yesStudy 2: Interview Transcript

Interviewee: “A” Participant: “P”

Participant ID: 16 Transcriber: John Rand and Peggy Rowe

A: Well you’ve actually anticipated my first question. I was wondering John if we could start with a bit of background information about yourself. Could you tell me a little bit about your history with being diagnosed with the prostate cancer and sort of what treatments you have had so far?

P: Well it was only through our GP; he is a very persistent doctor and very good and he said I think you know, you are such and such, perhaps we should do some tests on your prostate, and that’s where it started from.

A: OK

P: And the prostate was there, slightly enlarged and oh yeah, ok, righto. And then after a couple of years it just got a little bit bigger, bit larger and he said you had better go and make an appointment and see Dr Aspinall so I went and saw James Aspinall and at that stage it was (PSA) about 6, something like that and it sort of hung around about that figure for about twelve months and then all of a sudden it jumped up to 9.

A: Oh goodness

P: 8 point something and he said oh this is not looking good, he said we had better might have to do something about this so it was put in his hands and James Aspinall sort of took over and that was that; so does that answer most of what you want to know?

A: Yeah, I was wondering have you had any treatment pathway so far? Like hormone treatment or radio therapy or …

P: Yeah he prescribed, he said we can do this and we can do that. I already had bowel cancer in 2005.

A: Oh!

P: I am a bowel cancer survivor. What I wanted to was get rid of it of course, just get rid of it and he said no no no, not at your age he said I wouldn’t contemplate that, it would be better he said if you had radiation treatment, so you know I tripped down to Adelaide every day except Christmas Day. At St Andrews.

A: That’s a really long trip.

P: Really it’s only half an hour down to the Toll Gate and then round the corner sort of thing and you are at St. Andrews; it wasn’t that bad. I could have my treatment and be back home in a couple of hours and that was that.

A: Ok so it wasn’t too bad in terms of travel.

P: Not really, the thought of it at the start was a bit daunting, a lot of guys, because I am mixed up in the bowling club, and the guys said oh we will drive you down; but no I said I know where the potholes are (laughter). I was under Dr Borg.

A: I have heard a few different Doctors names around so that sounds a bit familiar. Thank you for that profile, I will move us on. This question will need to get changed, being that you have already been a bowel cancer survivor. Did having a diagnosis of cancer before the first time and now the second time; did that change how you view your health or how you see your body?

P: No not really.

A: Not Really? Did it change anything about the way that you live at all?

P: No I had no indication that I had any problems, even with my bowel cancer.

A: Ah so you had no symptoms.

P: Er I was having colonoscopies every three months and there was a flat spot on the side of the bowel and the Dr at that stage Johnathon Martin said to me it is a little bit difficult to get at; I can cauterise it, I will do this, I will do that, I was having …every three months and then he said we can operate and take it out and I said well we can do that can’t we, take it out and he said oh it is risky, there‘s a certain amount of risk about it he said I think I will get it and I said you are the expert, you do what you think you can do.

A: Yeah

P: and it got to that stage, the fifth one, fifteen months he said and he got the prognosis back and he said it’s only scar tissue and he clapped his hands together and he said right we are on the track now and he said we can do one more in six months’ time and I said that is alright I don’t care, the prep business is not too good when you are having that sort of thing and I said why don’t we do it after three months like we have been doing and he said alright and we did it and at that stage I thought I was in the clear and he rang me up and he said are you sitting down and I said why and he said you’ve got bowel cancer.

A: Oh man.

P: Yeah, so anyway, so cut as long story short I was supposed to see Collinson and he was going to cut me open from go to woe and Collinson was away or something or other and Martin said this is no good I will ring somebody else so he rang David … He had just come back from China teaching the Chinese how to do keyhole surgery and I went to see him on Payneham road and he said I can do it this way, I can do it that way but he said I prefer you have it done keyhole surgery so he went under my left lower rib and took out a hundred mils of bowel and sewed it all up again and..

A: You have had two very different experiences then; one surgery based and the other radiotherapy so yeah you have had quite a lot. Um yes I will keep moving us on because I am sure you want to get back to your tv so the next section is going to be about behaviour and life-style specifically and physical activity so when some-one mentions the words physical activity what seems to be your first reaction.

P: Well I have always been a mover I have been.., I have come off a farm, I have lived on a farm all my life and so you are on the move all the time so there was nothing special activity to keep myself fit or anything like that because you are on your feet all the time and you’ve just got to do what you gotta do you know and put it this way, I came from Eyre Peninsula and honestly if I had still been on Eyre’s Peninsula and I had been diagnosed for, diagnosed for cancer I would not be here today.

A: Yeah…

P: because the facilities you have got here close handy you can buzz into Adelaide or you can buzz into Mount Barker and we have got everything at our fingertips, and people who are in charge of these things and nasties that we have got are on top of it, honestly if it had not been for my GP here Dr Mitchelmore I would not be here talking to you today.

A: Wow yes I guess in terms like of being a farmer and stuff in your daily life, that I am guessing would have meant that you were quite physically fit for quite a long time. Can you tell me a little bit about any activities that you are doing at the moment?

P: ER.. no not a lot only ah August last year I went back out to the farm which my son was still running… third generation and I generally go over there harvest time, seeding time to help him out. He never ever got married and so I can spread a bit of marj on his bread, cook his tea for him at night time. The last fifteen months when I was over there and developed this my brother in law came out to see me and he was coughing and carrying on and I said you don’t sound too good I said a clean shirt would see you out. He said, he’d be eightysix or something, and he said no it is not too good and I said I won’t get it, I’ve been on flu injections the last twelve or thirteen years, I said I won’t get it anyway because I don’t get colds, I have never had a cold for yonks , I wouldn’t remember when I had a cold last.

A: Oh you’re lucky.

P: Yeah well anyway a couple of days later I had a sore throat, anyway after a couple of days it gradually got worse. I had to walk from a workshop up to the house and that is only a couple of hundred yards and I’ve had to stop, and after a couple of weeks it would go away and it would go off and come on and after I came back here to Strathalbyn and I went to see my Dr and I said have a look at my chest, there is something funny going on and he said what’s wrong and I said I am out of breath. He said is that a fact and he grabbed me by the wrist and he said you’ve got an irregular heartbeat too.

A: Oh

P: Yeah and ever since then I am still the same, I have had all the cardiology tests done and that and they can’t find out why I am short of breath, I mean I can do what I want to do at my own pace but if I start to exert things well that’s … I run out of gas and I have to have a stop and a spell and then I am right again.

A: Yeah and again you have anticipated my next question, so you seem to be on the ball. I was actually going to ask if you’ve got any medical conditions or stuff that inhibit you from being a bit more active so you’ve said yeah short of breath would be really really frustrating I can imagine but did you have any other things like arthritis or sore ankles or joints or anything like that.

P: Not really no I am pretty lucky that way

A: Did any of your prostate cancer treatments, although you made have had similar experiences of bowel but did any of your prostate cancer treatments do you think limited your ability to give you any of the side effects that might have stopped you from being a bit more active.

P: No not really,

A: That’s great.

P: no everything was there, fine. I’D bunk down there and I’d be back in a couple of hours, I would go and do what I had to do. It didn’t affect my ability to do …my sexual life already dropped off before that.

A: I just remembered, didn’t you see bowls club just before, so do you play bowls at the moment?

P: Yeah

A: Oh that counts as activity you should have said it. (laughter) brilliant. What do you like about the bowling club?. Do you play frequently?

P: I mean my sexual life already dropped off before that so..

A: I just remembers didn’t you say bowling club before. So do you play bowls at the moment? That counts as activity. So what do you like about the bowling club, do you play frequently? My grandpa plays bowls so I know a lot about it.

P: I’ve been playing bowls for 45 years – I like the competition. Especially pennant bowls, I like pennant bowls.

A: There’s lots of bending and stuff it certainly helps to keep you joints supple. So how often do you play bowls a week?

P: Normally a couple of times a week but we can have practice on a Thursday, play Pairs on a Thursday and Pennant on Saturday.

A: Cool I’m glad I asked about that. Do you have any sense of the guidelines for physical activity for someone of your age or your health condition at all?

P: Well, I guess I’m pretty lucky because my father was 95 when he died and up until a couple of years before he died… his wife passed away, not my Mum. Mum died when I was two and a half years old at the birth of my youngest sister. So I don’t remember my mother- but he lived a very full life. My eldest brother on the 13th of June last turned 96. My next eldest brother is 94, I’ve got a sister who’s 92 another brother who turned 90 and a sister who will be 90 in August. So there are 3 of us left to turn 90 so we’ve got those genes that mean longevity of life. So we’re lucky. I can remember even in ours school days when we were going to school bare foot and all the rest of it, I can remember that our family never had colds and yet the neighbours kids always had runny noses and colds. I can remember that repeatedly, we never suffered from colds or anything.

A: Yes you guys sound really lucky that’s awesome. John I was wondering, if you are ever looking up information related to health where do you tend to go?

P: Well the first place I’ll go is straight to my GP.

A: Oh yes well the GP is a really good source of information for you.

P: Well he’s a wonderful doctor.

A: Yes he sounds really really good so that’s really cool. So obviously many of these questions kind of lead me into what I’m doing at the moment so I’m in the 2nd year of my PhD and we’re trying to design a resource for men who want to become a little bit more active and maybe gain a little more function back if they feel up to it. The thing is though it will be on line, so first I’ll ask you so questions about the internet in general and then I’ll ask you for your thoughts on some of my research . So I wondering if you use the internet at all at the moment?

P: No, I am completely illiterate – I haven’t even got a computer or anything.

A: That’s all right, not a problem. That’s really important that you were able to tell me that. We need a variety of opinions so that is something that we have to take into account when we are doing our research. So we can skip all of those questions. So let’s go hypothetical. We’ll jump into theory land. If you were to have an introduction to something completely foreign, so you’ve never logged onto a computer and someone told you that here was a program on line what do you think you would want it to do? Would you prefer videos, or reading material or people reading out stuff, audio or do you think a combination of all those things could be good?

P. Oh yes definitely.

A: Well I will give you an introduction to our two internet program scenarios. I give you the first one and get your thoughts on that and then I’ll tell you the second one and similarly get your thoughts. So again I just want your opinion knowing that you don’t have the internet but I just want your thoughts. So some websites are designed to give ongoing advice so say you log onto a web site and it might ask you some questions like how much walking did you do this week. It might ask you how many times did you go for a walk and for how long. So you might plug in I went for 2 walks and they were about 15 minutes each and then the program automatically gives you information say Hey that’s great that you went for a walk, have you thought of ways in which you might increase your walking or have you thought about doing some muscle strengthening. I’m trying to paint you a picture John not sure if I’m doing a good job

P: Yes OK

A: So this kind of program would be fairly logical, you would potentially log on once a week and then it would give you topic A and then the next week would be topic B and then the next week would be topic C. So it would be a very logical progression. Would that be something you would hypothetically find interesting?

P: Well I’ve got a bad knee and while I’m not doing nothing if I start walking it plays up with me and restricts my walking. Although I must admit that I took my neighbour’s dog for a walk yesterday and I was really glad that she stopped to smell the grass a few times so I could have a spell.

A: Well that’s really important, so you think that if you were talking to a person & they gave you some advice you’d want an online computer program that you would say hang on I’ve got a bung knee, so you would want a computer program that would take that into account?

The next program idea is basically similar to the first, but the difference is that instead of it going from A to B to C, it’s a free choice model so it means that you log on and you can choose what information you read or what videos you watch in any order that you like. Is that something that you think is a better option or do you think that the other one was better?

P: Well seeing that I’m not on the internet at all I can’t see any relevance to it at all

A: Well even if it was face to face would you rather someone told you in a logical order or do you think you’d rather choose what information you interact with?

P: Probably choosing.

A: All right. So that brings us to the end of the interview section. So to complete our research we would love your opinion on 4 activity messages that we have taken from other cancer sources and basically we’d love you to have a read and say no that isn’t really relevant because it doesn’t take into account this or its too long or they are using too many medical words or they are not using enough words so we’d love to get your opinion on that. You prefer the post so if I post it out to you and you post it back and we’ll make sure that ’t’s all prepaid so there is no financial pressure on you. So once that’s completed I can post you a $25 Cole/Myer gift voucher to thank you for your time.

P: Oh yes that fine I’m quite happy to do that.

A: OK and this time I’ll get my research team to tell me when it gets in. So I’ll finish the recording now.