

# The Buzz Bulletin



May 2020  
Edition 4 Vol. 5

Newsletter of the  
North Hampshire Prostate  
Cancer Support Group

## Welcome to the Buzz Bulletin

To join the Group's online meeting you will receive an email from Allan with a link to enable you to participate in the Zoom meeting. The link will become active about 10 minutes before the scheduled start time. You can participate in meetings using a computer, iPad or Smart Phone. If you do not receive the link or you would like help or guidance with joining please contact Allan using the 'For more information' Contact details below and he will send you the email link or assign you a member to assist as appropriate.

## DIARY DATES

Following Government Advice venues have been closed. The Exercise Class is suspended and Group Meetings are via Zoom.

**Our next online meeting is on Thursday 28th May at 2.00pm when John Rees will give a talk about the history of the NHS.**

## NORTH HAMPSHIRE PROSTATE CANCER SUPPORT GROUP MEETING

### On line meeting Thursday 30th April 2020 2.00pm

At today's meeting we had 20 attendees. The meeting was hosted by Sue Boyes of PCUK who are paying our Zoom Pro subscription. Sue introduced Jane Hocking, a PCUK nurse, to answer our Prostate Cancer related questions.

**Is the risk of getting Covid-19 greater because we have Prostate Cancer?** Not from the cancer itself, but some treatments may reduce immunity, although hormone suppression treatment does not.

**Are there things we should avoid doing which would have an adverse effect on a PSA test (such as eating a curry, cycling to the test centre or sexual activity)?** Apparently curries are OK but having the test after a stage of the Tour de France is not, however cycling to the test centre is OK. As for sexual activity, best save your efforts for after the test.

**What risks are there in delaying cancer treatment?** Specialists will always assess all the risks in giving a particular treatment and give the most appropriate treatment to the patient.

**What if hormone suppression treatment is interrupted?** It will have no bearing on immunity to Covid-19, and would only be suggested if safe to do so. Alternative regimes may be suggested such as tablets instead of injections, or injections at 6 months rather than 3 or 1 month intervals.

**What can regular PSA tests tell us?** A single value should not be the cause of alarm. It is a trend over time which is important as an early warning sign.

A vote of thanks was given to Jane for her talk. Sue reminded us that if we need to talk to a health professional about Prostate Cancer that PCUK was there to help.

The committee are hoping to regain control of our Facebook page which we will use as an additional source of information to the membership. Allan will maintain the page with help from Bob Williams.

**Richard Wilson** told us that he raised **£574** in his 2.6 challenge by walking 26 miles. He thanked all who had donated. **Well done Richard.**



## Some Useful Web Contacts

Macmillan Cancer Support with advice relating to coronavirus  
Prostate Cancer UK advice at  
Macmillan Cancer Support at

<https://www.macmillan.org.uk/coronavirus/cancer-and-coronavirus>

<https://prostatecanceruk.org/>

<https://www.macmillan.org.uk/>

## Group Meetings

Group Meetings are via ZOOM



**Together we are Stronger**

## Contact

For more information

call or text: 07849 608874

email : info@nhpcsg.org.uk

website: www.nhpcsg.org.uk