

THE BAYS HOSPITAL PROMOTING MENS HEALTH AWARENESS

For over a decade, men have been encouraged to grow moustaches during November. The Movember movement raises conversations and awareness around men's health matters. This comradery campaign brings not only men's facial hair to the surface but also tough topics including the realities of prostate cancer, testicular cancer and men's suicide.

Peninsula local Troy, knows the importance of raising awareness and stimulating such conversations around men's health. At just 42 Troy was diagnosed with prostate cancer. Troy was an otherwise fit and healthy gentleman with a young family and no history of prostate cancer in his family, the diagnosis came as a shock.

Troy's GP recognised the early warning signs and referred him to local Urology Surgeon Mr Alwin Tan. A positive diagnosis seemed unlikely, however due to latest state of the art diagnostic cancer MRI technology and the 3D trans-perineal localisation biopsy available at The Bays a biopsy was recommended. The results confirmed localised prostate cancer and this was the beginning of the cancer journey for Troy and his family. The following weeks became a whirlwind of appointments and he was ultimately scheduled for surgery. Troy and his wife Sarah met the key members of The Bays Hospital Cancer Team - Pelvic floor specialist physio, dietitian, pre admission and ward nurses along with the theatre-anaesthetic team.

Within days of his diagnosis, Troy and Sarah met The Bays' Prostate Cancer Specialist Nurse, Meredith Studdert. Meredith remained by their side throughout Troy's journey.

"It's all the little things that add up, we didn't even have to think. Everything was organised, we called it 'the Meredith network'—we simply showed-up to appointments. Meredith was an incredible comfort while I was simply in survival mode. She helped me manage the physical and emotional burden of having cancer," says Troy.

Under Mr Alwin Tan and his experienced surgical team at The Bays, the prostate was removed via a minimally invasive approach. On top of removing the whole prostate, care was taken to preserve his pelvic floor muscle and nerves. Troy spent a further week in hospital to allow time to recover. Recovering from a cancer diagnosis encompasses both physical and emotional challenges; a multi-disciplinary approach to cancer care promotes the best outcome for patients. Team work and exceptional care are synonymous with The Bays. Troy's care and support continued after he was discharged home. The role of every member of The Bays team cannot be underestimated.

"Meredith has the ability to match patients with a specialist that best suits their needs and personality."

"Nothing was ever too much for Meredith. If I called her at 11pm in pain, she knew what to do. Her bedside manner was so personal, I never felt like just another cancer patient. I couldn't imagine doing this all on my own. She gave me a survival plan and was a huge comfort to Sarah."

"She still phones me every six weeks to check in, which I think is pretty extraordinary. Meredith calls me one of her boys."

The Bays is an independent, community minded, not for profit hospital with a long history of Oncology service that provides both surgical and medical cancer treatment locally. Combating the disease begins with screening and diagnosis before determining the necessary medical steps required for each case. From surgery to medical oncology, chemotherapy and an infusion service, The Bays offers a supportive care and treatment service for all patients.

Planning is underway for an expansion of The Bays' Comprehensive Cancer Centre. It is hoped building will commence later in 2020, subject to the required designs and relevant approvals. The aim is for The Bays to provide even further support for Peninsula residents requiring cancer treatment. The new centre will welcome radiation oncology, day infusion, meeting, education, wellness and patient support areas, clinical trials capability and associated consulting suites.

Troy's story is the human face of the Movember movement.

So as November is here, consider growing a mo or supporting those men who do in the name of men's welfare. This in turn supports men like Troy who, thanks to the early diagnosis and incredible treatment provided by the team of nurses and Specialists at The Bays Hospital, is now free from prostate cancer.

The Bays Hospital- Vale St, Mornington VIC

Ph: 5975 2009

www.thebays.com.au



Prostate Cancer Specialist Nurse, Meredith Studdert with Troy.

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- Dr Cameron McLaren 03 9575 5100
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For more information speak to one of our specialist oncology nurses.

The Bays Hospital

Vale Street, Mornington VIC 3931
Phone 03 5975 2009

