

HEALTH



Former boxer Neville Brown, who had his prostate test at Queen's Hospital, pictured with Macmillan urology advanced nurse practitioner Sarah Minn and consultant urological surgeon Jyoti Shah.

# Neville's bid to get men to box clever on cancer

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A former professional boxer is hoping that men will join the fight against cancer – by taking advantage of prostate screening in Burton.

Neville Brown, a Burton-born former British middle-weight champion, made his way to the Belvedere Centre at Queen's Hospital to get his prostate checked. Now he wants other men to do the same.

He has joined the Inspire Health – Fighting Prostate Cancer campaign, the brainchild of Jyoti Shah, a consultant urological surgeon for Burton Hospitals NHS Foundation Trust, to encourage men to get tested.

The campaign has already seen more than 350 men get tested, with 24 found to need further treatment. Now it is focusing on Afro Caribbean men, as their risk of prostate cancer is twice as high as other men.

Generally, there is a one in eight chance of being diagnosed with prostate cancer; for Afro Caribbean males the chances are one in four, which is believed to be down to their DNA.

Neville takes steps every day to look after his health, with exercise and eating fresh food, but now he has had the screening test to check his

prostate health so he is not a "hypocrite" when he asks other men, aged 45 and older, to get themselves checked.

The 51-year-old has put the plea out to all men to take advantage of the screening, but particularly Afro Caribbean males.

He said: "It's a must. I think that health is important. My reason, and I can only talk for myself, is my mother was diagnosed with cancer and we got it too late and I think that was the worst thing to find out the information too late."

"Yes, it is not good information and it is not a nice thing to know, but we need to know sooner rather than later."

"I would say to people that if you want to see your kid's next birthday, if you want to see your kid graduate, get checked. If you're over 45, go get checked because this is a silent killer."

"Yes, it's a scary and, at times, embarrassing but your health is more important and, it is not always you but the ones around you that it affects."

"My mother affected me in a big way until today, four years on, and I still feel gutted that that part of me has gone."

"I am classed as a boxer and classed as a fighter but sport was just an activity; to watch somebody fall apart and break over six months when they didn't want to leave here, that will never leave me."

"That is why I am coming out here and saying to people

get over it, whatever the fears you have. It's better we find out now for the loved ones and get a grip and get a hold of this."

In a bid to reach out to the Afro Caribbean community, Miss Shah will be giving a talk at the Burton Caribbean Association about the importance of getting the test and details of her next screening programme and will be joined by Neville.

After taking the test himself, he thinks that fear of the unknown is stopping most men from having it done. He thinks that sometime with so much information available it can add more fear and stop men from taking that plunge.

Neville said: "It is a little uncomfortable but it surprised me how quick it was. You go in and have all these fears, but it is just the fear of the unknown."

"I didn't want to be a hypocrite, so I took one for the lads."

The screening – a collaboration between Burton Albion, Queen's Hospital and the Rotary Club – has previously been held at the Pirelli Stadium to reach football fans.

The screening talk will be in the training room upstairs at the Burton Caribbean Association, in Uxbridge Street, from 7pm on Thursday, August 24. Miss Shah will be giving the talk and will answer questions.

CAMPAIGN

# Canal Trust aim to get new anglers hooked on sport

Fishing fanatics will get a chance to show off their skills at an angling and canoeing event in Burton tomorrow.

The Canal and River Trust will be hosting Let's Fish! in Stretton, an opportunity to explore canals and rivers as well as to try fishing.

The event, which runs throughout the summer, is part of a nationwide campaign to encourage families

to visit local waterways and try fishing for the first time.

The charity, which tends to 2,000 miles of waterways across England and Wales, is offering a series of free fishing events. Attendees will learn a new skill while they spend time with their family and friends and hopefully get 'hooked' on fishing.

According to research by the Canal and River Trust as part of its Share the Space,

Drop your Pace campaign, half of Brits will go out of their way to find quieter and greener areas to escape the bustle of their lives.

The event will take place tomorrow, from 10am to 4pm. Anyone interested should meet the group in Hillfield Lane, Stretton.

More details are available at [www.canalriver-trust.org.uk/lets-fish](http://www.canalriver-trust.org.uk/lets-fish)

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