This leaflet has been written to introduce you to the Urology Cancer Services at Salisbury District Hospital.

We know that being told you have cancer may make you and your family feel anxious and that it can be a very difficult time for you all.

**What is Cancer?**

Cancer is a term used to describe a malignant tumour (a growth that might spread into nearby normal tissue and travel to other parts of the body) or caused by abnormal cells inside the body. The cells start to divide and may spread to other parts of the body. Sometimes the cells can enter the blood stream or the lymphatic system and make the cancer spread to other areas of the body. If the cancer spreads to other areas this is called metastases or secondary deposits.

**Treatment**

Each person diagnosed with cancer may have slightly different treatments. It depends if it has spread to any other parts of the body. Every patient being treated for cancer will have an individual treatment plan. Treatments and/or operations will be suggested according to the type of cancer, where the cancer is and the needs of the patient. Every person’s care and treatment will be discussed at a MDT (Multi Disciplinary Team) meeting. Some tests will be carried out in Salisbury District Hospital and some will be in University Hospital Southampton, our Cancer Centre. The results will be discussed at the next MDT meeting.

**What is a MDT meeting?**

MDT is short for Multi Disciplinary Team. Every week this group of specialists meet to discuss x-rays, scans, biopsy and blood results, and together decide what is the best treatment to recommend for each patient. The team is different for each type of cancer, but all the teams will include the following:

- Your consultant Mr C A Campbell, Mr M El-Saghir, Miss M C Davies, Mr J W Brewin
- Your Clinical Nurse Specialist (CNS) Daphne Phillips, Jonathan Borwell and Cheryl Daniels
- Your MDT Coordinator Anne Cannell (who works with your CNS) to organise the meeting and arrange any further tests that may be needed.

Name: Daphne Phillips
Role: Clinical Nurse Specialist
Date written: June 2007
Review date: April 2021
Version: 2.1
Code: PI0149
A Histopathologist (a specialist at looking at cells and tissue under a microscope).
A Radiologist (a specialist at understanding x-rays, scans, MRI’s etc).
An Oncologist (a cancer specialist who understands and prescribes chemotherapy or radiotherapy).
A Specialist from Palliative Care (a doctor or nurse who works with your MDT to assess and treat any symptoms or anxieties caused by the cancer).
There maybe other people in the meeting, such as:
A Radiographer (specialist in taking x-rays, scans, ultrasounds etc).
A Clinical Psychologist (who can provide specialist support if needed)

Types of Treatments

There are 5 main treatments available. These are:
- active surveillance/watchful waiting
- surgery
- radiotherapy
- chemotherapy
- palliative

Sometimes a combination of these treatments is used.

Active Surveillance /Watchful Waiting

Active surveillance/watchful waiting are ways of keeping a close eye on you medically, to see how your cancer is behaving. Active surveillance is recognised the world over as having a place in treating some types of cancer. It might mean having regular blood tests or x-rays. If the cancer starts to change then one of the other treatments available might be suitable for you.

Surgery

Some surgery for cancer is done in Salisbury District Hospital. Some surgery has to be done in the regional Cancer Centre. This depends on the type of cancer and the operation needed. Most of the specialist Cancer Centre treatments and operations are done at University Hospital Southampton/or Spire Hospital Southampton

Radiotherapy

This is a general term for the treatment of cancer with x-rays. It is often used on its own or as a combined treatment with surgery and/or chemotherapy. It works by destroying the cancer cells around and in the area of the tumour.

Further information about these treatments will be given to you, depending on which is considered to be the most beneficial for you.
Chemotherapy

Treatment with drugs is known as chemotherapy. This treatment may be given either as tablets or injections. These drugs travel in the blood stream helping to stop cancer cells wherever they are in the body. Specially trained staff give the chemotherapy. The majority of people do not have to stay in hospital for this treatment as it will be given on the day ward. Some of these treatments have side effects, but not all of them. If this is treatment offered to you, it is important that you fully understand what the side effects will be. If this is the right treatment for you, it will be fully discussed and you will be given lots of written information as well. Some chemotherapy is given in University Hospital Southampton. Some people may be offered the opportunity to take part in a clinical trial. This is not suitable for all patients, but if it is a possibility for you then the research nurse will come and talk to you and make sure you fully understand all the implications.

Palliative Care

This is the active total care of patients and their families at any stage of their illness. This service is occasionally introduced when a diagnosis of cancer is made, to support you and your family or carer and to manage any symptoms such as pain or feeling sick. It can also help to achieve the highest possible quality of life for patients and their families. The team will also help with any physical, psychological, social and spiritual needs.

Useful telephone numbers

Urology Cancer Team at Salisbury Health Care

<table>
<thead>
<tr>
<th>Name</th>
<th>Title</th>
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</thead>
<tbody>
<tr>
<td>Mr C.A. Campbell</td>
<td>Consultant Urological Surgeon</td>
</tr>
<tr>
<td>Mr M. El Saghir</td>
<td>Consultant Urological Surgeon</td>
</tr>
<tr>
<td>Secretary</td>
<td>01722 425292</td>
</tr>
<tr>
<td>Miss M.C. Davies</td>
<td>Consultant Urological surgeon</td>
</tr>
<tr>
<td>Secretary: Ashley Pomeroy</td>
<td>01722 425293</td>
</tr>
<tr>
<td>Mr J.W. Brewin</td>
<td>Consultant Urological Surgeon</td>
</tr>
<tr>
<td>Daphne Phillips</td>
<td>Prostate Cancer Nurse Practitioner</td>
</tr>
<tr>
<td>Cheryl Daniels</td>
<td>Urology/Oncology Clinical Nurse Specialist</td>
</tr>
<tr>
<td>Jonathan Borwell</td>
<td>Lead Urology Nurse Practitioner</td>
</tr>
<tr>
<td>Secretary: Anne Selby</td>
<td>01722 425081</td>
</tr>
<tr>
<td>Nurse’s Answerphone</td>
<td>01722 336262 Ext 4866</td>
</tr>
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You will meet other health professionals during your treatments. You may need help and advice from other specialist services. These will be introduced to you as and when you need them.
Further Information

There are many ways of finding out about Urological Cancers, and effective ways of treating them. Some publications contain inaccurate or misleading information, so be very careful when selecting sources. Below are some suggested websites that are usually reliable. All sites vary and you may have to ‘surf’ to find the site that answers your particular questions.

All Cancers

Salisbury Urology website – http://www.salisbury.nhs.uk - for patients and visitors-
departments - urology
Macmillan Cancer Support,
Freeline: 0808 808 2020 Helpline: 0808 800123
http://www.macmillan.org.uk
Cancer Research UK
Helpline 0808 8004040 Lines open. Mon- Fri 9am-5pm
http://www.cancerresearchuk.org

Prostate Cancer

Prostate Cancer UK
Helpline: 0800 074 8383
General Enquiries Tel:– 020 8222 7622
http://www.prostate-canceruk.org
http://www.prostate-link.org.uk

Bladder Cancer

Action on Bladder Cancer (ABC)
c/o ABC Secretariat
Right Angle Communications
Barley Mow Centre
10 Barley Mow Passage
London W4 4PH
http://www.actiononbladdercancer.org

Men’s cancers

The Orchid Cancer Appeal – Testicular Cancer
Helpline 020 3465 6105 Tuesday 09.00 – 17.30
http://www.orchid-cancer.org.uk

Kidney Cancer

James Whale Fund for Kidney Cancer
Careline 0330 111 2333
http://www.jameswhalefund.org
Kidney Cancer UK
http://www.kcuk.org
Please remember there is no way of monitoring the accuracy and quality of information on any website. Please talk to your Consultant, GP or Urology CNS if you are not sure what to believe.

Local support group for patients and carers
Sarum Cancer Support Group
Tel: 01722 425137.

Financial support
Macmillan Welfare Benefits Advisers
Tel: 01722 441393
macmillan@citizensadvicewiltshire.org.uk