

# NOTES OF FIRST HAYWARDS HEATH PROSTATE CANCER SUPPORT GROUP MEETING HELD ON 19 JULY 2012

Most people turned up early - for 3pm start, as there had been a misprint in some of the advance publicity.

About 50 attendees.

After welcoming everyone Jenny explained the reasons and background for setting up the support group, followed by the necessary housekeeping advice. Leaflets were readily available for attendees to read or take.

Cathy Samuel, Macmillan Urology Nurse Specialist, gave her presentation "**Small Gland, Big Problem**".

She advised that, realistically, there are no frequently asked questions as each person's problem can be different. However, she was happy to try to answer any relevant questions.

The overseas treatments have not been proven in the UK - therefore not available on Nhs. Different types of treatment should be considered carefully, on a personal basis, taking into account how each person's future life may be affected.

Cathy stressed the importance of annual PSA checks.  
Advanced MRI scans will eventually take the place of biopsies.

Personal accounts and experiences were given by attendees of how prostate cancer has affected their lives.

Discussion on use of hormones, side effects, pros and cons, emotions and depression.  
Frequent benefits from intermittent hormone usage.

HiFu treatment was reportedly (by an attendee) being used in Chelmsford.

Changes in diet were discussed and some positive views were given by one attendee who was following a strict dairy-free, little red meat, no preservatives etc. diet, although Cathy said there was no medical evidence to support using this diet.

It was noted that there is a lack of available counselling for wives of prostate cancer sufferers.

After everyone had had the opportunity to contribute to the meeting, Jenny brought the meeting to a close and thanked everyone for attending; in particular Cathy Samuel for her presentation and help with answering questions.

The next Support Group Meeting will be **3pm - 5pm on Thursday 8 November**.  
Jenny is endeavouring to arrange for a Prostate Cancer UK Representative to attend for a general discussion and to discuss developments.

