08

Participant Notes

AGE: 66

Education: undergrad with post grad study (scientist)

Current health good

Time since treatment:

“I should clarify that my experience with prostate cancer is relatively limited.  The diagnosis process was a little unusual and took several months, but once my status was confirmed I started with hormone treatment only, and am just completing six months down this path.” -email

“Thanks for your hospitality yesterday.  I hope I didn't burden you with too much irrelevant information, and that you managed to have all of your questions answered.

I did promise to send you details of the strength training programme I have been using.  Here is the homepage link:  
[http://growingstronger.nutrition.tufts.edu/](http://growingstronger.nutrition.tufts.edu/" \t "_blank)

As you will see it is a joint effort of Tufts Uni and CDC in the US.  Although published in 2002 (a good vintage) it has had some revivals through citations and other referencing.  The original work has some good pedigrees as well.  It may have come up easily in our searching as I have accessed a lot of material from CDC over the years for my own work interests.

The sub-title - strength training for older adults - may be of interest also in choosing the name/ point of entry/ emphasis of your own programme.  As we discussed, your target group is predominantly older men.

You will see that the content provides a very gentle entry, allowing two weeks from the official start date for just thinking about it, and with exercises that are not at all intimidating especially for those who have no idea what the inside of a gym or lycra look like.  Like men who have just found out that they have prostrate cancer, and it's incurable, 'older adults' have probably come to a similar view of their own mortality and are keen to improve the quality of the years ahead, even add some more years or reliability to that possible total.  I think the text of this booklet, acknowledging that it is a little dated and in US English, is well structured towards encouraging appropriate longer-term thinking.

Thank you also for the envelope of goodies.  I forgot your earlier mention of a Coles voucher, otherwise I would have given it back to you at the time as quite unnecessary.  But I did enjoy the coffee, and your note.  Much appreciated.

Please don't hesitate to contact me again if I can be of further assistance.

Kind regards

*Name”*

Diagnosis and treatment

* I should clarify that my experience with prostate cancer is relatively limited.  The diagnosis process was a little unusual and took several months, but once my status was confirmed I started with hormone treatment only, and am just completing six months down this path.” –email
* Advanced cancer. First biopsy missed key areas by doctor had feeling it was cancer. Different biopsy meant they found it, many appointments. Considered highly advanced. PSA back to under 0 now.

Health

* Sees health differently now, not as worried about the future
* Was active when younger, but re engaged now.
* Very active in seeking out information. Wants a lot more detail then most things offer.

Activity

* Currently quite active, wanted to avoid issues with muscle wastage, weight gain, and man boobs.
* Partner found program online and he has been using it from home.
* Doing a lot of weights training using program
* Strength training for elderly folk
* Exercising slowly

Barriers: motivation, weather, doesn’t want a commercial space- fad exercise programs.

Facilitators: Wants the emphasis on wellness

Guidelines: wasn’t sure, but wanted a medicalised approach against side effects and GPs need to be more on board.

Internet

* Uses internet a lot
* Confident
* Wants realistic options regarding information
* Navigation tool to make things easy to find
* Prefers 2nd option, to meet ‘curiosity’

Naming:

liked PCPA, like istrengthen and a stronger me.

Suggestions:

* PC strength and wellness
* PC Fitness
* Strength and wellness in prostate cancer SWPC
* PC health and fitness
* PC fit to be fit
* Move more and strenghen