

Here what some patients who have had a Buddy say.....

"Being able to speak to Bernard about my forthcoming Radiotherapy treatments for my prostate cancer was of immense help as it really prepared me for the experience."

" Having a chat with Mike about my Robotic prostatectomy before it happened was really wonderful, particularly as now as a single parent Since the recent loss of my wife, with two children to support it was the kind of help that was really needed, as I had to make difficult arrangements for my young family, to allow me to go into hospital for my surgery."

"The introduction to David (and his partner Janet) who had just finished his prostate cancer Chemotherapy sessions, and him having exactly the same Chemotherapy as I was about to have, was fantatastic. His detailed experiences of his treatment with the observations of Janet, and how he coped, with his own tips, were unbelievably useful to myself and my wife, throughout all my own treatment. Now well again we still often meet up and talk."



PROSTaid are a local Charity run by prostate cancer patients, families, friends and urological professionals.

We will give you all the information you need to make your choice of treatment as well as the opportunity to put you in touch with other local men who have been successfully treated. We run five prostate cancer support groups that meet monthly.

We fund three dedicated PROSTaid prostate cancer specialist nurses in Leicester & Northampton

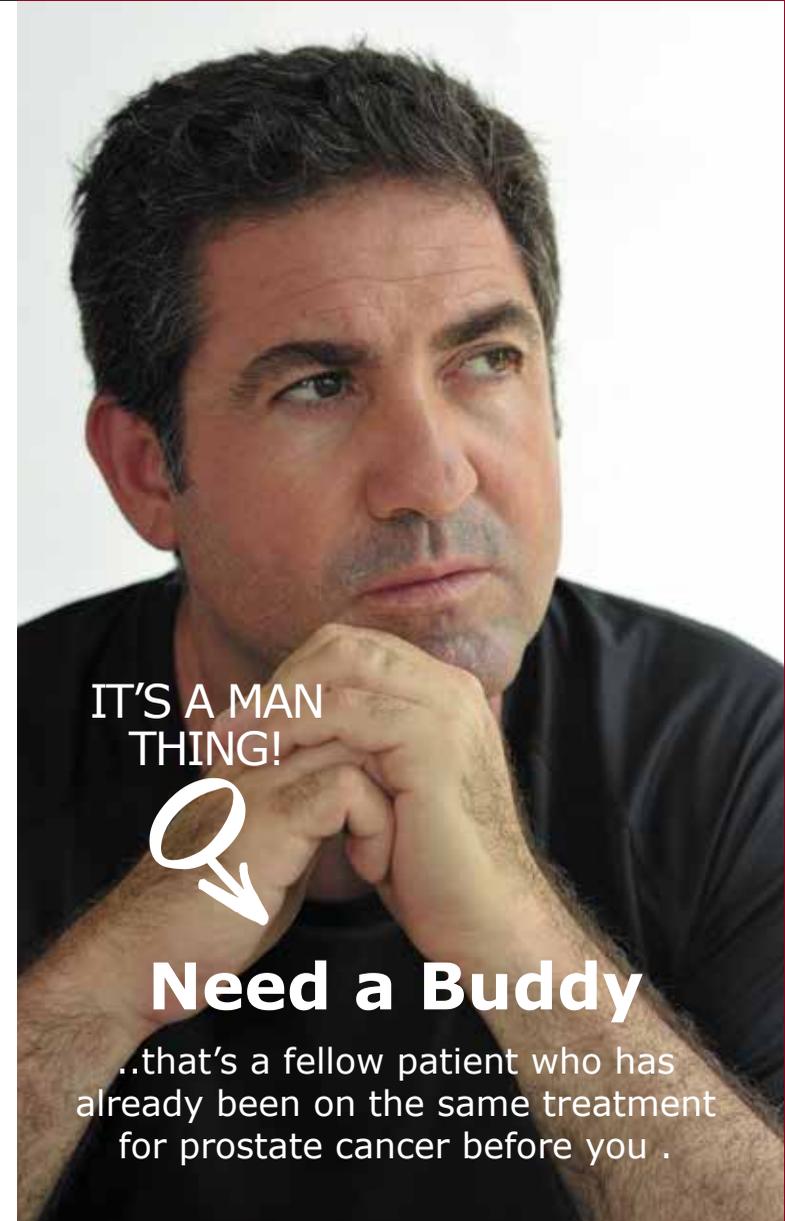
Contact our nurses: **0116 2588328**
Details of support groups
contact: **0116 2584490** or **0116 2888188**

E-Mail info@prostaid.co.uk
www.prostaid.co.uk

PROSTaid Reg Charity No 1116935,
Charitable company No 5953090

PROST
aid®

IT'S A MAN THING!
getting the facts about prostate cancer



IT'S A MAN
THING!



Need a Buddy

..that's a fellow patient who has already been on the same treatment for prostate cancer before you .

PROST
aid®

Helping to Fight prostate cancer in
Leicestershire Rutland and Northamptonshire

How could a Buddy help me?

Sometimes men with prostate cancer (and their partners), find it helpful to be able to speak to a fellow patient who has already experienced the same treatment. This could be helpful before you have treatment and indeed during and following treatment. They will be able to explain from their own experiences, some of their feelings and offer practical guidance.

If I would like a Buddy how do I get one?

Speak first to your PROSTaid prostate cancer specialist nurse Tel: 0116 2588328 or your PROSTaid support group leader. They give you the name and contact details of an appropriate Buddy who has recently been treated.

If you have difficulty in contacting them ring Niki Bakewell: Tel: **0116 258 4490** or Rob Banner PROSTaid: **0116 288 8188**

How do I make contact with my Buddy?

Use the contact details you have been given, and then find a mutually convenient time for you both to speak. You could either speak to him over the phone or could meet in person at a suitable location or support group meeting.

How long will it take my Buddy to contact me?

We ask a buddy who has volunteered to contact you within a week (holidays, etc of course excepted).

Do patients find it a benefit to have a Buddy?

Yes, in most cases patients find that talking with somebody who has already experienced the treatment for himself is really an immense help and can often remove the anxiety and fear of the forthcoming treatment and the subsequent journey.

Do I have to follow my Buddy's advice?

To clarify, the buddy will explain things from their own experience, but will not give advice. It's entirely up to you how you use this.

Are Buddies selected?

Yes all buddies have been selected and approved to give you practical information from their own treatment experience. Everything shared with you is from their own experience and is all private and confidential.

