

Bref's Prostate Experience



Thank you all for your generous and warm support over the last couple of months. I hope you don't mind but I'd like to share my experience with you all.

My prostate cancer was spotted on a routine [PSA blood test](#) I had last

November. This was the second test I'd had inspired by the death of a very good friend of mine and many of you, Alan Carter, who was unfortunately diagnosed with terminal prostate cancer. I had very little symptoms, just took longer to pee than most and it was a complete shock when I first found out I had tested positive. So I'm telling everyone, especially all the men over 50 I know, to have a regular [PSA blood test](#) especially if it's a while since you had one.

Warning, you may experience resistance from your GP to this as some don't like to give a [PSA blood test](#) especially if you don't have any symptoms. So you may have to insist! Tell them about me if you like, I had no significant symptoms yet my tumour was quite big, 35mm in length, but fortunately for me was contained centrally within the prostate.

I must mention Mr Chadwick, Mr Bhatti and the prostate team who operated on me with the assistance of the [DaVinci robot at James Cook Hospital](#). We're so lucky we have access to such high standards of surgery on Teesside. They're performing life saving operations every day.

Looking forward to seeing you all soon, Bref.