 91, conducted a study that was the first to establish that in some cases family history can increase an individual's risk of developing cancer.

It all started in 1962 after an encounter with a young alcoholic farm worker. So many of his close relatives had died young from cancer that he was convinced he was going to die at an early age anyway so he wouldn't stop drinking.

Dr Lynch began to investigate families with similar histories in Nebraska, Kansas and Missouri, and identified hereditary links with particular cancers, including non-polyposis colorectal cancer, which in 1984 was renamed Lynch syndrome.

People with Lynch syndrome lack one of five "mismatch repair" genes, which correct errors in the DNA copying process when a cell divides. Depending on which gene the individual lacks, they have a 22% to 74% risk of developing colon cancer in their lifetime (compared to the norm of around 5%). They also have an increased risk of developing a wide range of other cancers. It is estimated there are 175,000 people in the UK with Lynch syndrome, and they may be helped with frequent screening (such as that provided by the GUTS Colon Cancer Family Clinic) and preventive measures.

It took decades before the medical establishment accepted Dr Lynch's work; his numerous applications for research grants were being turned down throughout the 60s and 70s. The advent of molecular genetic techniques in the 1980s finally confirmed his hypothesis and since then five genes have been identified in Lynch syndrome. Research scientists were able to apply the new DNA testing techniques to Lynch's cancer families to establish the hereditary nature of their disease, and thus his standing as the "father of cancer genetics".





## On their bikes...

Darren Evans and Paul Way went the extra mile for GUTS, collectively 200 miles in fact. The pair of pedallers raised an impressive £1500 for GUTS in this year's 2019 RideLondon cycling event. Thank you so much guys, we hope you are now able to sit down!

## Business matters

Three cheers for local business networking group Guildford BNI. Members have raised around £5000 this year through runs, swims and cycle rides (including Paul and Darren, above) making donations and joining our weather lottery. They have also lent a hand at events such as Bolt Round the Holt (as volunteer marshals) and donated raffle prizes.

The group meets every Thursday morning at The Mandolay Hotel, Guildford.

## Shooting Stars

The 2019 Hoopwick Farm Clay Pigeon Shoot has raised over £12,000 for GUTS. Big thanks as ever to John and Nina Camping for hosting the event, Charlie and Lindsey Fulk for their help with the organisation and Conisbee Butchers for providing a superb lunch.

Thanks also to everyone who supported the shoot, in particular for all those very generous auction bids.



## Midsummer Jazz

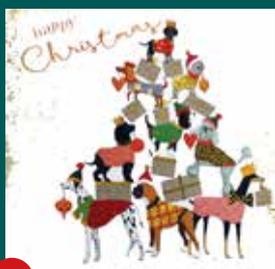
The Walled Garden, Loseley Park, provided a glorious backdrop to our annual jazz extravaganza. This year the music was inspired by Count Basie and Duke Ellington. Mark Bassey (trombone) and Karen Sharp (saxophone) were supported by Marianne Windham of Guildford Jazz on bass, Terry Seabrook (piano) and Alex Eberhard (drums). Farnham Big Band (FABB) set the tone with a brilliant opening set.

Many thanks to Marianne and Guildford Jazz, FABB and everyone at Loseley Estate for their support. We are also grateful to the businesses that provided sponsorship and raffle prizes. The event raised over £5000.

THANK YOU!

...and a big hand to everyone else who has fundraised, volunteered or donated to GUTS this year. We don't have space to mention you all individually but we really do value your help and support - thank you!

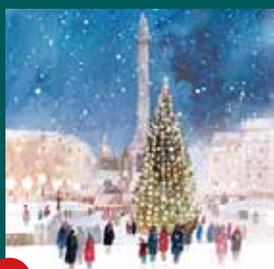
# CHRISTMAS CARDS FROM GUTS



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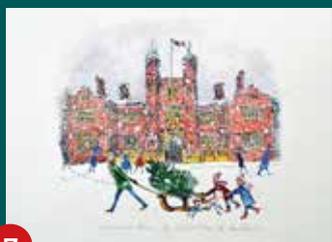
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ALL CARDS COME IN PACKS OF 10

Card sizes: Cards 1-5 137mm x 137mm

Card 6: 127mm x 178 mm Card 7: 178mm x 127mm

MORE DESIGNS ONLINE:

[www.gutsfbc.co.uk/shop/](http://www.gutsfbc.co.uk/shop/)

OR CALL 01483 408316 TO REQUEST A PRINTED SHEET

**FREE P&P  
FOR ORDERS  
OF 4 PACKS  
OR MORE**

QUANTITY	DESIGN	PRICE	£ TOTAL
	1. MAN'S BEST PRESENT	£3.80	
	2. A STAR FOR THE TREE	£3.80	
	3. CHRISTMAS IN TRAFALGAR SQUARE	£3.80	
	4. LONDON AT CHRISTMAS	£3.80	
	5. THE GREATEST GIFT	£3.80	
	6. BLUE ANGEL	£3.80	
	7. HOMEWARD BOUND, GUILDFORD	£3.80	

**PLEASE REMEMBER TO COMPLETE YOUR ADDRESS DETAILS OVERLEAF AND INCLUDE YOUR PAYMENT.** (Cheques made payable to GUTS)

Please indicate preference if your selection is out of stock:

Substitute with similar card  Refund

SUB TOTAL

P&P  
(Delete for 4 packs or more) £1.50

TOTAL £

- make a donation online at [www.gutsfbc.co.uk](http://www.gutsfbc.co.uk) or by post - turn to p4



**Alliss Family Challenge  
Celebrity Golf**  
24/25 October 2019  
Old Thorns Golf, Liphook  
£500 per team

Get together a team of three and Jackie Alliss will provide a celebrity to make up your four. A fabulous event for golfers of all standards - the emphasis is on having a really good time!

There is a grand dinner on the Thursday evening followed by 18 holes plus a prize-giving dinner on the Friday.

For further details please contact jackie@allisspromotions.co.uk

**Carols at St Nic's**  
Saturday 7 December 2019  
6.30pm - 9pm  
St Nicolas Church, Bury St, G'ford  
£12 adults, under 16s free.

A musical treat guaranteed to get you into the festive spirit!

Members of the fabulous Royal Surrey Choir will be entertaining us with some wonderful interpretations of carols old and new. These of course will include some familiar favourites everyone can join in with.

Ticket includes mulled wine/ fruit juice and mince pies at an informal gathering in the church hall afterwards.

**Royal Surrey Choir  
Winter Concert**  
Trinity Church Guildford  
23 January 2020

In just a few years the Royal Surrey Choir has acquired a huge reputation for exciting and polished performances. The choir, led by Royal Surrey Clinical Site Manager Jake Hellier, includes hospital staff and other singers from the local community.

For this concert the choir will be welcoming West End performers for what promises to be a musical thriller! This concert is in support of GUTS and the Royal Surrey scbu appeal.

**Bolt Round the Holt**  
29 March 2020  
Alice Holt Forest, Farnham  
£various

Bolt Round the Holt is our annual fundraising run. The route is entirely off-road and follows a lovely woodland course through Alice Holt Forest near Farnham. All profits and sponsorship from the event will support our work.

The Bolt offers distances of 21k (half marathon), 10k and 5k, with a 5k juniors' race and a 1k fun run for children aged 6-9. Cani-cross runners are also welcome.

For more events, details and tickets go to [www.gutsfbc.co.uk/events](http://www.gutsfbc.co.uk/events) or telephone 01483 408316

**MAKE A DONATION AND JOIN OUR FIGHT AGAINST BOWEL CANCER!**

WE CAN ONLY CONTINUE OUR WORK WITH THE SUPPORT OF OUR DONORS - THANK YOU!

**DONATIONS**

I enclose a cheque/postal order payable to GUTS for:

£10  £25  £50  Other £ .....

Name .....

Address .....

Postcode .....

Email .....

Telephone .....

**GIFT AID**

If you pay tax in the UK you can Gift Aid your donation, which means we can claim the tax you have paid on the amount. In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation of £ ..... to GUTS  
I am a UK taxpayer and understand that if I pay less Income Tax and / or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Signature ..... Date .....

**WE DO NOT SHARE DONORS' DETAILS WITH ANY OTHER ORGANISATION.**

**REGULAR GIVING**

By setting up a monthly or annual Standing Order you will be helping us to plan our future charitable activities - thank you!

To: The Manager (YOUR BANK DETAILS) .....

Please pay the sum of £ ..... on ..... and thereafter

Monthly on the ..... day of the month OR

Annually on ..... until I notify you otherwise, to:

GUTS at National Westminster Bank Plc  
Account 10326103 Sort Code 60-09-21

Account Holder(s) .....

Signature .....

Sort Code    Account No

**KEEPING IN TOUCH: FIRST TIME DONORS**

If this is the first time you have made a donation to GUTS - thank you! We would like to keep you up-to-date with news of our events and charitable activities but will only do so if you indicate consent by ticking the box below.

**Yes I would like to receive GUTS news**

Preferred method(s): Post  Email  Both

**KEEPING IN TOUCH: EXISTING SUPPORTERS**

To update or remove your details contact us on 01483 408316.

To make a donation by post, please complete and send to:

GUTS Fundraising Office, Level A, Royal Surrey NHS Trust, Egerton Road, Guildford, Surrey GU2 7XX

To make a donation by credit/debit card please go to [www.gutsfbc.co.uk](http://www.gutsfbc.co.uk) and follow the 'Donate' link.