

Mid Sussex Prostate Cancer Support Group

Newsletter

March 2022



Good afternoon members and guests,

We hope this finds you well and keen to participate with us and your fellow members.

Here is the final reminder that our face to face meeting on 24th March is going to be an informal get together, much like pre-Covid days, but at a different venue:-

**Haywards Heath Social Club,
6/8 Wivelsfield Rd, Haywards Heath, RH16 4EG.**

At the meeting we will have three members talking to us about their personal experiences:-

Ray, who is on Active Surveillance, will give an overview of MRI scanning and insights into some of the issues.

Dave will tell us about his Brachytherapy, and the importance of exercise; and

Andy, who has recently had a Retzius-Sparing Radical Prostatectomy.

There will be plenty of time to chat amongst ourselves and to compare notes. Refreshments will be provided in the normal way. If you have any friends or family who are not members, who are interested in coming along, please let either me or Jenny know. We are really looking forward to some normality!

I know that quite a number of you have now had Covid, and it seems as if the effects are fairly minimal, and much like flu or a bad cold. However, we will make our best endeavours to keep everyone safe at our meeting. We are asking that you are fully vaccinated, do a lateral flow test beforehand and, if you feel unwell before, or on the day, to apologise.

We already have over twenty attending what will be a very informative afternoon.

We are planning our 10 year anniversary celebration at an outdoor venue this summer and details will follow soon.

Our Autumn meeting will be on Wednesday 12th October, hopefully with a local Clinician.

Burstye Bumpers have enjoyed the recent spring weather with walks at Bedelands in Burgess Hill, and Devil's Dyke.



Rob has plenty of walks planned for the future and we hope to see more of you joining us.

At a recent chat room Viagra was discussed, and it seems to be unclear under what circumstances it is given pre-and post-treatment. There are as yet no national guidelines, but following the PCUK link on our website you will find more details here:

<https://shop.prostatecanceruk.org/pdf/publication/3542-post-surgery-ed-guide-interactive.pdf>

We are glad that our new members are joining in very quickly on the chat room and WhatsApp group, and are reaping the benefits that our members and support group offer.

My wife Karen and I recently helped at the PCaSO mass PSA testing day at Uckfield, at which 300 men had their PSA blood tests. Of these, 10% had a high reading, and one man had a PSA reading of over 300. This really shows how important it is to get tested early. Please do encourage your friends and family members to get tested.

We will look forward to seeing you all soon, and send you our very best wishes - stay safe and well.

Brian, Val, Jenny and Rob