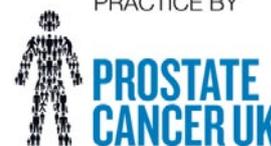




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PSA Testing

With the decision of the Trustees to organise a second PSA test in May, planning is well underway for this next event. PCaSo has informed us that they are unable to support us this year, neither is Dorset or Hampshire, due to their diary being full already.

The May event will be run by us in partnership with the Mason's Lodge in Cowes. The venue has 38 car parking places, and is a very spacious facility. Brian Charlesworth, our co-ordinator with the Masons, is confident they can finance the event and supply helpers on the day. We will still need volunteers from the Support Group, especially those who took part last

time, to come along. I have contacted the company that provide the equipment to perform PSA testing, the co-ordinator of Phlebotomists at St Mary's, and arranged for the analysis at a local hospital. The Graham Fulford Charity Trust will again check the blood results and send them on to individuals with their opinion as to what the patients should do with their results. There are still some areas as yet not finalised – insurance, disposal of needles, poster design and handouts and publicity to the media, but all these areas are being sorted out as we speak. More news next month as the event develops.

Chairman's Chat

Happy New Year to you all and welcome to the first Newsletter of 2019. The major event in December was the Christmas Dinner attended by 47 diners, and brilliantly organised by Gill Evans. It's the time for New Year resolutions, with the most popular being getting fit, losing weight and giving up smoking, drinking etc. I've always found trying to be more positive quite enough each year.

A big reminder about the Fund Raising lunch on 20th February at the Waverley and the Cancer Awareness day Saturday 2nd February at the Riverside Centre.

I attended the Cross Solent Travel meeting and was informed that the Wessex Cancer Trust has purchased a new bus which will be commissioned at the end of January. They also confirmed that finances had been secured to run the bus until the end of 2019. I also attended the Patient Partnership meeting, where I was advised that the number for diagnosis of prostate cancer in 2018 had risen, with the exact number to be issued later this month. The result of the Cross Solent questionnaire will also be put out by the IW County Council in March 2019.

Alan Taylor

Christmas Dinner 20th December at the White Lion, Arreton

The diners were treated to a tasty menu well served in a comfortable location. A surprise donation of £150 from Spectrum Property Care was presented by Geoff Jarrett, some of whose employees had participated in the PSA testing day in November at Ryde.

Thanks to members and trustees generosity we were overflowing with raffle prizes which raised £151 on the evening. Our thanks also go to the Sandown Bowls club for yet again lending us their random number machine which greatly eases the running of any raffle.

Below: Happy diners at the Christmas Dinner on 20th December at the White Lion, Arreton. Below right: Geoff Jarrett presenting the cheque for £150 at the Christmas Dinner



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.



Mick Dennison (Trustee) 66

Born at an early age, I proceeded for the first 66 years with a happy, healthy life-style.

Then casually mentioning to our G.P. in 2007 that there was a problem with the waterworks, I was referred after six months, (because the e-mail didn't arrive!), to Urology. I avoided a biopsy because I underwent a TURPS procedure that provided the necessary specimen.

The follow-up was an almighty rush to have a MRI scan, followed by a dismal consultation – a Gleeson score of 4/5 and a life expectancy of two years. To this situation, I

was convinced that the "plate" was faulty, and that has since been confirmed by the Senior Radiologist. PSA was in the region of 5.7. Following a number of years that took the line of medication, some chemotherapy and further TURPS procedures, the PSA reading came down to 0.1, before climbing back up.

2017 saw me trekking daily to Q.A. for radiotherapy, with the correct number of dosages, but at a reduced concentration because of the shape and position of the tumour, so as to minimise bladder/bowel problems. This worked well, PSA back down to 0.1, where it stayed for a few months.

Since July, the count has risen steadily but significantly, currently 1.8 and am now awaiting results of a further scan. I'm back on 2 monthly interval consultations, hormone implants and Casadex.

One interesting aspect though, I saw Dr Boote on 3rd January when I was told I should hear about a scan appointment in a couple of weeks!

Early afternoon, 4th January, had a 'phone call from Radiology, offering me, (because they said there was a cancellation) 7pm that Friday night or 8am Sunday morning! Is there a turn-around going on in the Hospital?

I opted for the Friday night scan – to be greeted with, "Where's your paperwork?"

Happy days,

Mick

Future Events

Saturday 2nd February, Cancer Awareness day at the Riverside Centre 10am – 2pm. We will have a stall at this event. All welcome to attend.

Saturday 16th February, Newport Football club will be making a presentation to the Support Group after the match. I will attend with Geoff Dolby on behalf of the Support Group.

Wednesday 20th February an Invitation lunch and fund raising event at the Waverley Inn, Carisbrooke from 1pm – 3pm. (See below for details).

Thursday 28th February next members' meeting at the County Cricket Club, Newport at 6.15pm. Speaker: Joanna Smith from the Health Watch organisation. All welcome.

Paul Thomasson has agreed to lead Health Walks for the Group starting in March, dependent on the weather. These will run for approximately 1hr 30 mins to 2 hrs 30 mins on a Sunday including a coffee break. More details at the next members' meeting.

Quote – Unquote

Cheers to a new year and another chance for us to get it right.

You'll never realise how truly great you can be if you never get started.

Learn from yesterday, live for today, hope for tomorrow.

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



Lunch at The Waverley Inn

You are invited to attend a fund raising event on behalf of the Isle of Wight Prostate Cancer Support Group

on Wednesday 20th February at the Waverley Inn, Carisbrooke from 1pm – 3pm. Please bring your menu with your choices.

Menu

Home cooked honey roast ham, egg, chips and peas **£7**

Home made macaroni cheese with side salad **£6**

2 pork or quorn sausages, mashed potatoes, peas and gravy **£6**

Home made cottage pie with peas **£6**

Whitby wholetail scampi, chips, peas, tartare sauce **£7**

Jacket potato, cheddar cheese, baked beans, side salad **£4.50**

Apple crumble, chocolate sponge pudding, with custard or Cream or ice cream **£3.50**

2 scoops ice cream **£2**