

**SPOTLIGHT ON A CONSUMER:
TOGETHER FOR BETTER CANCER CARE**

Alan is an 81 year old retired industrial chemist / chemical engineer. Married with two adult children and two teenage grandchildren.

Allan is also a 20-year survivor of stage 4 prostate cancer, involving the lymph nodes. He has undergone a range of treatment including surgery, hormone therapy and radiation. A recent incidental discovery of thyroid cancer has required additional surgery and radio-iodine therapy. He also has been diagnosed with nodal chest metastases, which is currently being checked for the most appropriate treatment.



Alan has participated as a consumer representative in a range of roles including BSWRICS consumer group during COVID and a partner involvement with the Prostate Cancer Foundation of Australia (PCFA) grant application to raise awareness of early testing in South Western Victorian region. Alan is also heavily involved with prostate cancer research through funding bodies, project teams and the Victorian Cancer Biobank, and via a daily diet of clinical research trials.

Alan says when dealing with cancer : *'become an empowered patient - by getting educated about the disease, and by adopting a lifestyle that is healthy for both the body and the mind. As a consumer, learn and contribute from research and peer support opportunities'*.



Alans key message on life is:

- ***“LIVE life with and for others; LIVE it to the full; and bequeath a healthy planet to those following in our footsteps”.***

“Life ain’t no dress rehearsal”

Consumer representatives can participate in a range of different roles and activities and support the delivery of quality care. If you are interested in becoming a consumer representative working alongside the VICS, contact your local VICS consumer coordinator by going to <https://www.vics.org.au/consumer-links>

