

Notes for Prostate Cancer Support Group Meeting March 6, 2014

Ian made introductions. Announced new committee members.

Guest Speaker: Theresa Lynch
PC Specialist Nurse
www.pcuk.org
Helpline: 0800.074. 8383

Topic: Fatigue

Theresa discussed trial relating to fatigue issues for Prostate sufferers.
Pilot study partnered with King's College, London

Aim: For men to feel more in control of their fatigue

Key points: (PCP-prostate cancer participants)

Unacknowledged problem.	Doctor's estimate	21% of PCP suffer from fatigue
	Patient's reported	74%

Trial consisted of 76 PCPs, Average age 68,	Treatment received in the past:
	HT 77%, Radiotherapy 43%, Surgery 19%

Hormone Therapy had largest group of fatigue sufferers.
The fitter the PCP, the less symptoms they experienced.

To participant must agree to 4 calls/10weeks.

1) Assessment 2) Motivational course 3) Behavioural changes (some resistance) 4)
Follow up

Advice:

Don't go to bed too late.

Drink more fluids.

Take a nap if needed.

Do some form of exercise, preferably daily

Get full blood count test

Determine no other underlying issues, i.e. cardiac, thyroid. Enlarged prostate. ED

After presentation there was a question and answer session.
(David's talk took place first, then Q/A)

Discussed: Weight gain
 Hot flushes
 Bladder control
 Hydration
 Zolodex
 Hunger at night
 Emotional changes

2nd Speaker: David Barwell

Address the problem of muscle loss through hormone treatment

Topic: Formal exercise program at HH leisure centre

Key points:

 Exercise increased his leg strength, stamina.
 Have the GP refer you to the program.

End of meeting:

Advised of next meeting, July 16th, new location, United Services Club, 6-8 Wivelsfield Road, Haywards Heath, and annual membership due.