

INSIGHTS

Spring
2026

After years of campaigning, more men in England can now get the lifesaving hormone therapy abiraterone on the NHS.
Together, we've achieved...



READ THE INSIDE STORY (PAGES 4&5)



**PROSTATE
CANCER UK**

ALSO IN THIS ISSUE...

Inside the research that could transform life on hormone therapy

Behind the scenes on top TV soap's prostate cancer plotline

Comedian Fred MacAulay on early diagnosis and getting back on stage

MEET ANDREW, THE MAN BEHIND THE STORY

How one man's prostate cancer journey inspired a show-stopping Emmerdale storyline.

When Emmerdale recently revealed that much-loved character Cain Dingle had been diagnosed with prostate cancer, fans of the popular ITV soap were gripped. But for one viewer, the storyline feels even closer to home – because he helped shape it.

Andrew Coverdale, who was told he had prostate cancer in 2019, spoke to Emmerdale's writers about the impact of his diagnosis and treatment.

"They wanted knowledge of the emotional side of the journey and how it affected me and my family, to make the storyline as accurate as possible," says Andrew. "I found watching the scenes very emotional."

In the show, Cain is set to have surgery to remove his prostate, which can lead to side effects like leaking urine or problems getting an erection. Andrew went through the same experience when, aged 57, he chose to have surgery too.

"Like Cain, I found it hard and I wanted to be strong for my wife and kids. But since my operation, I've shown my emotions a lot more."



Andrew (above), Cain (right)

Like Cain, I found it hard and I wanted to be strong for my wife and kids.

As Cain's story unfolds in the coming weeks, Andrew hopes it will encourage more men to know their risk and understand their options.

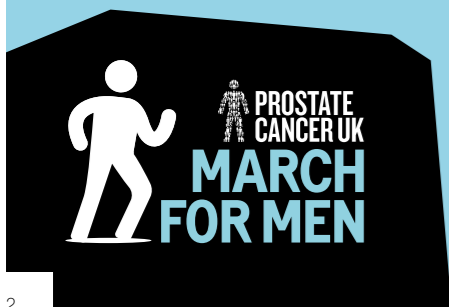
"I hope sharing my story will raise awareness," he says. "It might help save someone else's life."

Read more about how Andrew's story inspired Cain's prostate cancer plotline at: prostatecanceruk.org/in-emmerdale

JOIN US AT MARCH FOR MEN IN LONDON'S BATTERSEA PARK ON SATURDAY 13 JUNE

Walk 2.5km, 5km, 10km or 20km to raise awareness and help save men's lives. Step up, show up and be there – **for every man who's living with the most common cancer in the UK.**

Sign up now at prostatecanceruk.org/in-m4m



A KINDER WAY TO KEEP PROSTATE CANCER IN CHECK?

For many men with advanced prostate cancer, hormone therapy is a lifeline. It's one of the most effective ways to keep their cancer under control. But there's a catch: the side effects can be tough.

Fatigue that wipes you out. Hot flushes at all hours. High blood pressure. Brain fog. For some men, the treatment that's meant to help them live longer ends up making daily life feel much harder.

Thanks to your support, we're funding a new multi-million-pound study called ENHANCE that's aiming to change that.

Could a smaller dose work just as well?

Led by Professor Ananya Choudhury (left) at The University of Manchester and The Christie NHS Foundation Trust, the trial is asking a bold but simple question: could a smaller dose of this powerful treatment be just as effective?



Early signs suggest that half doses of drugs like enzalutamide, abiraterone, darolutamide and apalutamide may work just as well, while being far kinder on the body.

The ENHANCE team will put this to the test in a trial involving 1,500 men across the UK, tracking how well they feel on the treatment as well as how it keeps their cancer under control. Fatigue, one of the most draining side effects, will be monitored closely, along with things like blood pressure and hot flushes.

No man should have to choose between living longer and feeling well.



A better quality of life, with cancer under control

For men like Jonathan, 80, it's more than just a theory. When his dose was reduced, his cancer stayed under control and his quality of life improved dramatically. His energy lifted, the fog faded, and he and his wife were able to start travelling again. "No man should have to choose between living longer and feeling well," says Jonathan (right).

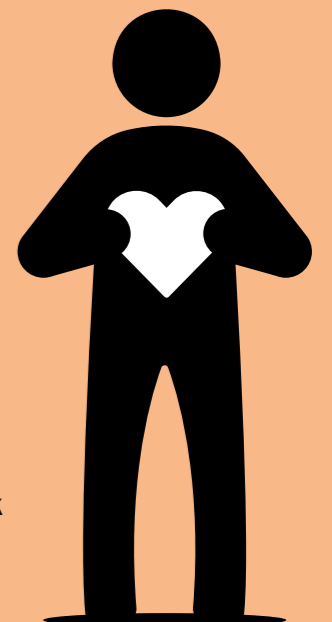
If ENHANCE shows that lower doses are just as effective, it could transform care worldwide. Thousands of men could stay on treatment for longer, feel more like themselves again, and keep living their lives – without being held back by the side effects of their cancer therapy.

DID YOU KNOW?



1 IN 4 OF OUR RESEARCH PROJECTS ARE FUNDED BY GIFTS IN WILLS.

To find out more about leaving a gift to Prostate Cancer UK, scan the QR code or visit: prostatecanceruk.org/in-legacy



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WINNING ACCESS TO ABIRATERONE

The inside story of a momentous victory for men

We've achieved something extraordinary: men with high-risk prostate cancer in England can now access abiraterone on the NHS. It's a momentous breakthrough that will save thousands of lives – and it proves that persistence and passion can change the system. Together, we made it happen.

Abiraterone is a hormone therapy that can help men with high-risk prostate cancer that hasn't yet spread, halving their risk of dying from the disease. But for years, men in England were denied this lifesaving treatment.

Even after the price of abiraterone tumbled in 2022 and the NHS made it available to men in Scotland and Wales, England stalled. This bureaucratic blockage was nothing short of a health scandal – and it cost 11 lives every single week.

But earlier this year, everything changed. The NHS announced that men in England with high-risk cancer would finally have access to abiraterone, saving 3,000 lives over the next five years.

This is the inside story of our campaign – and how supporters like you made this landmark moment possible.

CRUNCHING THE NUMBERS

Our work began back in 2011, when thousands of men took part in a research trial called STAMPEDE to improve the way we treat prostate cancer.

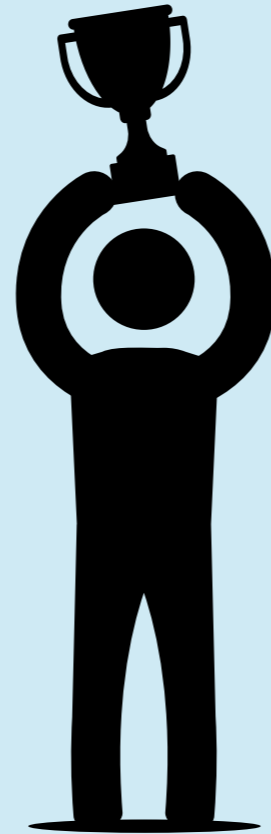
Thanks to the men who took part in this important study, we knew by 2022 that abiraterone could save lives – but still NHS England said it was too expensive.

Undeterred, we worked with health economists and expert researchers to challenge these calculations. Costing less than £2.50 a day, we found that abiraterone not only saves lives – it saves the NHS money, too.

HITTING THE HEADLINES

Numbers alone rarely change minds, so we campaigned tirelessly to keep the abiraterone scandal in the public eye – working with the BBC to run a news story in 2023.

Many of our supporters rallied behind the cause by sharing their stories in the media, shifting the conversation away from complex economics and spotlighting the men whose lives were at stake.



We refused to accept this outcome for men – and we didn't stop until we changed it.

Amy Rylance (left), Assistant Director of Health Improvement at Prostate Cancer UK

BREAKING THE DEADLOCK

Through relentless lobbying, we forced the issue in Westminster and political pressure proved to be the gamechanger. MPs like Danny Beales, Rupa Huq and Calvin Bailey backed our call for action, and dedicated supporters like Giles Turner, who was diagnosed with aggressive prostate cancer in 2023, spoke on our behalf in Parliament.

"I was shocked and angered that my postcode meant I was denied free access to a treatment that could halve my risk of dying and give me the best chance of a cure," says Giles. "I channelled my anger into campaigning, so we could overturn this great injustice."

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Giles Turner, Prostate Cancer UK supporter and campaigner

A LANDMARK VICTORY FOR MEN

Our coordinated campaign worked. Men in England who are diagnosed with curable but high-risk prostate cancer will now be eligible for two years of abiraterone on the NHS – halving the number of them who will die of prostate cancer.

While there's still more to do – we're working hard to make sure men in Northern Ireland have access to abiraterone too – this victory proves what we can achieve together. In the next year alone, it will save the lives of 720 men with prostate cancer.



INSPIRED BY OUR CAMPAIGN?

Read more about how we ended the abiraterone scandal and find out how you can support more of our campaigns at:

prostatecanceruk.org/in-victory



FUNNY BUSINESS



With a comedy career spanning more than 30 years, he's one of Scotland's best loved broadcasters – known for his long-running radio show and side-splitting stand-up.

But Fred MacAulay knows prostate cancer is no laughing matter. He was diagnosed with a low-grade cancer last year, aged 68, and he's now being monitored with active surveillance.

Fred's determined not to let cancer slow him down – and he wants to help other men find it early too.

FRED ON...

prostate cancer in his family

I've been getting regular MRI scans since my brother was diagnosed nine years ago – he chose brachytherapy. My brother-in-law had it too, and he opted for surgery.

With a slow-growing tumour, I didn't have to make the decision. But I know I'll have to face these choices at some point.

My two sons, who are approaching 40, know they'll have to start getting tested in a few years. I'm sure it helps to see their Dad and uncles are still around and enjoying life.

FRED ON...

getting back on stage

Between my biopsy and diagnosis, it was a terrible time. You just don't know what's round the corner. I cancelled a tour and my Edinburgh Fringe shows. But this year I've returned to stand-up and I'm loving it.

My wife thinks I should slow down a bit, but we've blocked off parts of the diary for more holidays this year!

FRED ON...

raising awareness

We simply must get more men diagnosed early, especially in Scotland where men are more likely to find their cancer at an advanced stage.

Any man – especially if they have a family history of prostate cancer – should talk to their GP about the PSA blood test. It's not definitive, but it's a step in the right direction. And it could save your life.

FRED ON...

living with cancer

Active surveillance feels like being 'on hold'. Some days I don't think about cancer at all. Other days, I feel more anxious. It's not unusual to wonder if other aches and pains are related to having cancer.

Some men on active surveillance will need treatment after a certain amount of time. But there are many others who won't. That gives me hope.

Fred MacAulay will be on tour in Scotland in 2026. Go to fredmacaulay.com for dates.



MAKE EVERY BITE COUNT

Simple tips for eating well with prostate cancer

If you're living with prostate cancer, small changes to your daily routine can make a big difference to your health and wellbeing. And thinking carefully about the food you eat is a great place to start.

We asked public health nutritionist Melissa Mogor for her top tips to make the most of every mouthful...



NEVER WASTE A MOUTHFUL

Skip the empty calories and make sure every mouthful you eat contains as many nutrients as possible. Small swaps – like wholegrain toast, instead of white, topped with an egg – can pack your breakfast with the vital nutrients your body needs.



BRING YOUR FAMILY ON THE JOURNEY

Involve the people you live with and change your eating habits together. Let your loved ones know how treatment is affecting your appetite and taste, and find meals that feel good to share. When the whole household is on the same page, you'll find it much easier to make the changes day to day.



FOCUS ON PROTEIN

If your appetite is low, try adding dried powdered milk to your soups, sauces and smoothies. It boosts the protein and fat in your food without adding extra mass, preventing your muscles from wasting and supporting your movement.



YOUR NEEDS ARE PERSONAL

While evidence shows that limiting red meat and alcohol are beneficial, your ideal balance of fibre, protein and calories may vary from person to person and change throughout your treatment. It's important to be realistic. Food should still be enjoyable, and you can find creativity and comfort in the kitchen.



GIVE YOUR BODY WHAT IT NEEDS

During treatment, your body needs more energy and protein – to maintain muscle mass, support your immune system and help with recovery. But don't rely on sugary, highly processed foods. Choose healthier, high-calorie foods that contain protein, fat, vitamins and minerals. If you fancy a snack, try nuts or trail mix instead of a packet of crisps.

Melissa Mogor is a public health nutritionist, supporting people with long-term conditions to eat well and improve their health through food.



WANT TO LEARN MORE ABOUT LIVING WELL WITH PROSTATE CANCER?

We've created The Prostate Health Hub to bring you insights and stories, sent straight to your inbox. For lots more practical tips and helpful resources, from people who understand what you're going through, scan the QR code or sign up for free at prostatecanceruk.org/in-hub

LEAVE A LEGACY THAT LASTS

Gifts in Wills fund **1 in 4** of our research projects, like Dr Asma Ahmed's study into activating the immune system to treat advanced disease.

My hope is that my research will give men with prostate cancer more time with their loved ones.

Dr Asma Ahmed

Your gift can transform the future for men with prostate cancer.

Write or update your Will for free and find out more about leaving a gift to Prostate Cancer UK.

Scan the QR code or go to prostatecanceruk.org/in-legacy



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