

Mid Sussex Prostate Cancer Support Group

Newsletter

October 2021



Good morning members and guests,

Well, Autumn is now upon us, the weather is changing, the paths and bridleways are becoming muddy and slippery, so please be careful! The countryside, however, is still in full colour - the leaves are magnificent, so wrap up warm, wear the right footwear, and get out for an hour or so to enjoy some fresh air.

Our speaker meeting last week, the first for nearly two years, was attended by almost 20 members and wives. Dan and Anna, our friendly Clinical Nurse Specialists from Macmillan, gave an excellent presentation. They described the services provided for us and how they help the many men coming through the system, and reiterated that their team is the first point of call for getting information. They also spoke about current treatment options with their related side effects, and how to deal with them. A full report of the meeting will follow shortly.

The point of most concern is that more men are being diagnosed with T3 and T4 cancers, due to delay in having a PSA test. This means that the cancer has begun to spread outside of the prostate and is more difficult to treat. Can I remind you once again to please make sure your male blood relatives have a PSA test, and tell your friends too? One of our new members, who had no symptoms, was found to have a high PSA. He told several of his friends to get a test, and as a result one has been found to have a high PSA, and another has been fortunate to be diagnosed early with a lower T2 staging, making his prostate more easily treatable.

Many of you are already following a healthy diet and lifestyle. However, if you would like further encouragement to do so, here is a link to a useful recent publication by PCaSO, from their magazine 'Updates 72' https://pcaso.org/forms-leaflets/updates_72.pdf. This article has been well received by the medical profession, and is now handed out to newly-diagnosed patients.

Rob continues to find new walks to help keep you active and here is Rob's latest report:-

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“The walk on 30 Sept was organized for Chailey Common at 10:00. Attending the walk were Jenny and her dog Nellie, Andy and Daphne with their friend, and myself. The weather was a bit overcast and slightly misty but we didn't let that put us off. We did a walk of about 1.5 miles around the common which took us West to start with, then down through the woods to the lowest part of the common at its Northern edge, then East through more woods and finally South up the hill through heathland to the car park. We usually spend about an hour on the walks and this one was about that.

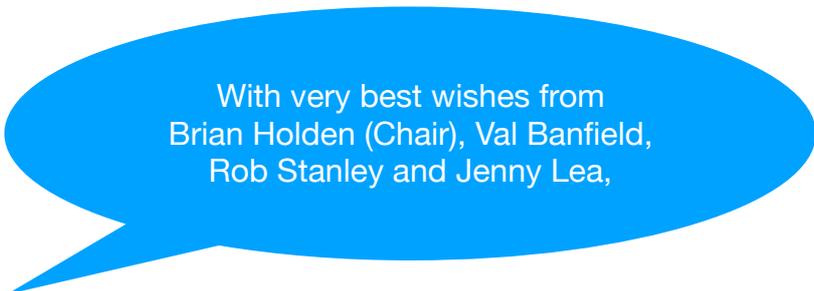
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“The next walk is planned for **Wednesday Oct 27 at 10:00** and will be at **Ardingly Reservoir** this time. The walk at the reservoir isn't a circular walk but it consists of woodland and some open parts and always in view of the reservoir which is used for many different water-based activities. At some point we will have to do a U-turn and retrace our steps. We always manage to have a good chat and a laugh while walking. I do hope you'll join us.”

If you want to come please email Rob at rob@littlehobland.co.uk

Our next face to face meeting will be a Christmas get-together with some seasonal entertainment, so please put the date in your diary - 9th December, 2.30pm at Haywards Heath Social Club. Full details will follow next month.

One final item, we are very sad to have to report that Jack Norris, a long time member of our Group, died on 21st September. Jack was a very generous man who would help anyone in need. He was a keen sea fisherman and a good friend to many. Our sincere condolences go to his partner Jan.



With very best wishes from
Brian Holden (Chair), Val Banfield,
Rob Stanley and Jenny Lea,

Take care and we will hope to see you soon.

20.10.21