



PSA Testing Day

Having to respond to the demands of our insurers that all volunteers working on 18th May have received training, it was decided to run a compulsory Training Day on 11th May. There will be 12 practise patients who will go through the whole 20 minute process (except giving blood); booking in, filling forms etc and will meet one of our phlebotomists who has agreed to attend the Training Day in full uniform. Angela has produced a Training Day database of 48 names, addresses etc and the event will be as "live" as possible so that everyone will

get a good feel of what is expected of them on 18th May. All volunteers have been contacted and because of our insurance cover only "trained" volunteers may attend the 18th May event. Many thanks to all who have volunteered and I'm sure you will all feel at the end of your shift that it was time well spent, offering this screening day to men of the Isle of Wight.

Since the lines opened on 15th April, there has been a steady flow of appointments that Angela has confirmed and we anticipate 240 men to attend the 18th May Test Day.

Chairman's Chat

Since you are likely to be reading this at the AGM, I hope the evening goes well and that your patience is not too stressed by the formalities of the reports and elections. We as Trustees can only survive with the support of our members, so thank you for attending the AGM and for your continuing support.

This month the build-up to the AGM and the PSA test gained more momentum with the opening of the telephone line for bookings on 15th April and a day at Jewson's advertising the event.

The speaker at our last members' meeting certainly gave everyone food for thought, and my first day in shorts this year on the Health Walk reminded me that it was colder than it looked that day. On Good Friday I will be selling programmes at the Shanklin Theatre together with my two fellow sellers and on Wednesday 24th May the MAN, Roger and I will be attending an awareness day at the hospital.

Finally I hope you have seen the adverts in the two local papers for our AGM and PSA test days and today, 25th April, I may have seen you at Tesco's as I join the volunteers manning the stall in the foyer handing out flyers for the PSA test and our support group to customers.

Alan Taylor (Chairman)

Members Meeting

We were fortunate to have Steve Howe from Age UK to talk to us about Scammers. As expected he warned us about the use of emails and computer scams, cold telephone calls and the need to phone another number once you have hung up from a cold call. But he also warned us about the stealing of data from our debit/credit cards by people using scanners when shopping and from people coming to the door wanting small payments, but having hidden scanners in an attempt to gain data from our debit/credit cards.

He reminded us that being polite to these people was not always the best deterrent and that blocks on repeated telephone callers were available for us to use. Questions from the audience resulted in a late finish but everyone felt that they had learnt something from the speaker.

Future Events

Thursday 2nd May
Hampshire and Isle of Wight Masons official cheque presentation at Cowes with short talk from our Chairman.

Saturday 11th May
PSA Testing Training for volunteers at Cowes Masonic Lodge.

Sunday 12th May
Hullabaloo Sandown Show, Sandown front 10am – 4pm.

Saturday 18th May
PSA Testing Day at Cowes Masonic Lodge 9.30am – 3.30pm.

Thursday 23rd May
Members' meeting at the Cricket Club Pavilion – proposed Men in Sheds speaker.

Monday 27th May
Bembridge Street Fair at Bembridge 10am – 4pm – Volunteers please!



Quote – Unquote

I can and I will.

Live this day.

Think positive be positive.

Life has many ways of testing a person's will, either by having nothing happen at all or by having everything happen all at once.

When you can't find the sunshine be the sunshine.



Ron Blower and Roger Denness at Jewson's Store, Newport

Jewson's Stall

On Thursday 18th April Roger and I took the big MAN and our display stall to the foyer of Jewson's store, Trafalgar Road, Newport. As previously, when meeting trades people, we had a mixed response and of course the men were in a hurry "time is money". We gave out over 40 flyers advertising the PSA testing day and are very grateful to Ron Blower, CEO of Jewson's IOW, for allowing us to place our display in his foyer and for greeting us so enthusiastically and for Roger giving up his Thursday to man the stand.

Alan Taylor

Walk for Health

Our thanks go to Paul Thomasson for all the planning and effort he put into the Walk on 14th April. Starting at St Helen's and a sunny day with a brisk cool wind, it was perfect walking weather. Unfortunately I was delayed and so I left St Helen's at 1.30pm with flag, flyers and collecting tin in hand. It was a shame that no-one else turned up and Paul and his wife walked alone to Appley and back. I gave out over 30 flyers for the PSA test and collected almost £10. This July will be the third time we have organised the John Frazer Yarmouth Walk and a good turnout has been traditionally observed. Thanks again to Paul and Julia.

Prostate Medication and Diabetes Risk

A recent daily newspaper article caught my attention last week:

Medicines prescribed to reduce the symptoms of prostate disease have been linked to an increased likelihood of developing type 2 diabetes. A study looked at health records from around 55,000 UK men who have been prescribed 5-alpha reductase inhibitors (hormone therapy) over an 11 year period. A team led by the University of Edinburgh and UCL found that the drugs, which include finasteride and dutasteride, were linked to an increase in the risk of developing type 2 diabetes of about a third (30%). The study's author stressed that patients should continue to take the drugs, but may need extra health checks, and be aware of maintaining a healthy weight, a balanced diet and daily exercise.

i Newspaper 18.4.2019



Programme sellers, Sheilagh Wilson, John Stephens and Ann Millar

Programme selling at Shanklin Theatre

Thursday 18th April was the first night for the team of programme sellers, who will be attending the production of "My Fair Lady" at the Shanklin Theatre over the Easter weekend. The Savoyards have generously invited us to sell programmes and the proceeds will be given to our funds for use by the group. Many thanks to Sharon for organising the rota of sellers and to all the programme sellers for giving up their time to support the group in this fundraising initiative.

Prostate Screening

The largest and most scientifically rigorous longitudinal screen programme using PSA (the European Randomised Study of Screening for Prostate Cancer) has shown that, compared to men who were not screened, men aged 50 – 69 whose PSA was checked every 3 years had a significant reduction in metastasis (distant spread) and prostate related death, which in the UK alone claims almost 12,000 men a year.

There is no question among experts

that screening for prostate cancer using PSA saves lives.

The issue that limits its use at present is concern regarding over-diagnosis of indolent prostate cancers, with the attendant risk of their over-treatment and the generation of side effects that might otherwise be avoided. This has been partly addressed by closer monitoring, rather than treating low-grade prostate cancer. The risk of under-diagnosis and under-treatment of prostate cancer continues to attract insufficient attention.

Letter to Editor, Daily Telegraph 4th April



The new Daisy Bus. Spot our Logo!