Study 19: Interview Transcript

Interviewee: “A” Participant: “P”

Participant ID: 15 Transcriber : Marg McGee

A: I was wondering *name* if I could start a little bit with some background information about yourself. If you could tell me a little bit about your history of being diagnosed with prostate cancer and any of the treatments that you have had so far.

P: I am 62 and a bit, divorced 17 years ago, and I’m in a permanent relationship. I have a firm belief that rather than the old male way of doing things of having your head in the sand hoping things will go away, I try to be proactive with my health but that doesn’t mean Im a superfit athlete or anything silly. I am overweight like most men. I do a bit of mountain bike riding but not too often and not often enough. My PSA levels blood tests were going up slightly. I don’t know pick a number, for about 4 years, 5 years in monitoring it. SO then I was referred to Peter Sutherland who is a urologist at South Terrace. And we monitored PSA levels whatever and I had internal samples taken with his 25 needle and all that sort of crap. That’s lots of fun.

A: Oh yes, I’ve heard about that.

P: Yeah, so 12 samples at a time. And that showed there was cancer, but as he explained the needles are so fine that you could miss the cancer or you could find the only cancer cells there so it’s a bit of a hit and miss. I had that monitored for two years. And he said, you’ve obviously got cancer. It’s not the upper end of it. It’s not that severe. You’ve got choices. Do you want to keep on monitoring it and live with it or do you want to do something about it, and he said the only thing to consider is that if you do continue monitoring it and it breaks out, it will go to your spine. And when it gets to the spine, Ive heard of all that, doesn’t sound a very pleasant way to die. No, so I said let’s be proactive and let’s remove it and at that time he explained all the health implications and the sexual implications, whatever. So I went ahead with it and that was probably 2 years ago, I suppose.

A: OK so not that long ago.

P: Yeah, not that long ago. So that’s my sort of background.

A: Yeah, thanks for that so far. I really appreciate your story. So do you think your health or the way you view your health has changed now compared to before you were diagnosed.

P: Well no. People ask me do you regret having it done. I say in one way I do because my sexual performance is dramatically different whereas now I know I don’t have prostate cancer. I’m clear. Totally clear. But I would rather jump in early so Im not chancing having cancer coming back and come back with a vengeance. Having said that to having the operation and the results aren’t to be taken lightly either.

A: Since the diagnosis, have you changed anything about the way you live or anything? You mentioned you were trying to be a bit proactive

P: Yeah, Ive been proactive about this sort of stuff for a while. But Im not superfit, I’m overweight, and I don’t smoke, but I do drink alcohol. Im probably in reality Im 105 to 110 kg. Im probably 10kg overweight. SO Im not a fitness freak or diet but I do believe in trying to be proactive with this stuff.

A: Do you think you value things differently since the diagnosis? Just in general, like family or friends or attitude to your problems

P: No, not really. I value what I had. (laugh) But I haven’t got it anymore

A: Yeah, well thanks for that. I will keep us moving along. So the next section is about healthy lifestyle, specifically on physical activity. When someone mentions the word physical activity or exercise, what tends to be your first reaction?

P: Ah, just the fact I ride a mountain bike and Ive done a lot of hiking in the past, not now. Traditionally during the winter, and this has been the worst winter, we haven’t done much at all. We normally try and ride the Mawson trail.

A: Oh cool.

P: Which is 500 ks long Adelaide to Blinman. So we try and do that with a group of guys who are a similar age. The 50 to 65 mark. There are about 4 or 5 of us that do it.

A: How did you find out about the group. That sound’s really interesting.

P: Oh well, it’s a group of friends. It is just something we decided. I instigated it because I walked the Heysen Trail which is Cape Jervis to . I don’t that years ago, so I thought riding the pushbike must be the answer. You can ride further in a day than you can walk.

P: Didn’t play any sport. Probably the only thing I do is riding a bike. I find that stuff boring.

A: Now that the weather is starting to get better.

P: Yeah. My wife and I used to walk every morning for half an hour.

A: That’s really good. What happened that meant it stopped?

P: The weather and also my wife has a crook leg at the moment. I guess that’s more of an excuse than anything else. I could still do it.

A: At the same time it’s harder by yourself. Having someone to keep you accountable like no come on. I was wondering, have you ever participated in a formal physical activity program before?

P: No, I moved up the Mount Barker. About 12 months ago I started doing some stuff with the men’s group. Going to the gym and they go every Tuesday morning at 9.30 till 10.30 but you can go anytime you like if you are in that group so I used to go in earlier. And I rather enjoyed that but I don’t my shoulder in. I said to *physio name*, Im sorry but I just can’t be bothered. So she said go see this guy at the hospital, he’s an expert physio on shoulders. Ive been seeing him for 12 months and my shoulder is just starting to come good. I couldn’t even lift a comb to my hair. This arm was just about dead. I can get my arm up to comb my hair now.

A: That must be such a relief to get that functioning back.

P: So Im getting my shoulder use back. I guess I will go back to the gym one day.

A: SO you found it not a bad experience.

P: Yeah. I quite enjoyed it. My wife told me off. Wasting your time.

A: Do you think there are barriers to activity. You mentioned the weather or of your wife’s not feeling that well either.

P: There is a barrier in that we are two, three km out of town. So you’ve actually got to get in the car and make an effort. Whereas if we were in a retirement village with a gym just there, that would be different. So that’s one barrier. Freezing cold morning, you don’t really want to go. Last year I did, all through winter. I went every day, every week Im sorry.

A: In terms of something that’s a facilitator. To be more active. Can you think of anything of the top of your head that’s helped you before.

P: Not really. Having someone like *physio* to work with you and say this is what you should be doing. That’s good whereas I’ve never had that type of thing before. Ive never had that type of assistance.

A: Yeah and its a professional support. Would it be different if it was a peer? Do you like the professional side more than if it was just someone who was your friend.

P: Either way, I’d be happy with either.

A: Do you have a sense of what the guidelines are for physical activity for some-one of your age or with your health condition?

P: No. I rely on what Sue tells me.

A: Have you ever looked for resources before?

P: No

A: So this leads to the third part of our interview which talks about the internet and some of our research ideas. SO what my team is designing is something that Is meant to be online. It’s not a substitute for face to face. It’s meant to be more of a doing something in my own time as a kind of tool kit to improve your activities. So if you don’t know a lot about resistance training. This program will give you examples or ideas and stuff. If you dont want to go the a gym or you don’t have access to someone like Sue. So the first thing I’m going to do is ask you some questions about the internet and then get your opinion on our research ideas.

A: Can you tell me how much you use the internet at the moment.

P: I don’t use it. Not at all.

A: Have you ever used it before?

P: I used to use it when I was working but when I retired in 2001 I said that’s it, the computer can stay on the desk.

A: You are done.

P: Done, finished. My wife uses it all the time. She does the banking, She does everything on the net. I don’t have to.

A: If you had to would you ever be interested to learn?

P: I probably would. Yeah. But its another thing I have to find time for.

A: Are you quite busy at the moment?

P: I’ve always got something to do. It is not very often I have a blank day in my diary. And I still keep a diary.

A: You are more busy in retirement than when you were working?

P: I don’t know how I found time to go to work. Honestly, it’s unreal.

A: When you have used the internet before. Say when your wife is talking about it. Are there things that you’ve noticed about websites that you like in terms of the way they are presented, information or if they’ve got visuals, pictures or text. Is there a certain way you’ve noticed, Oh that looks alright.

P: Yeah, I guess it doesn’t really matter. If there is some visual stuff there it’s nice. I guess there was a stage when I’d done my shoulder in which was back originally in 08, that’s how long Ive been putting up with it, I went to the backs in motion

A: Yeah I know that group

P: They gave me some diagrams and stuff like that. My wife printed them off on the computer.

A: So you had it there and you could follow.

P: Yeah so that type of stuff is good.

A: Did you do that from home?

P: Yeah

A: Was it good to have something home based so you didn’t have to go to the gym?

P: Yeah. Ive got a treadmill, Ive got a bike, Ive got a boxing bag. I do have some exercise stuff there.

A: Because not everyone has access to that stuff of course. That is really cool that you’ve got those things.

P: And if Im down in the shed and I get bored, I will go for a ride for a while.

A: Hypothetically if you were to participate in a program like this, do you think an eight week length is OK or is that too long?

P: 8 weeks. What’s a school term? 12 is it

A: 10 weeks.

P: You wouldn’t want it to be any longer than that. It depends on how active the program is, 6 could be long enough but if you are doing something different each time then

A: Yeah, it could be OK. Again hypothetically, do you think it would be better to log on weekly or fortnightly?

P: I think it’d suit me weekly. Every Monday morning at 8 o’clock or every Tuesday morning.

A: Yeah so you can build it into a routine.

P: Yeah and I would prefer mornings to evenings.

A: Yeah, if it is online you could choose to do that at 8 oclock in the morning, whereas if it was face to face you are kind of forced to.

A: So I am going to tell you about two different ideas about the way we would approach to the program. So some programs are designed to give ongoing advice. So if you log on once a week, you type information in and it will spit out feedback that’s relevant to the first information you give. Then there is modules or basically it’s a topic summary, so the first week might be an introduction, the second week might be about how to goal set appropriately. You can’t just say Im going to lose 30kg and leave it at that. You have to be very specific. For example. And it’s very logical so you would go A, B, C, D. So a logical progression. What are your thoughts on that kind of idea.

P: It has to be regimented. You can’t just have it ad-hoc. I think having it regimented is a good idea.

A: That’s really interesting. Because our second idea is the ad-hoc. It would be the same. That you would log-on and you’d give your feedback but you would get about 8 weeks of information but you could pick and choose what you read and what you would do. So it’s less structured. Do you think that is something you would be interested in?

P: If I have to put my mind to it, and I know Im going to do it, I know its for 8 weeks and its regimented for 8 weeks. After that it can be ad-hoc.

A: Yeah. Oh I will just go back and read that thing.

P: Yeah. That’s right.

A: That’s really good. Thank you. Last thing. We are trying to work out names. And naming things and marketing is really tricky. So I would love for you would – feel free to have a look at these and tell me which ones catch your eye. So if this was a marketing kind of poster somewhere and you were thinking about getting more active, which one grabs you the most?

P: I’ve just done a “Breathing matters” Have you heard

A: No

P: That was very interesting and the lady that runs it, she has five sessions, and I was able to do four and the fifth one I just wasn’t able to. It just didn’t work out.

So that just hit me straight away. My movement matters. I would say that would be number one.

A: So feel free to tick, number etc

P: Reads out list.. Cancer active, no I don’t like that. A stronger me. I reckon that would be alright too. That (refering to option) could be alright but it is a long heading.

A: Thank you I appreciate it. Cool. That brings us to the end of the main interview setting.