

INTERVIEW 5

So my first question to you is this can you tell me about your experiences of engaging in the raising awareness of prostate cancer activities. I'm talking about the session I gave that's what I'm talking about

Alright, OK..um...I must say before you came to me with this it's not something that I ...um...I thought of checking up myself ...um...it's not something I even worried about ...um...I mean we all die from something at the end...um...but as far as I'm aware I don't have any cancer in my family...um...you know, I try to eat healthy and stuff, so it was not something that bother me or concerned me. And as far as awareness is there ...um...no one has ever come to me in the past and said OK you know you are a male Black heritage, over a certain age and you should get tested out. Now no one has ever come to me with that.

OK, so do you think that this activity, in terms of this session that I did has actually allowed you to go and get tested?

Well it actually brought home, you know, when it says that, you know, one in four Black males over the age of 50 are ..um..and then one in eight Caucasian males and then one in twelve for Asian males, it does seem that Black males are more at risk of developing this and more at risk of dying from it. So yes it does bring home the point that you should get it checked out.

OK, and so what affect, if any, has this raising awareness activity had on your life now?

Since our conversation ...um...I tried to get a test which was unsuccessful...um...but I suppose in general it's trying to reduce the risks on my own without knowing by just watching what I eat

OK, so you said you tried to get a test done and it was unsuccessful, do you want to elaborate a bit on that for me please

Well yes I phoned my GP surgery and said, you know, can I speak to the doctor, they asked me what it was about and I said, you know, I'm participating in this study for males over the age of 50 and I need to get the PSA test done and the receptionist went and asked someone and then they come back and said well have you got a blood card or something or, you know, have you got any official documentation, I said no and they said well we can't just give someone a blood test who just walks in off the street, and I said even if you know that I'm over a certain age, I'm male and I'm more at risk of catching this, can I not just

have a test. Unfortunately, I was told no I can't unless I have documentation or I'm showing symptoms, no I can't

Right, OK, fine. Thanks for that informationum...let's move onto the next question. Can you tell me what you knew about prostate cancer before you were given ...um...this information in relation to the raising awareness session I did with you?

I'd heard a bit before but I never really thought much about it to be honest....um...no, never really thought much about it

OK, and in terms of the knowledge you've actually been given or the knowledge that you've actually received, you know, can you tell me about your knowledge now that you've actually received information about prostate cancer. Has it improved? Tell me a bit about your knowledge in relation to prostate cancer

Well the thing I'm aware of now is the high risk in Black males of a certain age. The likelihood of actually dying from this has caused a bit of concern and how basically GP surgeries don't seem to take it very seriously. It's really not out there as something that ...um...I mean for example, if you have a sexual diseases you can walk into some places, there's a list and you can have a test and they will test you, but obviously you can't walk into a surgery and say Ah I need a PSA test because I'm over a certain age, you get declined, so what's that about?

And going back to the question of being declined, do you know why you were actually declined?

Because obviously from what they were saying I didn't have the right documentation, I just can't come in off the street and ask for one of these tests to be done. I would obviously have to go to my GP, maybe for a different reason, I don't know, and asking. Maybe if I had a referral from someone else...um...I really don't know how to go about getting that test

OK, we can have a discussion about this test after the interview, is that OK?

That's fine.

OK, and what about your perception now about prostate cancer?

Well, it's not something I'm going to think crumbs I need to think about this ...um...because if you think about something you're more likely to attract it to you, so I'm not going to think about it, But I just am aware that ...um...it's something obviously that I would like to know where I actually stand on the scale ...um...because I mean for example if it was high I would know within myself that OK I need to sort my diet out like pronto, you know I just need to sort my exercises out, my diet out, you

know, go like the clappers so to speak, you know, but not knowing ...um...I have a tendency if I don't know then I relax and still continue to do the things you'd normally do. I suppose in general we're human beings, you know, it's just like we continue until someone says we can't then you think crumbs I need to do something differently

OK, thanks for that. And I just wanted to explore the whole idea of the information that you received , you know, what are your views about that information that you've actually received in relation to prostate cancer?

I think it was very good, I mean you do explain that ...um...the part where the prostate, if it's actually still inside that capsule, they can actually remove that capsule, but it's when it actually comes out of that capsule and it spreads around the body that we have a problem. Yes, so I would advise all males know, you know, over that age group to definitely go and see what level they're at.

OK, thank you for that. OK, so let's now look at the risk factors, What's your understanding of the risk factors associated with prostate cancer

Well I think the risk factors are very high. I mean one in four is high. I mean if it was like one in two thousand, yeah, one in five thousand, one in ten thousand, one in a million, you know, but one in four that's like for every hundred males 25 are going to die. To me that's really high

Sure, OK, moving on from there what about your understanding of the signs and symptoms of prostate cancer?

Well yeh, you told me about the signs and stuff, I haven't actually looked into the signs ...um...completely...um...I know one was mentioned about having difficulty in passing urine and stuff like that and possibly pain in the lower back, you know, or blood in stools and stuff like that. I haven't actually looked at them in great detail

Ok, that's fine...I just want to think about some strategies here OK then. Can you tell me from your own perspective, you know, what strategies can be used for implemented to increase Black men's awareness or knowledge of prostate cancer?

I think one of the most forceful sources of media outlet is actually television. I mean I don't watch that much television, so I don't even know if this is already out there..um..but it would be nice for someone to put an advert out there so to make people aware that this is serious

OK, so television can be a strategy that can actually be used. Anything else that you can think of at all? Anything else?

Yeh, I mean we can use the media, we can use Facebook, but I find that television is something that people tend to watch a lot, you know, I mean if it happened to come on the news at some point people would probably take notice ...um... but definitely I think any media platform ...um... would be good ...um...whereby it gets a cross-section of the community as a whole, as opposed to if you just have it on a billboard somewhere, then it's just the people in that area that see the billboard

Sure, OK then. Thanks for that ...um...Can you tell me now where you have utilised the knowledge you have gained from the raising awareness of prostate cancer awareness activity that you participated in?

Well I was thinking when I finish work that I should really go and get myself back into some sort of physical shape. Go walking more, although I tend to walk a lot at work, but ...um...it could take me some time to even clock up 7,000 steps, whereas if I went for a walk and I said I'm going to walk until I've hit my 7,000 steps. If I went halfway, 3,000 back and I said I'm going to walk briskly for like 30 minutes and then walk 30 minutes back then I'm getting my 7,000 steps or whatever steps in that period, it's not a stop and start thing, it's a constant thing and therefore you've burned more calories that way

OK then, fine. Is there any particular information that you feel others should know about prostate cancer?

I think on the whole, cancer in general seems to be with bad eating habits. And a lot of the things that were promoted in the past that were supposed to be good for you, seems like to be the causes of cancer, for example, when growing up a glass of milk was good for you and now it seems to be well hang on a minute dairy products are not good for you and can cause other stuff, or like cheese it not good for you, you shouldn't eat it, you know. I think a lot of thing we were told were good for us is now proving not to be good for us. And the things that we don't like to eat tend to be the things we should eat. I mean as kids growing up, I mean most kids are not going to have salad when there's some ice cream in the fridge, you know, so I think may be it might be a ...um...say start the kids young in getting ...in changing their habits, so when they're older they continue the same good practices and pass it onto their kids.

OK. You know you mentioned earlier on one of the strategies ..um... is using the television. My other question is this, that in the future what type of sources would you use to seek information about prostate cancer in addition to television because there

might be things like the internet might be something that you might want to use, I don't know?

Yeh, the internet is another means ..um...I mean, for example, Facebook, I can log into my Facebook right now and virtually there's loads of nonsense of course people put on Facebook, things to make you laugh and all sort of stuff, you know, so that could be another way of changing people's perceptions, so instead of talking about all the negatives and gossip out there, it's like promoting things that can actually benefit the human being

And have you ever heard of Prostate Cancer UK?

I don't think I have unless it's something that ...um...sort of came into one ear and went out the next

Well you can actually go onto the Prostate Cancer UK website and you will be able to find information about prostate cancer. So just in the future if you're seeking information about prostate cancer you can actually google Prostate Cancer UK. Finally, is there anything else you'd like to add that I haven't asked you which you think is important or anything I've missed.

No I don't think there's anything else I want to add ...um...I suppose the other thing would be ...um...if you could start promoting this in schools as well, you know, because obviously ...um...if you know the causes of this and we start getting it into the kids at school that these things, these certain foods eventually have an impact on your life later down the road, especially the Black ones ...um...it may help. And obviously the more something is out there, the more likely ...um...the more acceptable ...um...for some person to walk in and say I want a PSA test and they'll say yes, come on in because we know that obviously people over a certain age need these tests and need to know where they stand. So if the GP staff become more aware of this, I think they might be more likely to want to help people who say I need this test I want to check where I am and not come into the surgery when they're having symptoms and it's too late

Indeed, Is there anything else you want to say?

No, I think that's it.

OK then. Well thank you ever so much, I am now going to stop this interview