

## **TAMAR AREA PROSTATE SUPPORT (TAPS)**

### **REPORT on 12th MEETING, 4 December 2019**

Attendance was 12 men and 4 partners – a total of 16.

**Our speaker was** Simon Francis, Nuffield Health, Plymouth.  
**His topic was:** How can you live a healthier, fitter and longer life?

Simon's background is in the use of diet and exercise to help people recover from illness and specifically cancers. He made the point that in the same way that a cut heals, so can the body with other problems provided we help it to do so through diet and exercise. For example even in later years we can improve muscle strength through exercise. Use it or lose it comes to mind! There were two main messages.

We should have a balanced diet without excess in anything. He tried being a vegan for 3 months but found that he was fatigued and lacking some essential nutrients and vitamins which could be replaced by supplements but he preferred to eat natural foods. There are no perfect answers but a good diet is person specific.

Movement is key to a healthy body whereas no or minimal exercise is disastrous. The body needs resistance training to build muscle tone. Walking (the dog) alone is insufficient and it is necessary to do more such as weight training or use of a rowing machine or cross trainer. However resistance training can be done at home with minimal equipment and cost. It requires an attitude of mind positive towards exercise.

He was an entertaining speaker and very encouraging towards us all improving our lifestyle and increasing longevity. His audience really appreciated him and we will invite him back next year to give us more guidance on what we can actually do.

#### **Meetings format:**

Following my previous note to you, we discussed and approved a change to the location, day of the month and timing of our meetings. The intention is to have a more comfortable location and to allow more time for both speakers' Q&A and for social discussion. From 2020 the following will occur:

**Location:** Council Chamber, Callington Town Hall  
**Day of month:** 4<sup>th</sup> Wednesday of the month (except for Jan 29)  
**Timing:** 6.00pm to 8.00pm  
1800 – 1815 welcome and housekeeping  
1815 – 1915 speaker when possible  
1915 – 2000 social time

This schedule will be flexible, eg if no speaker, then focused discussions

**Next meeting:** Wednesday 29 January 2020 at 6.00pm in Town Hall  
**Topic:** Quiz night – come and form some teams of 2 or 3 people

**Future meetings:**  
**Wed 26 February** Rachel Mansell on Infection control at home & hospital  
**Wed 25 March** Dr David Harris, TVH GP, on  
Recent developments in the management of side effects  
resulting from PC treatment.

**The TAPS Steering Group wishes you all a Happy Christmas and a Healthy 2020.**