My Cancer Journey
Roger, CRUK-RCGP Patient Representative

CRUK-RCGP FACULTY WORKSHOP
EDINBURGH, 6 SEPTEMBER 2018
Late November 2011 in Romania.

Troublesome ache more than pain - did not need pain relief – in upper thighs especially rising from a chair.

Retired back to UK at Christmas 2011.

Chiropractor in mid-January 2012 gave me letter for GP suggesting arthritis.

GP agreed and given blood test for PSA as well as Arthritis.

Arthritis took its course, unable to bend to don socks and shoes until medication solved that problem.

No clear Prostate cancer symptoms except occasional night visits.
Treatment

PSA PROFILE 26/01/12 to 5/01/18

- Bicalutamide
- Zoladex ongoing
- Chemotherapy 29/07/16 to 15/11/16
- PET & Bone Scans etc
- Oncology APPT 26/03/16
- Urology APPT 8/02
- Biopsy 14/03
- Oncology APPT Alignment 19 July Revised 9 August
- 1st Blood Test 26/01
- Bone Scan 26/03
- Radiation Therapy Alignment
Reflections

- Saw my GP once after the 2012 biopsy, in early 2017 losing a thumbnail after chemotherapy. I use MyMedicalRecord.
- Why me and why then and how the family felt?
- Why did I write two complaint letters and results thereof?
- Dismayed at the number of cancer patients at the clinics I attended.
- Recognised the professionalism of the oncology team.
- Eternally grateful to GP for the PSA test when no apparent symptoms.
- May not have been able to present this if not diagnosed early.
- Able to lead a busy life in 2018.
Key messages

Be aware that

- Most patients don’t think cancer with vague symptoms.
- The cost of a blood test is often worth it in men of a certain age.
- The impact GPs make in referral of patients makes an extraordinary impact not only to cancer patients, pathways/treatment/life, but also to families, and patients are very grateful of the role that you provide.
- Cancer patients and their families do not always take in what is being said to them.