

Men's Health Evening 20 May 2013

This was the third Healthcare promotion event organised by both the Overton Practice in conjunction with the Patient Participation Group (PPG). Thirty eight patients from the practice attended. The presentations provided an insight into spotting those important, and as we were advised, not to be ignored, changes from the "norm" that men especially don't generally wish to acknowledge and discuss. Mr Biral Patel the, Urologist Consultant at Cheltenham & Gloucester Hospitals and Robin Ewart, representative (Trustee) from the Gloucester Prostate Cancer Support Group, provided the audience with two informative illustrated talks discussing symptoms and warning changes to look out for. Dr. Nelson from the practice also attended the evening. Both Mr. Patel and Robin Ewart provided reassurance that on discovering any such symptoms, through prompt action, the medical profession can either reassure or address any issues or provide quick and timely treatment in the early stages which is so important to gain the maximum benefit from any treatment to help promote a better quality of health. In Gloucestershire in 2011, 25% of all male cancers were prostate related and although prostate cancer is thought of as an age related cancer, younger males are increasingly being diagnosed, the reason for this change is unknown. While the greater awareness may be a factor in the increasing numbers, 600-800 cases a year, the message of the evening was don't be embarrassed to discuss any changes as early prompt consultation is the key.

Mr Patel discussed the misconceptions over the tests, causes and treatment available for prostate issues and possible cancer, talking through the support available and giving insight into tests that are available, as well as understanding their limitations. There are also genetic factors which can play a part in susceptibility. He outlined those treatments available now and in the future, such as robotic surgery, the introduction of which is planned for Gloucestershire in the near future. Robin Ewart provided an insight into the work of the Prostate support group and some personal recollections of the groups work and his own experiences.

As a postscript, I was discussing the evening the next day with a person who told me they had been diagnosed with bladder cancer and there early prompt consultation through their wife insisting they seek medical advice on a small single change had led to an early diagnosis and immediate and successful treatment, reinforcing the evening's lessons.

Thank you to everyone from the surgery and PPG members who contributed in organising this evening and our special thanks to Mr Petal and Robin Ewart for making this evening such a success.

Nick Parker Overton Park Surgery PPG Chair