

Notes of Prostate Cancer Support Group Meeting held at the Dolphin Surgery, Haywards Heath on 13 November 2014

Peter Barton (Chair) introduced himself, welcomed everyone to the meeting and outlined the format for the afternoon.

He then explained that **Mary Rimmer** had agreed to attend in order to read her husband's case study, and where possible, answer members' questions on this. (Case Study available at: <http://www.haywardsheathprostate.org.uk/members-experiences.html>).

Mary pointed out that her husband, John, is currently in St Peter and St James' hospice receiving palliative care, and is paralysed from the waist down. She also clarified that his prostate cancer was aggressive and because there had been some spread to one of the seminal vesicles, he had been unable to have an operation to remove the prostate. On behalf of the support group, Peter thanked Mary for her kindness, and praised her courage, in performing this task on behalf of John.

Points from Members' Discussion

The subject of **pain relief** was discussed and it was considered that it is the GP's responsibility to deal with this, although Macmillan nurses are very experienced in this field.

It was also reported that recent investigations carried out in Liverpool had reported that low doses of **brachytherapy** had proved in most cases to be as successful as surgery. The importance was stressed of being fully prepared with all **relevant questions** when a patient visits his GP or consultant. There was a suggestion that the Internet could be used to help with this.

It was also suggested that **sons of PC patients** should have PSA tests 10 years prior to the age the parent was diagnosed, in order to have a base level to work from.

Suggestion of **Sage Tea to help with hot flushes** - tablets or tea bags available from Holland & Barrett, but much cheaper to make with sage leaves in boiling water, adding honey or lemon to taste.

It was also reported that some PC patients could benefit from **POMI-T** (containing green tea, turmeric, broccoli and pomegranite) which, following trials, had shown encouraging results. **Lycopene** had also proved to be beneficial.

Dried prunes (instead of fibogel or laxatives) was also recommended as a more healthy way to help with constipation.

Due to unforeseen circumstances, the main speaker, Dr Fiona McKenna, was sadly delayed in London and did not arrive until 5.00pm by which time it was considered too late to continue with her presentation. However, following a chat with the committee, Dr McKenna, who was extremely apologetic for her lateness and missing the opportunity to

present to the members, agreed to return to speak at our March meeting and may be able to arrange for a colleague, research scientist to join her. (This will be confirmed later).

Next meeting is March 2015. We will aim for 3rd Thursday, but this will be confirmed to you all when details are firmed up with the speaker.