



Patients Supporting Patients

Scottish Charity No. SC049385

Website

www.prostatebuddiesdandg.org.uk

Facebook:

www.facebook.com/Prostate-Buddies-D-G

We are a group of Prostate Cancer patients living in Dumfries & Galloway, backed by the Prostate Scotland Charity, who meet on the last Wednesday of each month at Dumfries Baptist Church Centre, Gillbrae Road, Dumfries. DG1 4EJ. From 7- 9pm

We now also run our 'Prostate Partners Group' on the same night, at the same time and in the same venue, for wives & partners of Prostate Cancer patients.

We are here to informally chat through, what happens next? Here you can get more help and advice, or just talk through your concerns.

'WE NEED TO TALK'



'YOU NEED TO TALK'



"A Partner's guide to Prostate Cancer"

(Courtesy of tackleprostate.org)

We all know how supportive our partners can be in our lives, but when you are diagnosed with a serious condition that only affects men, how does the partner in your life respond? How do you persuade your man to talk to his doctor about prostate health? You know him best, and you can probably think of the best way to gently twist his arm especially when it's a subject that he may be too embarrassed to mention to you. But if you need a few tips here are some ideas that other partners have found useful!

- Leave medical information leaflets lying around where he is likely to find them i.e. in the bathroom or near the remote.
- Use friend's experiences as examples of when a trip to the GP resulted in peace of mind or a successful outcome.
- Tug at his heart strings i.e. "Do it for me/us/the family"
- Compare it to breast checks. Women are used to going for regular breast check-ups so going for a prostate check can be his equivalent.
- Book a double appointment with the GP for a check-up for both of you, and tell him he's going with you.

**OK, I persuade him to go to the GP.
What happens next?**

Is your man good about staying healthy? Like most men, he will only visit his GP as a last resort. He probably treats his body like his car and only seeks attention when it breaks down! Whether a partner, daughter, mother or just a friend, you'll appreciate how difficult it can be to persuade a man to go for a health check up. But as he becomes older it becomes even more necessary. With your help, any signs of prostate problems can be detected as soon as possible, which greatly improves the chances of successful diagnosis & treatment.



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**Have you been diagnosed with Prostate Cancer?
Are you undergoing treatment for Prostate Cancer?**

Maybe you need a Buddy?

A Buddy is Someone who;

- Has had prostate cancer and the treatments.
- Will listen & give support, drawing on experience.
- Is trained as a 'Buddy'.
- Will guide you to the information you need.
- Is happy to share the experience of their cancer treatment.

Open Meetings for you & your partner are held on the last Wednesday of each month at Dumfries Baptist Church Centre, Gillbrae Rd, Dumfries DG1 4EJ. From 7 – 9pm

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