

The Buzz Bulletin



September 2020
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Newsletter of the
North Hampshire Prostate
Cancer Support Group

Welcome to the Buzz Bulletin

Chairman's Chat

We were very pleased that Lorraine Poole, our Clinical Nurse Specialist, was able to join our August Zoom group meeting, and we look forward to seeing her again at our future meetings.

Most of our group members had their initial treatment several years ago and many have thankfully been cancer free for a long time. Some however still have long term treatment side effects and we have had several speakers on how best to cope with these at past meetings.

One topic however that we rarely talk about is what happens if the cancer come back?

I am pleased to confirm that John, a Prostate Cancer U.K. nurse, will be the speaker at our September meeting who can answer your questions such as:

- when should I be concerned if my PSA levels start to rise again?
- how can I have a prostate specific antigen (PSA) if my prostate has been surgically removed?
- are there any other cancer symptoms I should be aware of?
- is hormone treatment the first line of defence?
- does my previous treatment, e.g. radiotherapy, reduce my future treatment options?
- treatment options have been considerably enhanced since my original diagnosis; what new treatment could benefit me today it is needed?
- what happens if the cancer has spread to other parts of my body, will I still be treated by the same team.

I'm sure you will have many questions of your own so come prepared on September 24th.

Stay Safe

Martin

We are moving forward

At last some of the medical support for men with prostate cancer is returning to normal as our local trust seeks to recover from the changes required with the earlier heavy influx of COVID patients. For the first time in months at our recent meeting we were much encouraged to have the specialist cancer nurse attend our Zoom monthly get together. All of us came away from the meeting greatly enheartened by her positive 'can do' supportive approach, and indeed we are privileged to have someone so caring yet unobtrusively professional looking after our well being.

Keith

Group Meetings

Group Meetings are via ZOOM



Contact

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North Hampshire Prostate Cancer
Support Group

Publicity News

HHFT to speed up Diagnostic Pathway for Suspected Prostate Cancer

A new improved service gets underway at the FIRS unit in Basingstoke and North Hampshire Hospital. The urology team has started local anaesthetic template prostate biopsies for men with suspected prostate cancer. This enhanced pathway will shorten the patient journey to reach a final diagnosis of prostate cancer with eventually better treatment outcomes. The first two cases of local anaesthetic transperineal biopsies were performed last Friday. This procedure involves the use of new technology to make biopsies more accurate. Being able to target areas of abnormality and speed up the diagnostic pathway. This is long awaited, but a real multi-professional approach with urologists, radiologists and specialist nurses.

Don't be intimidated by internet technology

Most of us have a love/hate relationship with the internet. Some could not get by without it, others really don't want to know and curse the way that most customer services and government departments are moving-on-line.

Unfortunately, this "progress" is only going to increase and has been accelerated by Covid-19. There is little we can do to change it, so rather than digging in your heels, be selective and just make use of the services and features that can really benefit your everyday lives, (grocery home deliveries?) and may save you money, and ignore the rest. (I don't use social media such as Facebook but have been shopping on-line and using click and collect during the lockdown to minimise my personal contact risk)

Did you know for example, that if you get a speeding ticket whilst out driving, you would normally be offered a place on a speed awareness course so avoiding penalty points on your licence and/or a fine. Due to Covid-19 these conventional face to face courses have been suspended and now only take place on Zoom video conferencing. If you don't attend, you get the penalty points. *(Please don't read that as us giving you licence to go out and commit a speeding offence -ed)*

If you are looking for a new savings account or ISA, most banks and building societies have stopped or severely reduced new accounts that are offered-in branch, by phone or by post. The best interest rates are only available for internet accounts.

The current National Health Service use of patient telephone/video appointments is likely to become the norm, although we at NHPCSG have been assured that all new cancer patients will initially be seen in clinic, face-to face.

Our own support group has only managed to keep going by continuing our monthly meetings on Zoom, and we are now regularly invited not only to other support group's meetings, but also to talks by specialists and others that we would never have been able to get to talk to us in person prior to Covid-19.

We would really like to see more of you at our own group monthly Zoom meetings so if you have not tried it before and are not sure how to start, we can help, just ask us, or your grandchildren!! We all make mistakes when we first began and no one will mind. Try spending a few minutes every day just browsing the web without signing up to anything initially. The best way to learn is by practice.

Take extra care however when handing over your personal and financial details such as credit card numbers, and if you are not sure, phone the company directly with their number you trust, e.g. from a hard copy statement, before proceeding.

See you on-line next month?