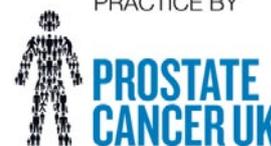




AWARDED GOOD
PRACTICE BY



PSA Testing Day

Our thanks must go to Sharon and Gill for their effort in collecting names and information for prospective men. Sharon had to carry the load once Gill left for a family commitment on the mainland and decisions had to be made as the numbers steadily increased.

Once we realised that even 3 phlebotomists would not be enough, a 4th was taken on and finally we had to make a cut off of 228, 12 lots of 18 = 216 and a reserve list of 12.

Jim Davis from Wareham has been very supportive and did not say "told you so" after I dismissed his initial forecast of 250 men. We have withdrawn any further advertising in the papers and will put oversubscribed signs on our banners, Facebook site, and Website, together with a possible next testing day in May or sooner. John Smith of the Lions has kept all his promises

of support with plenty of posters and flyers to give out and a venue. We will be preparing the venue on Thursday 22nd November and we have already spent time there planning how to lay out the necessary chairs, furniture and screen for the 8 minute video. Jim joined me in attending the Gosport day event in October. He has 8 volunteers for the day and will cover all insurance needs for the day if we provide volunteers' details beforehand. So now we are urging men that are telephoning in, to contact their GP's for a PSA test and offering another date in May. Donation buckets will be available on the day and all monies collected will be staying on the Island.

Unfortunately we cannot have members turning up on the day to help as they will not be covered by the necessary insurance.

Chairman's Chat

The PSA testing day dominated the month and I will speak more about this later.

The Christmas Dinner menu and booking forms were released which Gill has kindly agreed to collect the names and deposits, please support this event at the new venue.

An order was placed for incontinence pads to be donated to the Macmillan Nurses at St Mary's and 60 packets, each with a week's supply, were delivered and gratefully received by Katie and Joanna.

A donation of £600 was made by the Osborne Lodge Masonic Charities, the money raised by an event they had organised.

Dates for the New Year members' meetings were confirmed by the County Cricket Club, the first being Thursday 24th January at 6.15pm and then 4th Thursday of the month after.

New banners were placed outside Wroxall Church in Wroxall and Jewsons Broadway Sandown 12 banners had a large sticker placed on them advertising the PSA testing day, but have now a second sticker saying "Sorry fully booked, next available date May".

I visited Gosport to observe a testing day there, just to get an idea of what to expect on the day, accompanied by John Smith of Ryde Lions. They were short of volunteers, had a phlebotomist pull out on the day but still managed to finish 170 men on time, with 3 phlebotomists. We have plenty of volunteers for the day, which is very gratifying.

I attended the Walk for Health at Shanklin front and spent 4 hours handing out leaflets and talking to men about the need for a PSA test, and made a small collection from passers by in exchange for stickers. Now all we need is good weather on the 24th November and a good turnout for 20th December, Christmas Dinner at the White Lion, Arreton.

The Tiger Test

Researchers at the UEA, led by Professor Cooper and his team, have developed a Tiger Test to identify aggressive prostate cancers. It will help doctors to better tailor treatments to an individual's cancer, reducing side-effects and hopefully seeing more men survive this disease.

In April 2018, UEA researchers jointly led the world's largest study into genes that drive prostate cancer, identifying 80 molecular weaknesses that could now be targeted by drugs to treat the disease.

Professor Cooper explains "Distinguishing between harmless and aggressive disease is the most important challenge in managing prostate cancer today. Our test can identify the 'Tiger' cancers, so that treatment can be properly targeted. We urgently need to translate this work to a clinical setting, so that patients can be routinely screened for aggressive prostate cancer. Focusing

healthcare resources properly will ensure those needing it get the best treatment, inevitably saving lives." Professor Cooper believes this discovery to be one of the most exciting of his career and one that will have the biggest potential for patient benefit. The Tiger Test will not only mean treatment can be targeted at those most in need, sparing many thousands of patients the damaging side-effects of radiotherapy and surgery, but also identifying cancers missed by standard clinical tests, helping to save lives.

To find out more visit www.uea.ac.uk/alumni/difference/health/prostate-cancer



The delivery of incontinence packs for the Macmillan Nurses at St Mary's Hospital, purchased by the Support Group for £500, which were bought so that nurses could give out emergency packs as men wait for their prescriptions.

Dont forget our excellent web-site. It contains masses of information on all matters of concern to our Group.

Here we are giving details of Trustee's experiences in the treatment of Prostate Cancer so that members of the Group can speak to them if they think that their own case has some relevance.



**Roz
Dennison**
(Trustee)

September 2017 found Mick and me back in Portsmouth Radiotherapy Dept. I had been there in 1982 following a diagnosis of breast cancer. Here we go again!

In April 2007 Mick was diagnosed with prostate cancer.

Mick's diagnosis was a shock to the system, but the issues that followed were even greater: treatment was to be palliative care only, hormone implants and regular blood tests, as we were told there was a massive spread to the bones, with a very much shortened life expectancy.

Of course this had implications across

our lives not least the fact that our options to visit our daughter living in USA and to take foreign holidays were limited as we fought hard to get travel insurance at a cost we could afford. (Don't tell me about "specialist insurers" they were more expensive than run-of-the-mill companies).

Then back into our lives in 2012 came a Doctor I personally hold in high regard. He listens to what you the patient and/or wife, partner wants to say or ask. I first met Dr Boote as a young consultant in 1990s, during my time in Portsmouth running the Radiotherapy Dept's Charity.

Following a scan in 2014 and our families' (not the hospitals!) thorough reading of all notes and reports we asked for a review with the Radiologist and found to our utter disbelief/amazement that the previous (2007) scans were wrong. Why hadn't the hospital noticed this?

A lot has happened health-wise between 2007 and 2018 that re-shaped our lives, but that is for Mick to go into at a later date. In July 2017 it was decided that radiotherapy was now the best way forward.

Roz's words of wisdom: Read all your notes, make sure you fully understand them and question, question, question.

Don't take a woolly answer, don't be fobbed off. IT'S YOUR LIFE!

Our connections with IWPCSG started about 2 years ago.

We learned the value of a support group in the early days of Mick's diagnosis and through the traumas and issues over insurance, and also the questions on the scans we were helped by PCaSo, the support group based in Emsworth.

I am very interested in the travel issues Island cancer patients (and others) increasingly have to deal with and to this end I write letters to the Prime Minister and other "interested parties". Does it do any good? Probably not on my own, but time and pressure usually brings results . . . eventually.

It's no good moaning over a coffee/beer/glass of wine . . . DO SOMETHING.

Good luck, good health, keep ASKING.

Quote – Unquote

Age is mind over matter. If you don't mind, it doesn't matter.

I'm not young enough to know everything.

We make a living by what we get, but we make a life by what we give.

West Wight Open Door 24th October

West Wight Open Door is a social and information get-together that takes place every Tuesday in the Community Centre wing of the Sports Centre in Freshwater.

It is organised by West Wight Churches Together group.

While the drinks and cakes are an

attraction it also provides a meeting place for people to get together to chat, play snooker and table-tennis and get information on a wide variety of issues.

On the day we were there Age UK and representatives from a local Solicitors office were also offering information.

Our stand attracted a lot of questions especially as we had the information about the PSA testing day. Several men showed a lot of interest and one phoned as soon as he was given the number,

Wives too showed interest. One commented that she would make the appointment and "take him shopping in Ryde that day, he won't do it himself" We hope it works!!

Rosie and Alistair also turned up to help so the four of us had a successful morning spreading the word.

We hope to book further dates in 2019.

P.S. Don't forget our Christmas Tree: Isle of Wight Pearl 5th Dec–1st Jan.

Future Events

Saturday 24th November 2018

Free PSA Testing Day at Ryde Bowls Club House, Ryde Esplanade 10.20am – 2.20pm.

5th December – 1st January

Christmas Tree Exhibit at Isle of Wight Pearl. Please make an effort to support Roz and Mick at Brighstone in this annual event.

Thursday 20th December

CHRISTMAS DINNER at the White Lion, Arreton at 7pm. All Welcome – Please support this. Menu on Website, send your choice with a deposit of £10 per person to Gill.



Wroxall has a new banner with the sticker of the PSA testing day, which was put up with kind permission of the local vicar

New Year's Resolution!

Change and date of venue for Monthly Membership Meetings starting Thursday 24th January 2019

The new venue is The New Close Isle of Wight County Cricket Club, Blackwater Road, Newport, PO30 3BD on Thursday 24th January and thereafter on the **4th Thursday of each month at 6.15pm**. Email reminders will be sent as usual.