

MINUTES OF MEETING No. 32 – THURSDAY 4th JULY 2013  
Venue – Mackenzie Theatre/Library Burnley Gen. Hosp. – 2-4pm

28 people present including our two specialist nurses Debbie Hesketh & Deborah Dobson & Doctor Parikh (speaker). Apologies Steve L. & Hazel & John

Dave (Chairman) opened the meeting; he had not been at the last meeting, but he read through the Minutes of the previous meeting and suggested that we should publish the Minutes on the Website again, (as we had previously done) to inform people who had been unable to attend what had transpired. This was voted in. It is hoped that we can publish the two previous Minutes also.

Dave then told about the collection for the Scanner Appeal, being organised by Gordon Birtwistle, and that members of the Prostate Support Group helped at a fund raising outside Marks & Spencer in Burnley and the collection raised £358 for the Scanner Appeal.

Stuart read future announcements. He said that Collective Legal Solutions are giving a talk at the next meeting. Basically this will be about financial planning; e.g. wills, tax etc. The name of the talk is "Tax, Care & Toy Boys". The talk will last approx. 30 minutes with a question and answer session afterwards. It is an informal talk, no pressure, no sales pitch. Apparently it is a very interesting talk as the Oldham group have had the same talk and they thought it very good.

It has been brought to Stuart's attention that there is to be another on line study for people that have had hormone treatment, but as yet nothing has arrived. Doctor Parikh spoke Briefly on this topic.

There is to be a charity night at a cost of £12.50 for a 3 course meal at Aldos – if anyone is interested. This is part of the fund raising for the Scanner Appeal and there is to be a Golf Day on 20<sup>th</sup> September. A general discussion took place about the professionalism of the fund raising effort and the fact of how many contacts Gordon Birtwistle is able to call upon.

A member told of the alternative treatments on offer at Rawtenstall Hospice for cancer sufferers and their families. The hospice movement cannot approach people, the people have to approach the Hospice – but they do the same at Pendleside Hospice too!

AT THIS MOMENT IT WAS DECIDED TO BREAK FOR COFFEE – DOCTOR PARIKH (CONSULTANT CLINICAL ONCOLOGIST) TO SPEAK IN THE SECOND HALF.

In the second half of the meeting Doctor Parikh briefly outlined her credentials and how she trained in Edinburgh and then went on the wards in London as a junior Doctor and is now based at Preston specialising in Oncological treatment of urological malignancies & Sarcoma. She covers Burnley, Blackburn & Preston and sees 10/12 new Prostate cancer patients every week and discusses treatment.

During her presentation she showed an article where a man had his prostate removed because of a gene in the family. However, he did not have prostate cancer cells in his Prostate and he could have had monitoring instead of drastic action. Unfortunately the way the Media sensationalise news to sell papers can make people very frightened. She said that professional people trained in Prostate Cancer were the correct people to discuss these matters with.

She then spoke about Radiotherapy and the side effects it can have, but on the whole patients are not troubled too much although it can be very varied – what is usually common is

Urinary problems which can be easily sorted out.

She spoke about Rosemere Foundation which she says is an excellent centre and that there are other Centres in Edinburgh and London. She said that in the last 3 to 4 years new drugs have been developed which can extend patients' lives.

She said that people like ourselves are making more people aware of Prostate Cancer as it is currently more common than Breast Cancer and there are more drugs becoming available and we must keep awareness going as so much has come forward in the last 5 years.

We have briefly outlined here topics of her talk but when she had finished she opened it up to GENERAL questions. One of the questions was 'why is there a PSA reading with some patients after removal of the Prostate'. She replied that when PSA readings are increasing, further monitoring needs to be done. She explained that odd cancer cells can be outside the Prostate after removal and that further treatment can be given around the area where The Prostate had been. Another question was, would patients return to normal weight after treatment.

She said that that was a 50 thousand dollar question – we put weight on when we are older but leaflets are available on diet and treatment which may help. On answering another question about mucous after radiotherapy, she said it was a common problem and that treatment can be tempered to suit the problem. This can be discussed in the clinic.

Doctor Parikh was thanked for her talk which was interesting and informative and she in turn spoke about how pleased she was about the work of Prostate Support groups.

The meeting finished with one of Dave's famous jokes.

The raffle made £41

**Next meeting will be Thursday 1<sup>st</sup> August 2013, 2-4pm at the Mackenzie Centre, Burnley Gen. Hospital. 2-4 p.m.**