



Speaking from Experience *Prostate Cancer*

Transcript for chapter 4 of 6: Men and their health

Ray - There is very much a macho image that could hinder men from going to the doctor and saying, "hey, how about a general check?" If you're a male, the chances of going to the doctors for a general check, is small. Most men don't have it. You wait until something happens and you get ill.

Robert - I can see that many men may not want to speak about it much, or as readily. Therefore, they may not get possibly diagnosed earlier with a problem. When they do have a problem and the doctor is aware that there's a problem, it could even be too late in having a total cure.

Ray - One of the symptoms is a tendency to frequent urination, particularly at night time. If a man has to get up two or three times at night time, it may indicate that his prostate is becoming enlarged. It doesn't necessarily mean prostate cancer. But even that should alert a man to do something about it and have it checked out.

Dorothy & Patrick - With a cancer like this it's vital - like with all cancers, I guess - to get there early. If you can get there early, they can be cured.

Michael - I think all men, once they... well they should have regular tests no matter what age group. But in particular, with prostate cancer, you really should be having a yearly test.

Richard - I do believe that men should go more often and have a good check up, and not wait until they are 50 and 60. This problem can hit younger men too. The earlier you get onto it, the more chance there is of a cure.

Michael - My surgeon, the first thing he said to me when we found out how serious the tumour was, was 'I wish to god we had picked this up six months ago'.

Dorothy & Patrick - The medical profession, through the media, are trying to get the message across to men that they have to be responsible for their own health.

Ray - I have a good GP that I can talk openly to. He knows I want a copy of every test that's done, and I keep them on a file and discuss them with him from time to time. It's also important to have a good relationship with your Urologist. In addition to that, it is very useful to have an Oncologist, who is standing out there. Not directly involved with the treatment, but looking at the treatment from afar and advising you.

Dorothy & Patrick - There is another thing about this aspect of the business too, which I think is quite important: when I go to the doctor, Dorothy always comes with me. When Dorothy goes to the doctor, I always go with her. We support each other in every way we can. Not only that, we're on our 70s and our memories aren't what they used to be. Sometimes you forget to ask all of the questions. Or, alternatively, you forget the answers to some of the questions that you asked. We back each other up.

Dorothy & Patrick - They're quite used to it (laughs).



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