



# **PROSPECT**

*Bristol and District  
Prostate Cancer  
Support Group*

## **NEWLY DIAGNOSED AND THINKING ABOUT ACTIVE SURVEILLANCE?**

Prospect is running an Active Surveillance group at the Macmillan Wellbeing Hub at the new Dyson Cancer Centre at the Royal United Hospital in Bath. If you have recently been diagnosed with Prostate Cancer and want to know more about Active Surveillance (AS) do come along to one of our sessions and talk to others who have benefitted from this option.

We know that a Prostate Cancer diagnosis can be worrying for men and their partners and that it's natural to think first about options for treatment. Yet for those with a suitable diagnosis AS can be the simplest way forward, with no treatment, no drugs and no unpleasant side-effects.

AS is the primary option for men who have a low risk Prostate Cancer which is unlikely to cause harm or reduce life expectancy. It involves a regular blood test to measure prostate specific antigen (PSA) levels and possibly other non-invasive tests such as digital rectal examination and an

MRI scan. The aim is to avoid treatment unless there are signs that your cancer may be growing.

The AS group meets at 10.30 am-12.00 pm on the last Tuesday of the month at the Macmillan Wellbeing Hub at the Dyson Cancer Centre in Bath. There are refreshments and the opportunity to talk to others informally and confidentially if you wish. We will explain what AS involves and why we think it is a very good option. We can't offer clinical advice, but we aim to provide reassurance to men and their partners who are deciding whether or not to go for treatment. There is car parking adjacent to the Dyson Centre at the Royal United Hospital, Combe Park, Bath BA1 3NG.

Prospect is the Bristol and District Prostate Cancer Support Group run by men with experience of Prostate Cancer to provide a range of support and advice on all aspects of the condition to patients, partners and carers. It has a regular programme of meetings, mainly in Bristol. Contact:

- <https://www.prostatecancerbristol.org.uk/>
- [prospect.bristol@gmail.com](mailto:prospect.bristol@gmail.com)

The new AS group at the Dyson Centre is an initiative by Prospect members in the Bath area. For more information about our AS meetings, please call Henry Brown on 07990 585493.

