

Ron's Diary

My Mesothelioma Experience by Roy Ashwood

I was an active fit man for my age of 75 years and 2 months when the first symptoms of Mesothelioma appeared on 18th June 2018. Only the week before, my wife and I had been down to London and had seen the Queen at the Trooping of the Colour at Horse Guards. We had first walked up Constitution Hill to the Wellington Arch and gone round The Wellington Museum. On the way back down Constitution Hill we saw all the regiments on horseback making their way from the parade going towards the Wellington Arch. We saw the Kings Troop Royal Horse Artillery fire a 41 Gun Salute in The Green Park to celebrate The Queen's Official Birthday, before the Royal Family assembled on the Balcony for the RAF fly past.

There was no inkling of me having any problem with my health during this visit; it was like every other trip to London that we have had previously. We had travelled down on the train from Tamworth with my son. My son and his wife and two children had been on the Wimbledon Tennis courts tour, and we all met up back in Central London in time to take the Grandchildren to the Pizza Hut before us all catching the train at Euston station to go home.

But then on Sunday 17th June I started to get short of breath and the next morning it had got much worse. I saw my Asthma Nurse at the GP's surgery and she could not hear my left lung with her stethoscope; just a "swishing" noise like water - so she got me to see my GP who sent me for an X-ray at the local hospital. I went straight away.

On Tuesday at about 8.30am, I had a phone call from the Queens Hospital, Burton-on-Trent, to say the X-Ray was not clear and could I attend for a CT scan on the next day. I went and had a lung function test, blood test and contrast medium before the CT scan.

On 28th June I attended Queens Hospital to see Dr Spencer. At this visit Dr Spencer explained that the CT scan had shown I had abnormal lung nodules, 4 pints of fluid and a collapsed lung on the left side of my thorax and I therefore needed a medical thoracoscopy. (Thoracoscopy is a medical procedure involving internal examination, biopsy, and/or resection of disease or masses within the pleural cavity and thoracic cavity. Thoracoscopy may be performed

either under general anaesthesia or under sedation with local anaesthetic. In **thoracoscopy**, a thin, flexible viewing tube (called a **thoracoscope**) is inserted through a small incision in the chest. Fiberoptic cables permit the surgeon to visually inspect the lungs, mediastinum (the area between the lungs), and pleura (the membrane covering the lungs and lining the chest cavity).

It was arranged for me to have the thoracoscopy on 3rd July 2018. This took place in the endoscopy theatre at Queens and I stayed on Ward 5 for my recovery afterwards. During this process I had several biopsies taken. On 5th July I had another X-ray to see if my chest had drained, which it had, so I had the drainage pipes removed and I was discharged from hospital.

I was very surprised to have a phone call “out of the blue” on 17th July from my Macmillan nurse at Queens asking me if I wanted the results of my biopsies over the phone, so that I could attend Glenfield Lung Hospital in Leicester the next day. I told her that I understood information like this should not be discussed over the phone, so she asked me to come to Queens the next day to see Dr Spencer. This was quite alarming as I had previously had a letter from the hospital on 11th July to attend Dr Spencer’s surgery on 22nd August 2018. This had given me the impression that my biopsies were OK with no cancer detected.

But during my meeting at Queens, I was told that the biopsy results were Malignant. The diagnosis was Epithelioid Mesothelioma and this was a direct result of me breathing in asbestos fibres over 50 years before. This was when I worked in a power station as an Electrical Fitter, carrying out maintenance to the large scale equipment which supplied electricity to the National Grid.

The doctor informed us that I could see a surgeon at Glenfield who was conducting clinical trials, and this had been the reason for the phone call on the day before. As I had missed the appointment to see him, another was arranged for me on 8th August 2018.

My wife, son and I left the Queens Hospital that day feeling very sad and dejected at the news which had been broken to us. I felt particularly sad as all I had done those years before was to attend work, doing a job of national importance for the country. We were all left stunned, my wife and son were going to lose a husband and father, and I was going to lose my life just for going to work all those years before.

Before we left the hospital the Macmillan nurse gave me a large quantity of booklets which explained the disease and how I could get some help and compensation. How can one be compensated for the loss of one's life through this disease? I would give any amount of compensation and all my savings just to have a clean bill of health and live out my days normally.

To get any compensation I had to re-join Unite the Union. They employed a firm of solicitors who specialise in these compensation cases. A lady from the Derbyshire Asbestos Support Team came to my house to see me and completed all the forms and sent them to the DWP. Within a few weeks I was receiving what was due to me. The legal case will probably take longer and is still ongoing.

On the 8th August my wife, son and I attended the Glenfield Hospital in Leicester and saw the consultant Mr Nakas. He was conducting what was called MARS2 trial which it was explained to us involved very major surgery, which only removed 90% of the cancer which would come back again within 6 months. This surgery was to be combined with Chemotherapy and involved a 2 week stay as an in-patient at Glenfield and then 3 months convalescence at home while having Chemotherapy. We all left Glenfield Hospital feeling very dejected and helpless again. Mr Nakas gave me a 6 page description of what the surgery involved, which I read that night and decided it was not for me as it involved too much pain for very little, if any, gain. Also, the chance of passing away with the effects of the surgery were very high. I and my whole family decided this route was not the best way forward and Chemotherapy was best for us all.

On the day after my appointment at Glenfield, my son, Justin, sent this email:

Hi Dad, I'm just catching up on some of the messages you sent yesterday. It's nice to know that your brother and sisters and getting in touch and being supportive.

I don't know about you but the more I think about the visit to Glenfield, the more I am disappointed. Following our appointment in Burton, I understood that we were to meet with a multi-disciplinary team where all the options would be explained. Yet it seems that from the get-go, the Glenfield appointment was geared towards seeing if you were a candidate for the clinical trial. The initial lung function test was geared to this as was Dr. Nakas haste to assert you could walk 'a mile'.

Families in this situation are very vulnerable and will tend to do what the medical professionals advise. Yet I don't think the clinical trial was presented to you in the way it should i.e. that essentially you would be participating in an experiment that may benefit others in the future and could possibly be detrimental to you rather than help.

I'm sorry to have a negative tone but I personally feel we dodged a bullet here. I really think that the chemo route is the right one. It's a balance between simply giving in to the disease versus doing absolutely everything to try and extend your time no matter what the quality of life or pain/suffering to you or our family.

I think we all accept where this is heading, even the children. The days ahead will get increasingly tough. However, being able to care for you and visit you in your own home that you have enjoyed so much will help us, as a family, make the most of the time we have left however long that may be.

I love you dad! Thank you for continuing to be a positive role model. You're dealing with this extremely difficult situation with grace and courage. We are all proud of you!

For the next month I heard nothing from Glenfield or the Derby Royal where I was to see the Oncologist Dr Keni about Chemotherapy treatment. After numerous phone calls to all contacts I had made at these hospitals, I eventually managed to get an appointment to see Dr Keni at Derby Royal on 6th September 2018. This was for a discussion about all possible treatments for me including the MARS2 trial. After listening to Dr Keni I decided that the Chemo route would definitely be my chosen one.

I left the hospital after having blood samples taken and my height and weight checked and recorded. At last some progress was being made for me to have treatment some 7 weeks after being told I had Mesothelioma. The treatment would probably start in the next two weeks so my wife and I took the opportunity to have a 5 day holiday break at a leisure hotel which did us both the power of good.

While we were away my son dropped in to check if there were any messages from Derby Royal. As I was in an area of zero phone coverage my son dealt with them for me and this is what he sent me by e-mail as the hotel had Wi-Fi:

On 12/09/2018 09:28, Justin Ashwood wrote:

Hi Dad,

Derby Hospital called to confirm an appointment on Thursday 20th September at 3:35pm at the level 0 radiotherapy unit. They have followed up with a letter which was posted yesterday so should be with you by the time you get home. I have confirmed you can attend the appointment.

I was not able to get through to Jess however I suspect based on Ellie Piggott's feedback that this was a call to confirm your appointment with Dr Keni as Ellie did say they were trying to book both appointments on the same day to save your travel. I'll keep trying and see if I can get through to confirm. Presumably you will then need to arrange transport or decide to drive yourself?

Hi Dad,

I've just tried again and got through to Jess. As I suspected, you have an appointment with Dr Keni's nurse at 2pm on Thursday 20th September so you need to be at Derby hospital for about 1:45pm. The CT scan will follow straight after. Again there is a letter in the post confirming this.

I understand that you will then follow up with your first course of chemo treatment on Tuesday 25th September. I asked about the vitamin B12 injection and Jess advised that you arrange to have this done at Tamworth on either Tuesday 18th or Wednesday 19th September. This way when you see the nurse on the 20th, it will be another tick in the box.

I hope this sets your mind at rest and means you can enjoy the rest of your holiday knowing everything is sorted for when you return.

So after the letters arrived to confirm what Justin had e-mailed I arranged transport for my wife and I to both attend this meeting. I arranged with my GP's surgery to have the Vitamin B12 injection on 18th so we were all ready to go to the Derby Royal on 20th to see what would develop.

The NHS non urgent transport was late, the taxi they used this time not arriving at our house until the time of my appointment at 2pm. It had to deliver a blood sample to another taxi driver in Burton on Trent on the way so it was 2.55pm when we got into the hospital. This caused the hospital

inconvenience as they had to re-arrange my scheduled routine by altering the CT scan to the X-ray area for later, as I needed to have a blood test which would have been contaminated with the contrast medium which is used in the CT scan.

We did not see Dr Keni on this visit, but a nice nurse called Katie, who went all through the treatment and its side effects. She gave me the RAPID RESPONSE CARD with the 24-hour help line, which showed that just 0.5 of a degree above 37 degrees is considered a reason to contact the number. She also gave me the RAPID RESPONSE ALERT CARD which mentions NEUTROPENIC SEPSIS. I had never heard of this but got this below from the web:

“Neutropenic Sepsis is a life threatening complication of anticancer treatment, the term is used to describe a significant inflammatory response to a presumed bacterial infection in a person with or without fever.”

I have copied below the Rapid Response cards, and also copied my appointment card for the COMBINED DAY UNIT which also has details of advice to patients on the back:



RAPID RESPONSE

If you have any of the following symptoms:

- Feel generally unwell
- Feel shivery or flu like
- Temperature of 37.5° or above

**YOU MUST IMMEDIATELY CONTACT
THE 24-HOUR HELPLINE:**

01332 788 947

**Always carry this card with you and present
to anybody that treats you!**

IMPORTANT ADVICE TO ALL PATIENTS ON CHEMOTHERAPY

Patients are strongly advised to have a thermometer. During chemotherapy you are more prone to INFECTIONS and BLEEDING, even very SLIGHT SYMPTOMS may require URGENT TREATMENT and must NOT be ignored.

IF YOU FEEL GENERALLY UNWELL FOR ANY REASON, for example : PAIN, NAUSEA, VOMITING, unusual TIREDNESS, have a TEMPERATURE, feel HOT, FLUSHED, SWEATY, or experience ANY signs of INFECTION, e.g. a COLD, FLU, SORE THROAT, COUGH, SORE MOUTH, you **MUST** CONTACT THE HOSPITAL IMMEDIATELY, DAY OR NIGHT, and NOT your GENERAL PRACTITIONER. Failure to follow these instructions could be LIFE THREATENING.

The list of symptoms is a general guide only. Advice MUST be sought for any change in your HEALTH. If unsure ALWAYS CONTACT AS ADVISED.

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24 HOUR EMERGENCY NUMBER
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She emphasised that most patients do not get any of the side effects of having chemo, but they have to alert you to them as it is very important to get help if you experience any of them.

After the details of the above were explained to us, she took us into one of the rooms where the Chemo is administered and we saw the patients sitting there contentedly reading etc. with a couple of nurses on hand to give immediate help. They first give you plenty of water to flush you out and when having the treatment, monitor your urine as it can affect your kidneys. They bring you food and drinks and give you another flush out at the end to make sure the kidneys are ok before they discharge you. So it does not look so daunting for me.

I had another blood test and then a cannula put in and contrast medium in my body for the CT scan, so we should know now if it has progressed or spread since the 20th June scan.

My first treatment was to start on Tuesday 25th September at 9.45am, but I had to go in for 8.20am as Katie was unsure about Dr Keni wanting a lung function test.

Here is my Chemotherapy Diary

Friday 21st September

I went across the road to the Chemist to purchase a digital thermometer. When used it showed my temperature to be 35.9 degrees. In the Chemists shop some volunteers for Macmillan were fund raising, so I went over to make a donation as they have been so good to me. They were selling cakes and I said I did not want any but just wanted to make a donation, but they insisted I had some cake for me and my wife. Despite being tired most of the time with this complaint, I still cannot get to sleep through the night, waking up every 1.5 hours or so. This has gone on for over 12 months now and perhaps the Chemo will make me more tired so I will sleep better.

Sunday 23rd September

My temperature was 36.1 at noon after short spell in garden. Not coughing up so much phlegm, but still some there. I am feeling quite good in myself. Got a small bag to pack some items suggested to have for Tuesday's Chemo.

Ginger biscuits (helps with nausea)

Vaseline for lips

Non-scented cream for skin

Note book and pen

Book to read

Water to drink

Toothbrush

Camera for nurse to take photo of me having treatment

Boiled sweets and chewing gum

Monday 24th September

Today is our wedding anniversary. Feeling quite good but still spitting phlegm off my chest after another very poor night, constantly waking up every hour and coughing up phlegm twice in the night. Went to Odeon and then had a nice dinner at the Pretty Pigs. Justin (my son) came up at 7pm to bring a card for us and stayed till 8pm. Hope to get a better night's sleep ready for the big Chemo day tomorrow.

Tuesday 25th September **Chemo day 1**

After an eventful journey to hospital as there was a blockage on the A38, I went in booth 2 at 09.45am and had to put my hand in a bucket of warm water to clean it and make it easier for the nurse to see my veins. She tried the left hand first and put the cannula in but it was not in the vein, so she put my right hand in the warm water and had another unsuccessful go. She fetched another nurse and two more attempts later the procedure was carried out successfully.

Then the treatment started with a saline drip for 1 hour and I started having plenty of water to drink so my kidneys could be monitored during the treatment.

I had the Pemetrexed for one hour and a sickness prevention pill, and had to do a sample of urine for the nurses to check. I had to do six samples in total during the treatment and I was passing a satisfactory amount of urine. I then had another saline drip for a short period and then came the Cisplatin at 2pm. I was told to inform the nurse if I had any problems with breathlessness whilst having this. At 2.24pm I had wheezing and tightness in the centre of my chest, so I told a nurse and immediately they added more saline to the dripline with Cisplatin, took my blood pressure and temperature and oxygen levels and got a lady doctor to come and see me who examined my chest and lungs. During this time the extra saline seemed to ease my trouble so I was left being observed still having the Cisplatin and saline while they got in touch with Dr Keni. The doctor asked them to lessen the dose of Cisplatin and take off the saline. I was OK after that, the last drops of Cisplatin going in at 4.05pm. I was then put on another saline drip for two hours which completed my day's course at 6.15 pm when the last drop went in and I had the cannula taken out. I felt a bit groggy, but ok to go home.

Got home at 7.25pm and sorted my things out. I then sat and watched football on television and had a few biscuits, crisps and cakes to eat and an Ovaltine to drink. Fell asleep during last minutes of football match and woke up to see penalties being taken then went to bed and had a good night's sleep.

Wednesday 26th September **Chemo day 2**

I had a slight headache when I woke up, nothing which required a pill, but I was light headed and numb in the body. Had a cup of tea and some biscuits and sorted out the pills that I have to take and took first course of them. I had

two Weetabix and then opened my bowels so no feeling sick or constipation. I sent e-mails to Justin to say I am OK and then I had rest before breakfast.

I cooked bacon, mushrooms and some potatoes for breakfast and had these in a sandwich with HP sauce on them, two mugs of tea and a nap after it in the armchair for 1 hour. Got up and went for a walk round garden and then took another sickness pill. I took my temperature which was 36 degrees. I had the rest of steak casserole for dinner with some runner beans and enjoyed it, then cake for pudding with cups of tea. This later led to a bloated feeling in my digestive system known as "Chemo Belly" and hiccoughs. I finished my course of pills for today and went to bed after falling asleep watching the news on television.

Thursday 27th September **Chemo day 3**

Had a night like the ones prior to chemo, my body seems to sleep, but my brain is active and will not switch off so I am awake most of the night. I was a bit breathless on waking up, so I took my inhalers and this improved. Took all my pills required for the morning, cleaned my teeth and had a mouth wash with Corsodyl. Cooked Ann sausage and tomatoes and I had porridge and Weetabix with two mugs of tea, after this later on I managed to go to the loo and pass a bowel motion. Went a walk round the garden in the sunshine and pulled a few groundsel weeds up. Kept up fluid intake and put Jacket potatoes in oven to have with cheese, runner beans and corned beef for dinner. My information suggests eating slowly, chewing food for longer and not drinking for 1 hour each side of the meals. I did this and felt an improvement. At the start of dinner I had some phlegm on my chest I had to get up and this continued for a while, I took my inhalers at 7.30pm to see if this will relieve it. Took another anti sickness pill and last two steroids of the day.

Friday 28th September **Chemo day 4**

I had a better night but I was awake each hour to go to the loo for a wee. My bloating got better each time and was gone in the morning. I had low level tinnitus for brief period and took all my pills. I am continuing to take the Folic Acid each day until hospital says stop. I cooked Ann sausage, bacon and tomatoes and I had a brown bread toasted bacon sandwich and two mugs of tea. I cleaned my teeth and took Corsodyl mouth wash. Felt OK to do a bit of work so I went in the garden and forked over the long border to help Ann with the wallflower planting. I did this nice and steady, resting when required, and

finished about 1pm. I had a Weetabix at 2pm as I felt a little hungry. I picked some beans from our row and washed the potatoes for baking so we shall have the same dinner as yesterday. I had a banana with some ice cream for dessert. This went down OK with only a little bloating which subsided when we had a cup of tea later on. Took anti sickness pill at 2pm and the next one at 8pm with the last Steroid pill, then cleaned my teeth and had mouth wash with Corsodyl. Felt no ill effects from my little exercise in the garden with Ann getting the ground ready. My body feels as near normal as it was last year considering the illness I have, so far I'm very pleased with the progress I am making.

Saturday 29th September **Chemo day 5**

Again I was awake each hour during the night to go to the loo for a wee. We had the same breakfast as yesterday. I got the mower out and cut back the lawn, a gentle exercise as a power roller drives it. Had a Weetabix at 12pm as felt a little hungry and needed roughage for my bowels. We had Salmon, boiled potatoes and green beans for dinner which went down without too much bloating.

Took two anti-sickness pills and Folic Acid and watched television for the rest of the night for relaxation. My phlegm in the afternoon was very thick.

Sunday 30th September **Chemo day 6**

After the usual restless night I had a lie in till 9.00am. Then I had some Weetabix to help my constipation. The metallic taste in my mouth comes with the Platinum and I tried to alleviate this with toothpaste and Corsodyl mouthwash. Also had the tingling in the nerves of my legs which comes with Chemo treatment, but this waned after an hour. Watered the wallflowers Ann put in yesterday and put the bin out. I had two boiled eggs and brown bread for a change today, then sandwiches with marmalade on. I then took the pills as needed and checked the bank statement as it is the end of month.

For dinner we had a chicken breast with sprouts and beans, roast potatoes, Yorkshire pudding and stuffing. This was followed by fresh strawberries and chocolate éclair. I managed to go to the loo to pass a motion at 7pm which greatly eased my digestive system for the night, making me feel a lot more comfortable.

Monday 1st October **Chemo day 7**

Another month, another milestone. I took the Folic Acid tablet and had a shave as my hair is still growing normally. Before breakfast I had another Weetabix as this is helping greatly with my digestive troubles and giving a lot of relief. I cooked Ann sausage, bacon and tomatoes and I had a brown bread toasted bacon sandwich and two mugs of tea. Cleaned teeth and took Corsodyl mouth wash. Ann went into the back garden to do some more tidying and set some wallflowers, while I had a steady restful morning just "pottering about". I trimmed the long shoots on top of the Laurel hedge with secateurs and put these and other rubbish items in the bin.

I helped to prepare the dinner of chicken, Yorkshire pudding, stuffing, sausage, roast potatoes, sprouts, gravy and cranberry. This went down a treat for both Ann and I and we had some trifle afterwards, and then watched television.

At 6.50pm I went a little walk in the lane which aids my digestion and looked for Justin and our granddaughter Bethany who were coming up to see us. Bethany arrived wearing her sea captain hat (she had got on the River Thames boat Tris the previous Saturday) and looked very smart and lovely. She is a wonderful grandchild and Ann and I enjoyed an hour with her and Justin before they went home. Went to see the match on Sky, but I was so tired I kept falling asleep, as did Ann, so we retired to bed early at 10.20pm and had a good night's sleep with some slight interruptions to go to the loo.

Tuesday 2nd October **Chemo day 8**

We slept in till 8.30am when Ann brought me a cup of tea. Had a bit of a cough and spat phlegm out quite often. Took my Folic Acid tablet and a Weetabix. Cooked Ann sausage, bacon, mushrooms and tomatoes and I had a brown bread mushroom and bacon sandwich and two mugs of tea. Cleaned my teeth and took Corsodyl mouth wash. Lots of stuff from my lungs and nose today to get rid of. Went a walk round garden in afternoon after doing sprouts for dinner and getting the other items ready. When Ann finished in the garden I put the dinner on to cook, we had steak and kidney pie, sprouts, roast potatoes and gravy, with trifle for dessert. This made me feel tired and I kept dozing off to sleep while watching TV. Cleaned teeth and flushed with Corsodyl to fresh up my mouth and relieve a sore throat caused by coughing.

Wednesday 3rd October **Chemo day 9**

Today I woke up with a tight chest and slight breathlessness; this eased slightly after taking my inhalers. I had what feels like flu symptoms, shivering in the

muscles and a blocked nose. I took my temperature which was low at 35.4. I had a Weetabix to ease the digestion before my main food later on. I had a nice soak in some warm water in the bath for half an hour, and felt better for that when I got dressed. We had poached egg on toast for breakfast which went down OK and then followed this with cups of tea. Rested for a while on the settee until 1.30pm then prepared potatoes for baking with sweetheart cabbage for later. Had a Weetabix at 2.10pm and put dinner on table at 3.45pm which was quite filling, so we had no dessert. I felt slightly bloated after and a little constipated. Watched the football on the TV at night. Cleaned my teeth and took Corsodyl mouth wash before going to bed, but after an hour I had heartburn, which I can only assume was caused by the residual Corsodyl in my mouth flowing down to my digestive system. Had to drink water and eventually take a Rennie, which after a while eased things for me to get to sleep about 3.30am.

Thursday 4th October **Chemo day 10**

Woke up feeling pretty good considering the previous night, had a Weetabix for starter then put the line out for the washing which Ann was doing later. Made some room in the green bins for more waste and then prepared some potatoes to slice thin and have for breakfast. Cooked these and they went down a treat with no digestive discomfort. After two mugs of tea I let this digest before going out front with spade to trim the edge of the grass where it meets the path. I did this work gently for about an hour. This made me very tired so had a lie down on the settee and dozed off for some of the hour I was there. Ann had got some cod for dinner, so we had this with some chips and garden peas and again they went down a treat with no digestive discomfort. Sat and watched tv for an hour then watered the tomatoes in the greenhouse and locked up for the night. At 7.15pm I cleaned my teeth and used Corsodyl mouthwash to avoid it before bed, but half an hour later I could feel residual Corsodyl in my mouth flowing down to my digestive system making it uncomfortable.

Friday 5th October **Chemo day 11**

After the usual night's sleep pattern, I woke up feeling quite good. We had a breakfast of sausage and beans for Ann and bacon and beans for me which went down with no digestive problems. I felt tired so I relaxed in the chair for a while. Went for a walk around the garden later and picked some of the last runner beans which we had with a jacket potato and corned beef, with a rice

pudding for dessert. Then I let this digest while watching TV. Again At 7.15pm I cleaned my teeth and used Corsodyl mouthwash to avoid it before bed, but this time washed with water afterwards and then had no problems. The last few days have seen quite a lot of phlegm accumulate in my lungs which I have to cough up. It is very thick, but still white/clear.

Saturday 6th October **Chemo day 12**

After the usual night's sleep pattern I woke up feeling quite good. We had a breakfast of sausages, mushrooms and spaghetti hoops for Ann and 2 bacon loins, mushrooms and an egg for me. The weather today is cold and raining and it kept up all day. Got the steps in and took shade off fluorescent light in the kitchen and cleaned it and did a new piece of grout above the cabinets. Had salmon and boiled potatoes and runner beans for dinner and a cake for dessert. We sat and watched 'Strictly Come Dancing' and the Leicester City game on 'Match of the Day' before going to bed after an Ovaltine. I seem to have a big appetite today, cannot get enough food. Again today quite a lot of phlegm accumulates in my lungs which I have to cough up.

Sunday 7th October **Chemo day 13**

After the usual night's sleep pattern I woke up feeling quite good. It seems I am overdoing the Weetabix as my motions are now very loose and wanting to pass them is very unpredictable. We had a breakfast of boiled eggs and brown bread with marmalade. Took all the bins round front for putting out later.

As we enjoyed it so much last week, for dinner we had a chicken breast with sprouts, roast potatoes, sausage, Yorkshire Pudding and stuffing. This was followed by Fresh strawberries and chocolate éclair for dessert. We then watched the Liverpool v Man City match which ended in a 0-0 draw. Cleaned teeth and had a mouthwash with Corsodyl before doing this report. My mouth feels dry most of the time and keeps like this despite having plenty of drinks. It is a side effect of Chemo which affects the saliva glands in the mouth temporarily. If your **mouth** is very **dry** talk to your doctor or nurse about artificial saliva products.

Monday 8th October **Chemo day 14**

After the usual night's sleep pattern, woke up feeling quite good. I think after the last few days improvement in how I feel must be due to the effect the Chemo has on the tumour. My chest feels very good and my breathing much

better allowing me to not have to take the inhalers some days. Just the quite a lot of phlegm which seems to accumulate in my lungs which I have to cough up quite often. It is very thick, but still white/clear. For breakfast we had fried cut potatoes left over from Saturday, with Sausages and beans for Ann and beans and bacon for me. These went down with no digestion problems and after two mugs of tea and a rest I cleaned my teeth and took Corsodyl mouth wash. I cut up all the apple branches that I removed last week and put them in the green bins. Cleaned and cut the sprouts for dinner and cut chicken into slices ready for dinner. This went down a treat for both Ann and I and we had some trifle afterwards, and then watched television.

Tuesday 9th October **Chemo day 15**

Woke up in the night with a throbbing right ring finger where it seems I was either bitten or stung on Monday when cutting some tree offcuts into the green bin. Put some anti-sting cream on it and this eased, but the area and the back of my hand were swollen in the morning and all day, but were not painful. I had a nice breakfast of mushrooms, beans and bacon. These went down with no digestion problems and after two mugs of tea and a rest, I cleaned my teeth and took Corsodyl mouth wash. I was fit enough to go into the garden and take my netting off the brassicas and then I sprayed the white fly menace and removed all spent leaves from the plants. For dinner we had shepherd's pie, runner beans, roast potatoes and gravy, and cake for dessert. Cleaned my teeth and took Corsodyl mouth wash afterwards. I spent the rest of night relaxing and watching television.

Wednesday 10th October **Chemo day 16**

My swollen hand and finger are much better this morning, so no worries there hopefully. I still feel very well in myself, hardly any different to how I was this time last year. Cut the last few long new growth branches from the apple tree and put them in the green bin. Had a bath and got Tracy the mobile hairdresser to cut my hair while she was here doing Ann's. We then had a poached egg on toast for breakfast which went down OK with no digestion problems. After breakfast I rang the transport people to book a lift to the Derby Royal, for Ann and me on Monday 15th and just for me on Tuesday 16th for my second treatment session. I felt so good today that I got my Dutch hoe and got most of the groundsel and other weeds up with it in the area that had been left from last year's brassicas. Then I cut the main row of runner beans off at stem level and loosened most of the tops ready for removal at some future date. Got two

nice potatoes which we had with sweetheart cabbage and corned beef and mushrooms. This was very filling and went down with no digestion problems. Cleaned teeth and took Corsodyl mouth wash. I watched television in the evening for a rest.

I had been forced to rearrange a meeting with Professor Tony Taylor, a descendant of my Great Grandfather John Edden from his eldest son. This was due to my first Chemo session being arranged for 25th September, when we were first due to meet. I had done an 85 page book on the life of John Edden and could not find out who had got his medals and if they were still in the family. After a long search I had managed to contact Tony's son through a family search site and it was obvious they knew very little about John Edden despite being proud custodians of his medals. I had briefly met Tony and his wife Margaret at the services of the M42 when he was traveling to Wales in the April before. I gave him a copy of my book on John Edden and this enlightened him to how much I had researched and how little he knew. On hearing of my health problems, Tony and Margaret decided to come from Lincolnshire to meet Ann and me in Tamworth.

Thursday 11th October **Chemo day 17**

Still feeling very well in myself, Ann did a bit of shopping for Tony and Margaret's visit today. They were in traffic on the M1 so arrived at 12.30pm. Tony had some medals in a frame. Tony took two photos of me holding John's medals in the house before we set off to let them see Drayton Bassett. We looked at gravestones in the churchyard and Tony took photos of these and the Church, then we went to John's 14 foot high obelisk over his grave (which the people of Tamworth had collected money for to record his memorable deeds) and we had a good photo session there. We then went to the Appleby Inn and all had a nice meal and conversation until 6pm when we all went our different ways. I had done OK all this time but was getting a little breathless probably more with the excitement of the occasion than my illness.

Friday 12th October **Chemo day 18**

Was feeling very good again today, Tony and Margaret rang at 10am for a chat and then I got the breakfast - sausage and tinned tomatoes for Ann and bacon sandwich for me. Nikki the solicitor sent two letters and rang later after I had given her our phone number which they had wrongly recorded. We had chips and runner beans for dinner with corned beef for Ann and a sweet and sour for

me. We had treacle pudding with custard for dessert. Watched some of the poor England match on TV and up dated some e-mails.

Saturday 13th October **Chemo day 19**

Feeling very good again this morning. Fetched Ann with the shopping from the supermarket and then got breakfast of sausages, mushrooms and tinned tomatoes for Ann and bacon, mushrooms and an egg for me. Read the paper and then updated "Old Balaclava" (my book on the life of Trooper John Edden of the 4th Queens Own Light Dragoons) with new photos. Justin and James came at 1.45pm and Justin commented on how well I looked. He installed Skype on our lap top so we could communicate with seeing each other. After they had gone I cooked the dinner of salmon, boiled potatoes and runner beans with a cake for dessert. We then had a relaxing evening watching TV and working on the computer.

Sunday 14th October **Chemo day 20**

Felt a wheeze when waking up, took my inhalers which relieved it and this made me bring up some phlegm from my chest. Took the daily Folic Acid tablet and got the steroids out ready to start taking tomorrow before my second chemo session. We had a breakfast of boiled eggs and brown bread with marmalade. For dinner today we had cod, chips and runner beans with chocolate eclairs and strawberries for dessert.

Monday 15th October **Chemo day 21**

I took my steroid tablets and Folic Acid as my second treatment is due tomorrow. Ann and I went to Derby Royal for my 9.15am appointment with Dr Keni the oncologist and blood tests etc. She was very pleased with how I look and my progress. Last CT scan shows some more growth and thickening of Lymph somewhere, must ask again if I can see the picture to understand better. After slight wait for transport home, we went to the Pretty Pigs for a nice carvery and shandy. We came home and had a dessert of bananas and custard. We then watched the England football match at night which was good and entertaining for a change!

Tuesday 16th October **Second Chemo day 1**

Went to the Royal Hospital for an intense session of Chemo - Flush, Pemetrexed, flush, Cisplatin, flush, then Magnesium flush and finish at 4.30pm. Got home at 5.50pm and had half of jacket potato and rice pudding for afters.

Then sat and rested in chair for a while and watched the Wales v ROI match. Then looked at photos of Grandson James at camp with the school, had Ovaltine and went to bed.



This was me having Chemo treatment at Derby Royal Hospital.

Wednesday 17th October **Second Chemo day 2**

Had a good night's sleep, just got up twice, after 4am just body slept and brain active.

I had a slight headache when woke up, nothing which required a pill, but was light headed and numb in the body. Took my Folic Acid and steroid tablets but left sickness one off as I feel OK. Had a Weetabix with milk and then took my steroids for ease of digestion and porridge later. Ann wanted to go to the opticians for an eye check so we went to town; she got an appointment for 10.15 tomorrow.

We then went to see Amanda to have my latest book printed. We had dinner at the Pretty Pigs and went for a walk round the Castle grounds as the weather was nice and sunny. Back at home we had an ice cream and relaxed watching TV. My stomach was again feeling bloated and slightly uncomfortable, so later on I had another Weetabix and this will do for food all tonight, as I again have the hiccoughs and wind. I took a couple of Rennie's at 8.30pm to see if this will

help. I again had the numb feeling in my legs at this time perhaps the walk may have made it come on. Just had an Ovaltine before going to bed.

Thursday 18 October **Second Chemo day 3**

I woke up after usual night's sleep – up in the night 3 times for the loo and to moisten my mouth which gets very dry. I had 3 biscuits with my morning tea and took my tablets. Later I had a Weetabix and porridge and 1 cup of tea, before taking Ann to the opticians for new prescription glasses. We then came home and had some sausage and mash with gravy and cups of tea. I have a slight numbness and tremble in my legs and a lot of hiccoughs after the treatment but nothing I cannot stand. All other side effects are not there at present. I got the dinner ready for 5pm we had cauliflower, runner beans, shepherd's pie and roast potatoes and gravy which went down well despite my digestion problem. Had nothing more all night except a biscuit with my bedtime Ovaltine.

Friday 19th October **Second Chemo day 4**

I had to get out of bed a lot more times last night - approximately every hour, with wind, hiccoughs and burping. I feel quite well in myself this morning the tingling in my legs has virtually gone and my digestive system is nearly back to normal. Took Folic Acid and anti-sickness pills and then had a Weetabix and took a steroid tablet. Got the breakfast - our first cooked breakfast of the week. This went down well but my digestive system is still uppity. Did a bit of weeding with the Dutch hoe for half hour, then had a rest. We are having Jacket potatoes, corned beef and cauliflower for dinner today which I prepared and cooked and it went down ok though my digestion is still not 100%.

Saturday 20th October **Second Chemo day 5**

I had restless night with dry mouth and hiccoughs, I had to chew my gum each hour when I woke to go to the loo. Took my pills in the morning and had a Weetabix with the steroid. My poo is very hard and difficult to flush again this morning. Breakfast was bacon, mushrooms and an egg. I then read the papers and saw a bit of soccer on television. After the lawn had dried out enough for a cut with the mower, I did this and cut both back and front lawns. Dinner was boiled potatoes, peas and fresh salmon which was great and went down a treat. We had a cake for dessert. As a result of the exercise of cutting the grass, my legs and digestion seemed to improve and by night-time I seemed perfectly

normal. Had night drink of Ovaltine which does not taste the same as it used to before chemo.

Sunday 21st October **Second Chemo day 6**

I was awake every hour during the night, not so much to go to the loo as because it has become a routine these last few years. Got up and did the bins for going outside, then tidied up the roses which had gone over. We both had some of the salmon which was leftover from yesterday for breakfast and it was nice with some salad and cheese, then two cups of tea which went down well digestively. I have a slight problem in the heartburn area of my chest, below the sternum, after eating food since chemo started, this (not heartburn) and burping and hiccoughing manifest slightly but it is manageable. For dinner we had a chicken breast with sprouts, roast potatoes, Yorkshire pudding and stuffing with cranberry sauce. This was followed by fresh strawberries and chocolate éclair for dessert. I saw some of the football afterwards and then had cup of tea. Went to the toilet at 10pm and it was very hard to push the poo out despite having two Weetabix today - will see if the two have worked tomorrow. Had Ovaltine and took bins down and went a little walk round.

Monday 22nd October **Second Chemo day 7**

The night progressed as usual for sleep pattern. I had difficulty going to the toilet to poo at first, it is making my bum sore with having to wash it after every time despite putting cream on it. Had another Weetabix at 9am and half an hour after this loosened it to give a manageable bowel motion with less discomfort. I had porridge after and a cup of tea. My legs are a little numb and digestion not 100% but can manage it OK. We had a noon dinner at the Pretty Pigs, which was very nice and then went into Tamworth after for some shopping. I had to go to the loo twice in town and again when we got home as I have overdone the Weetabix it seems. Just had an Ice cream at home then some crackers and a packet of crisps. I tried to watch Leicester match on TV but kept falling asleep as I seem very tired today. Had Ovaltine and went to bed at 10.40pm.

Tuesday 23rd October **Second Chemo day 8**

Usual night's sleep pattern - had the legs and feet tingling sensation and slight digestion problem when I got up. Went to loo OK but my backside is really sore with straining and wiping. Cleaned and put some E45 cream to see if it will ease it. We had a cooked breakfast, Ann had sausages, tomatoes and

mushrooms and I had bacon, mushrooms and 1 slice brown bread, with 2 cups of tea to follow. Felt really tired and weary today, so will rest most of the day. Did some sprouts for dinner to have with roast potatoes, chicken breast, stuffing, Yorkshire pudding and gravy, and for dessert we had spotted dick with custard. These went down very well and my digestion is now nearly normal and so is my nerve tingling in the legs. From this and thinking back to last time's session, it takes a week to get back to a near normal feeling from the chemo session. It was very noticeable all day that the biopsy area that Dr Spencer took the sample from was being affected by the Chemo as there was a sensation at that site nearly all day. Went out for a walk to pay for and order a new phone battery, I felt better for the exercise in doing this. Had an Ovaltine to take to bed.

Wednesday 24th October **Second Chemo day 9**

Felt quite good on waking up, but slight feeling in my legs started again after a short period. Had a bit of muesli to settle digestive system and had a nice soak in the bath while Ann had her hair done. Went to the Odeon to see "Bohemian Rhapsody" at the 11.10am performance after breakfast. Enjoyed the film and had scampi and chips dinner in the Bolebridge after with milk for me and lager for Ann. Took Ann shopping and I stayed in the car. We had an ice cream at home after and watched TV. My digestion is feeling better after having lighter meals.

Thursday 25th October **Second Chemo day 10**

I had my usual breakfast with no ill effects. Rested for a while then I went to town on the bus to get the restored photos of John Edden. My digestion "was in the air", I did not know if I was hungry or had indigestion. Had some of the cream crackers we got yesterday and that settled it down. Then we had lasagne and chips with runner beans for dinner, I rested my stomach and then had rice puddings 1.5 hours later. Justin, James and Bethany came up about 6.30pm and stayed for nearly 2 hours. Watched TV when they went and had more crackers and Ovaltine for bed time drink before retiring. It is Balaclava day 164 years on today.

Friday 26th October **Second Chemo day 11**

I had a better night's sleep than usual, we both had a poached egg on toast for breakfast which caused no digestion troubles for me. The sensations in my legs and feet are all but disappeared now. After breakfast felt very tired and had a

rest on the sofa. Got a sweetheart cabbage for dinner, which I prepared to have with a cottage pie, roast potatoes, some runner beans from yesterday and gravy. It was very delicious and filling. We had an ice cream for dessert. We sat down to digest it and watched TV. Had an Ovaltine before going to bed.

Saturday 27th October **Second Chemo day 12**

Had another "decent" night's sleep, my digestion and tingling has disappeared and again I feel quite as well as I did last year. Ann did the shopping and we had a cooked breakfast of the usual which went down with no trouble. Sat and read the papers while it digested and then updated bank for end of month readiness. Watched the football match on TV - 12.30 kick off. Did some potatoes to boil and have with the salmon and runner beans which was very nice and went down well, with a cake for afters. Watched "Strictly". Had an Ovaltine and watched the news coverage of the LCFC helicopter crash.

Sunday 28th October **Second Chemo day 13**

Had a bowl of Weetabix first to loosen up my bowels and then had two poached eggs on toast for breakfast, with two cups of tea. I feel very good this morning, it seems the first 8-10 days after Chemo session are the ones which naturally upset my body system and then it gets back to near normal. Justin, Emily and the children came up at 10.30am to record a video of me answering questions about my life to James and Bethany so they will have a record of their Grandad for years to come. The session went very well and everybody enjoyed it and I had the biggest of hugs from James and Bethany when the session ended. They had their lunch here and as such we altered our dinner arrangements to fit in, so we had a lasagne and chips and beans for our dinner, with strawberries and a cream cake for dessert. We then watched football on TV and every news bulletin for news on yesterday's helicopter crash, in which it was confirmed the Leicester City chairman had died. Had an Ovaltine before going to bed. Took dustbin down at 10.30pm and it was shaping up to be a very cold night with a sharp frost.

Monday 29th October **Second Chemo day 14**

I had a decent night's sleep with minimum interruption. There was a real hard frost outside, everywhere white over. I cooked a breakfast - the usual for both of us. We have had a fox in the garden and it was quite a large one. I feel very good in myself, just a little shallow in breathing and lots of phlegm, but not as bad as last time at this stage between Chemo sessions. I did a bit of work in the

garden sorting out the wood to burn on Saturday and getting rid of the metal. For dinner we had chicken breast, sprouts, sausage, roast potatoes, stuffing, Yorkshire Pudding and gravy, with strawberries and chocolate éclair for dessert which went down with no digestion problems. Had Ovaltine drink before going to bed.

Tuesday 30th October **Second Chemo day 15**

Again, I had a better night's sleep. I had a Weetabix before the cooked breakfast which was as yesterday for both of us. I let it digest and then went in the garden for a while to sort out more wood from old compost heap for burning on Saturday, and repaired the damaged fence. Got the dinner ready for later and it is the same as yesterday to finish the chicken breast off. I had a banana and some ice cream for dessert and it all went down with no digestion problems. I had an Ovaltine before going to bed.

Wednesday 31st October **Second Chemo day 16**

Sleep pattern as usual, woke up and had tea and biscuits and went to toilet twice and motions were easy to pass with no discomfort. Had a bath and then toast for breakfast as we are going to the National Memorial Arboretum as the weather is so nice, for a walk round on the flat and a nice dinner, we hope. Booked the transport to Derby Royal for Monday 5th November to see Dr Keni and Tuesday 6th November for treatment. We had scampi and chips and vegetables at the Arboretum which was good, Ann had a white wine and I had a coffee. We went a nice walk round several of the memorials and saw the half a million or more poppies with messages on dedicated to those who lost their lives in WW1 from descendant relatives. These were in rows and it was very poignant.

Thursday 1st November **Second Chemo day 17**

Another month, another milestone. Had usual night's sleep and was again feeling quite good this morning, slight cough and spitting up of phlegm occasionally. We had breakfast - the usual for both of us, which went down with no digestion problems for me. Went into Tamworth to get my books on "Old Balaclava" and an envelope, then came home and got all the old wood together and had a bonfire and it was 95% gone by 2.30pm. We had a shepherd's pie with sprouts and sweetheart cabbage, roast potatoes and gravy for dinner, which went down with no digestion problems. Had an Ovaltine before going to bed.

Friday 2nd November **Second Chemo day 18**

Had the usual night's sleep and was again feeling quite good this morning, slight cough and some phlegm occasionally. Sent an e-mail to Tony Taylor about books and photos. We went into Tamworth to run some errands. We went in the Globe for lunch and I had a nice fresh fish with chips and garden peas which went down OK with no digestion problems. Afterwards I got some sweets from the "Yum, Yum" shop and took Ann to John Lewis where she got some items for Christmas. Came home and rested for the rest of the night.

Saturday 3rd November **Second Chemo day 19**

We had trouble with the landing light blowing the breaker and I had to fit a new lamp holder. We had the usual Saturday breakfast and salmon, potatoes and runner beans for dinner with a cake for dessert. Watched the fireworks at Tamworth Castle and Drayton Manor through the front bedroom window and then the football match and dancing on TV.

Sunday 4th November **Second Chemo day 20**

Had a lot of phlegm to cough up from my lungs and a runny nose in morning. We had some porridge for breakfast as we are going to the Appleby Inn for dinner with Justin, Emily, James and Bethany for noon. James, Justin and I had the roast beef dinner which was fantastic, cooked to perfection, with peas, carrots, cauliflower, mash and roast potatoes, two Yorkshire puddings and lots of well-cooked tender beef.

Monday 5th November **Second Chemo day 21**

I took my steroids tablets and Folic Acid as my third treatment is due tomorrow. The transport was very early at 7.20am before I was ready, so I finished my first cup of tea and went into the ambulance. We had to go a long way round because of breakdowns and got to The Royal at 8.30am. Had my blood test but was too early to check in with the doctor. Found I had left my phone on charge, come without my wallet, and had only the few biscuits that Ann had put in my bag. Saw a new doctor who was also with Dr Keni when I last went; her name was Dr Mohammed. She showed me my last CT scan and to me, a lay man, it looked as if I have lost half the capacity of my left lung. There was a big black large area which she said was my tumour. She is going to arrange another CT scan for after my session of Chemo tomorrow, in about three weeks' time, and this will be before a fourth session of Chemo she wants

me to have on the 27th November. She has prescribed some medicine to help with my constipation which the nurses will get from Boots pharmacy and have with my other medicines tomorrow. Checked in at the combined services desk and asked them to arrange for my transport home at Noon, had to ask again at 1.30pm and they could not give a time. At 2.30 pm went to ask if I could get to the hospital from Derby Rail station which I must check out. At this time she asked if I had had anything to eat and I said no so she took me to the food fridge and got me a cheese sandwich and a strawberry jelly, just as I started to eat this a man with a taxi came to take me home and got home just as Ann was arriving back from Tamworth. I had a microwave liver and bacon with mash for dinner, a piece of chocolate log and two refreshing cups of tea. At 7.20pm I washed and put two potatoes in the microwave for 6 minutes while the oven warmed up, then transferred these to the oven for 30 minutes and we had them with butter and cheese and they were very good and cooked OK. I had a small Ovaltine before going to bed.

At this point I would like to say in order to help others, all the items mentioned earlier on in my diary to take to help pass the time when having Chemo were found by me to be unnecessary. I have the treatment for 7 hours continuously with 8 pints of fluids being pumped into my body. I found that taking a paper from the day before and doing the crossword in it, and then buying a new one that day and reading it and doing its crossword went a long way to passing the time. Also some patients talked to me and there were quite a few of these as some patients had shorter treatments than me, so there was a variety of changes in the adjacent treatment chairs, which were full of patients throughout my time in there.

Day	Date and Time	Drug and dose (per m ²) or dose (per kg)	ACTUAL DOSE	Infusion Fluid and Final Volume	Route	Additives	Time/Infusion Rate	Line	Given/Checked by	Time Start/Stop	Comments
1	06/11/2018 T=hrs	SODIUM CHLORIDE 0.9% (1000ml)	1000 ml	1000 ml	IV		Infuse over 1 Hrs at a rate 1000 ml/hr		[Signature]		
1	06/11/2018 T=hrs	PEMETREXED (500mg/m ²)	900 mg	Sodium Chloride 0.9% 100 ml	IV	41 5h	Infuse over 10 Mins at a rate 600 ml/hr		[Signature]		Commence approx. 30 m before CISPLATIN 258mls if urine output remain
1	06/11/2018 T=hrs	SODIUM CHLORIDE 0.9% (500ml)	500 ml	500 ml	IV		Infuse over 30 Mins at a rate 1000 ml/hr		[Signature]		
1	06/11/2018 T=hrs	MANNITOL 10% (100ml)	100 ml	100 ml	IV		Infuse over 10 Mins at a rate 600 ml/hr		[Signature]		
1	06/11/2018 T=hrs	CISPLATIN (75mg/m ²)	145 mg	Sodium Chloride 0.9% 1000 ml	IV	41 5h	Infuse over 2 Hrs at a rate 500 ml/hr		[Signature]		Provided urine
1	06/11/2018 T=hrs	MANNITOL 10% (100ml)	100 ml	100 ml	IV		Infuse over 10 Mins at a rate 600 ml/hr		[Signature]		
1	06/11/2018 T=hrs	MAGNESIUM SULPHATE (20mmol)	20 mmol	Sodium Chloride 0.9% + 20mmol Potassium Chloride 1000 ml	IV		Infuse over 2 Hrs at a rate 500 ml/hr		[Signature]		IV

Tuesday 6th November **Third Chemo day 1**

Went to Derby Royal for intense session of Chemo. Shown above is the whole daily programme of fluids put into my body, showing amounts in millilitres and times to get each one in. Flush, Pemetrexed, flush, Cisplatin, flush, and then Magnesium flush and finished at 4.30pm. My transport did not arrive until 6.20pm, I did not get home until 7.15pm.

I asked Chemo Nurse Katie, who was with the doctor the day before, if I could have a copy of my CT scan, as I was concerned to know more on what I saw. The nurse said that like me, she was not up to speed with identifying what was what on a CT scan, but that Dr Keni may print off a copy of the report for me when I see her next on 27th November. Katie said the front view of my chest showing the bottom area of my left lung looking different to the right, being only half the same area, was probably due to it not fully re-inflating from when it was collapsed in June before the Medical Thoroscopy. The large black area where the tumour was may have been an accumulation of fluid in the arena which was over the tumour area. I shall try to get a copy of the report from Dr Keni next time I go. I had a great parcel of Movicol Constipation powders to bring home as well as the Steroids for next treatment and Folic Acid to keep taking. I also had my second Vitamin B12 injection.

Wednesday 7th November **Third Chemo day 2**

Took my steroids and Folic Acid tablets and took 2 sachets of Movicol before breakfast of bacon and mushrooms on two slices of toast, with two cups of tea. This went down with no digestion problems. Did some work updating this diary and sent letters to solicitor informing her of my progress and to doctor to ask for appointment for flu jab and prescription medicine review. Dinner was a cottage pie with chips and runner beans and gravy which went down with no digestion problems. Took my 2 steroid tablets after and then had cups of tea at 6.30pm and I took another Movicol at 8pm.

Thursday 8th November **Third Chemo day 3**

Had an indifferent night's sleep, still waking every hour and going to the loo. I did manage to go to the toilet and pass my stools without and pain and discomfort this morning and my digestion seems better for it. I had same as yesterday for breakfast with some beans, which went down OK. After breakfast I felt tired so had a lie down on the settee for an hour, woke up needed a wee and I seemed to wee out more than usual for what I had drunk

in. Ann wanted to see a DVD so we watched three episodes of "Little Dorrit" before we got the dinner ready, which today was shepherd's pie, sweetheart cabbage and roast potatoes and gravy. Watched another episode of "Little Dorrit" then had some treacle tart with custard for dessert. This all went down well with no digestion problems.

Friday 9th November **Third Chemo day 4**

Had another night of waking up every hour, so was tired in morning again. Took all my tablets and then had breakfast of poached eggs on toast which went down with no trouble. Did not pass any bowel motion this morning may - need to take the powders again to help. I had two cups of tea with breakfast. After breakfast had a lie down on the settee as I was feeling tired. Got up and did the sprouts Ann picked yesterday, but she came down the garden with a cabbage so we had that with some stewed steak, roast potatoes, Yorkshire pudding and gravy, then a rice pudding for dessert. We shall have the sprouts tomorrow. Watched some more "Little Dorrit" then had cups of tea.

Saturday 10th November **Third Chemo day 5**

Had another night of waking up every hour, so was tired in the morning again. Took all my tablets and then fetched Ann with the shopping. Cooked usual Saturday breakfast, had cups of tea and digestion was ok. Went to loo a couple of times and took one powder to help move my bowels. My legs are still feeling funny with the nerves from the Chemo, like there are warm tight constrictive wraps around them. Got a new phone battery for my mobile and watched the football match on TV and read the papers and magazines. I had a dinner of creamy chicken pies, roast potatoes, sprouts and gravy, with cake for dessert. Watched West Bromwich Albion win 4-1 afterwards, and then "Strictly" and the Remembrance Festival from the Albert Hall. I had an Ovaltine before going to bed.

Sunday 11th November **Third Chemo day 6**

I was up several times in the night again and seemed to be passing urine out more than I could possibly drink in. Legs still have nerve problem but may be getting better. My mouth is still dry all the time with a funny taste. I did manage to go to the loo without taking a powder today. We had boiled eggs with brown bread for breakfast. These went down OK. I went into the back garden and sorted some items out for the bin. I broke up the shower door and cut it up and got rid of this plus some wire and other minor items. Ann picked

some sprouts from our garden and I got them ready to eat, enough for 2 days, so we had half with chicken breast, roast potatoes, sausage, batter pudding, stuffing and gravy, with strawberries and ice cream for dessert. Felt a bit peckish around 8pm so had a few crisps with a chunk of cheese. I had an Ovaltine before bed.

Monday 12th November **Third Chemo day 7**

I was up several times in the night again with a dry mouth and to pass urine. Went to the loo twice this morning, had a Weetabix & muesli to help before my main breakfast of bacon, toast and mushrooms, with tea which all went down with no trouble. My legs and digestion are now, after a week, feeling more normal. I did some work in the garden for a while helping Ann, tidying up metal and bricks etc. which were deposited in the rubbish bins and putting a large piece of fence put against trees on south side to prevent the fox from coming through. We had the rest of the chicken breast for dinner with sprouts, roast potatoes, stuffing, sausage and gravy. This went down with no digestion troubles and I had a banana and ice cream for dessert. I had another Weetabix and some muesli before going to bed after an Ovaltine.

Tuesday 13th November **Third Chemo day 8**

I was up several times in the night again with a dry mouth and to pass urine. I went to the loo three times this morning, so the Weetabix is helping without the need for the powders. For a change we had some beans and sausage on toast with some salad for breakfast and two cups of tea. Did a bit more work in the garden. I cut up some more metal for the dustbin and compressed the green bins so Ann could get more leaves in. I am beginning to feel better in my legs and stomach this afternoon, but am feeling very tired and would like to rest and have a sleep if I could possibly "drop off". I prepared the dinner and put it on at 2.45pm. We had jacket potatoes with butter and cheese on, roast mushrooms, frozen peas, and salmon done in the steamer. These were very filling so we only had an ice cream for dessert. I only had one cup of tea as it now tastes different and I cannot swallow it very well. At 8pm I had to pass a bowel motion for the fourth time today. Had a Jacobs's cream cracker at night, but decided to try a change from Ovaltine as it is now tasteless with the Chemo, so I had half a tin of mushroom soup instead. I had to go to the loo for a fifth bowel motion later. I slept better in the night, only woke up three times.

Wednesday 14th November **Third Chemo day 8**

I was feeling a lot better this morning, had tea and biscuits which tasted OK, then a bowl of muesli as I was feeling hungry. I had a bath and then got a breakfast of beans and sausage on toast again with some salad. This and a cup of tea later on went down very well and at present I am feeling more like my old self today. I went into the garden and compressed down the leaves Ann had put in yesterday and I got the lawn rake and collected another great load which was round the willow tree and got these into the green bin. We had cottage pie with chips and some frozen peas and gravy today for dinner; this was very filling so we had no dessert. I had the rest of the soup from last night instead of Ovaltine.

Thursday 15th November **Third Chemo day 9**

I was feeling a lot better again this morning, had tea and biscuits which tasted OK, then a bowl of Weetabix and muesli as I was feeling hungry. I am still having no trouble with my bowels at present. I got breakfast of beans and sausage on toast again with some salad. This and a cup of tea later on went down very well, but I felt very tired and so had a rest for a while. I went and picked some Brussels sprouts and carrots from the garden and prepared these for dinner to have with a tinned chicken and mushroom pie, roast potatoes and gravy. We had the rice puddings for dessert. Watched TV at night and had an Ovaltine made a lot stronger which was OK.

Friday 16th November **Third Chemo day 10**

I was feeling a lot better again this morning, had tea and biscuits which tasted OK, then I got breakfast of beans and sausage on toast again with some salad. This and a cup of tea later on went down very well. Went into the garden about 11.00am and did a bit of tidying up and winter digging for a couple of yards length. I packed up about 12.30pm so as not to wear myself out. I went a walk for some fish and chips and peas for a change which were very nice. Had a bit of chocolate log for dessert and two cups of tea. Again I had an Ovaltine which was a lot stronger than normal and was better for my taste. I have a chesty feeling and slight breathlessness and am spitting up phlegm occasionally.

Saturday 17th November **Third Chemo day 11**

I still have a chesty feeling and phlegm occasionally. After we got the shopping I cooked the usual Saturday breakfast and had two cups of tea which caused no digestion problems. Had a look at the papers while it went down then got

the lawn mower out and cut the back lawn mainly to get most of the leaves up. As green bins are full I used the black plastic compost bins the council brought years ago. I completely filled one of these. I got the hose to give the mower and grass box a good clean out in case the mower is not needed again this year. I then disconnected the hose and put it to bed for the winter so as to get no frost damage to it. I filled the potato bucket up and did some potatoes to have with some runner beans and some salmon and salad. We had a cream slice cake for dessert and then sat down for a well-earned rest and saw "Strictly" from the Tower Ballroom, Blackpool. I fancied something moist and fluid so had a cream rice pudding from a tin. I had an Ovaltine again with more strength for my bedtime drink.

Sunday 18th November **Third Chemo day 12**

I again have a chesty feeling and slight breathlessness and am spitting up phlegm occasionally. We had beans on toast with a salad for breakfast and two cups of tea which went down OK with no digestion problems. After this went down I went into the garden and did a row of winter digging before getting some sprouts and a parsnip to do for our dinner. I prepared all these and we had them with a joint of roast beef, Yorkshire puddings, roast potatoes. We had a chocolate éclair for dessert.

Monday 19th November **Third Chemo day 13**

My chesty feeling is improving and I am not spitting so much. Went into the garden and did some winter digging. Then had breakfast of two loin bacons and Saturday's left over potatoes fried and a few mushroom stalks. The weather was very cold and wet and I had a hot drink of my mushroom "cup a soup" before doing a bit more winter digging, despite the rain. After I came in we had dinner of roast beef, roast potatoes, runner beans, Yorkshire pudding, parsnips and gravy. Then we had strawberries and ice cream with the last of the chocolate log. I had some grapes about 7pm, and a packet of crisps. Then an Ovaltine for bed time drink.

Tuesday 20th November **Third Chemo day 14**

The weather was nice first thing, so I was going to do a bit more in the garden, but after a breakfast of beans on toast it clouded over and started raining for the rest of the day. Instead I helped Ann clean out and sort the tin cupboard. I managed to pick some nice sprouts and a carrot which we had for dinner with roast beef, Yorkshire pudding, roast potatoes and gravy. We had golden syrup

sponge pudding with custard for dessert. I had a few crisps and cheese biscuits for supper then an Ovaltine. I was again wheezy at night time.

Wednesday 21st November **Third Chemo day 15**

I took advantage of feeling quite good this morning and dug another area of the garden. I perhaps overdid this as my back was beginning to feel achy afterwards. I had a bath and then we had breakfast of beans on toast again with tea which went down very well with no digestion problems. I went down the garden when my breakfast had gone down and got some sprouts and did these and the carrot from yesterday ready for dinner later. When the rain eventually eased a little I got two rakes and raked all the dead conifer bits which had fallen by the south fence and was mixed with fallen leaves. I did as far as the bottom and about four yards along the east boundary. I then went in and cooked the dinner of roast beef, roast potatoes, Yorkshire pudding, carrots, sprouts and gravy. This went down with no digestion problems and I had a couple of mince pies with ice cream and strawberries for desert. As there was still some strawberries left I had these with some grapes at 8.30pm.

Thursday 22nd November **Third Chemo day 16**

Had a couple of rounds of toast and went into Tamworth after a night's heavy frost. Ann went to the dentist and I had my flu jab at the chemist, I then posted three books to Tony Taylor and read the Herald in the library before meeting up with Ann to go to the Bolebridge for lunch. I had a 14 oz. rump steak which was delicious, but too much to consume all at once with a jacket potato etc. so took half home for later. We then went to the pictures to see "Fantastic Beasts The Crime of Grindalwold". We came home to have a cup of tea and later on some chicken soup. Had a letter and a phone call from solicitor Nikki who wants me to ask the Oncologist something.

Friday 23rd November **Third Chemo day 17**

We had some beans on toast for breakfast and got ready and went to B&Q so Ann could look at the Christmas trees. She picked a nice one and also bought the pretty Christmas mat which goes around the bottom. We then went into town and had dinner at the Bolebridge, Ann had fish and I had an 8oz sirloin steak with chips, peas, mushroom and tomato. This again, like yesterdays, was delicious and very good value for the special offer price. We then went into Ankerside for Ann to get Christmas wrapping paper and then we went to the Odeon to see "Bohemian Rhapsody" again. Came home and at night watched

West Bromwich Albion beat Ipswich 2-1. I really do feel normal like I was last year at this time. Long may this continue.

Saturday 24th November **Third Chemo day 18**

I wrote up first thing the items I need to ask Dr Keni on Monday. After getting the shopping and putting it away cooked the usual Saturday breakfast and then had a look at the papers. I raked up some leaves around the willow tree and long border. We had a lasagne, chips and runner beans for dinner and a cake for dessert. I am feeling quite good again today more like my health was a year ago, I am sure the Chemo is doing me some good and shrinking the tumour.

Sunday 25th November **Third Chemo day 19**

I felt quite good again this morning, just a slight wheeze but this went away after I took my inhalers. As we are going out for dinner we just had some porridge for breakfast with a cup of tea. We had dinner at the Appleby Inn at noon with Justin, Emily, James and Bethany, and went back to their house for some ice cream for dessert. Had a couple of mince pies and an egg custard tart later on to last the night, with an Ovaltine to go to bed on. I got all my things ready for in the morning including a beef sandwich to keep in the fridge overnight.

Monday 26th November **Third Chemo day 20**

Transport was arranged to get me to Derby Royal for 9am, but it did not arrive at my house until 8.45am due to accidents on the A38, so again we had to go through the villages and we had to pick up another passenger at Haunton Hall who also was in the ambulance to go back when I was picked up at 12.40pm. When I got home at 1.30pm we went to the Pretty Pigs for a carvery meal which was nice and easily digested. Dr Keni printed off a copy of my last CT scan report and also explained my cancer in the left lung in detail on the screen. She is pleased with my progress and how I look and has arranged for me to have a fifth session of chemo on 18th December and also another CT scan is to be arranged for December. I started taking my steroid tablets as prescribed. I am to take the excess medicine from 3 weeks ago back tomorrow to be put back in store.

Tuesday 27th November **Fourth Chemo day 1**

Transport was arranged to get me to Derby Royal for 9am and this was ok - it got me there on time. I had my usual treatment of flush, Pemetrexed, flush, Cisplatin, flush, and then Magnesium flushes and finished at 4.15pm. They arranged transport which did not arrive until 5.40pm, but during this time my hand started bleeding where the cannula had been taken out and I had to go in and have it re-dressed. Got home about 6.30pm and had a jacket potato with cheese and salad. Took my night-time steroids and then rested in the chair and saw and slept during the programs. I had an Ovaltine before going to bed.

Wednesday 28th November **Fourth Chemo day 2**

I had a good night's sleep apart from having to have a wee every 1.5 hours. I had some Weetabix and muesli so as to take my steroid with food, then had a bath and after that had some beans and sausage on toast. These went down without any digestion problems. We had got some salmon to have for dinner so we had "lumpy potatoes" with butter on them and the fish and some runner beans, which went down a treat. We then had rice pudding for dessert and cups of tea. I watched West Bromwich Albion win at Swansea and had an Ovaltine before going to bed.

Thursday 29th November **Fourth Chemo day 3**

Had usual night's restless sleep pattern. We had beans on toast again for breakfast with two cups of tea. My sister Joan rang me to ask how I was doing today. I went and got some sprouts from down the garden for dinner later. I picked up some branches which had fallen off the trees in the wind to put in the green bins when emptying the waste from the sprouts. I got the dinner on at 2.30pm and we had cottage pie, with roast potatoes and the sprouts and gravy. These were very filling so we did not have any dessert. I just had a biscuit and Ovaltine before going to bed.

Friday 30th November **Fourth Chemo day 4**

After the usual nights disrupted sleep pattern, woke up feeling still trembly in the legs and body and again, my motions are difficult so took another powder to add to the one I took yesterday afternoon. I did a bit in the garden with the bins before breakfast of beans and sausage on toast and one cup of tea as it does taste different. At 9.50am Nikki the solicitor came and went over my case with me and Ann. She is compiling a list of extra things Ann has to do now I am limited help to her and she has taken my payslips to compile all my incomings so she can work out what money I shall be losing based on my life projection as

a non-smoker which helps, compared to me living another 1 to 1.5 years with this cancer. She left about 11.10am and I started to do this report while fresh in my memory. When Ann came in from the garden at 1.00pm we decided to have some fish and chips from Belgrave which I went to get. They were cooked fresh and the large fish meant we had enough to leave one fish for supper later on. I had an Ovaltine before going to bed.

Saturday 1st December **Fourth Chemo day 5**

Another month, another milestone. After the usual nights disrupted sleep I had tea and biscuits before fetching Ann with the shopping. I then had a microwaved sausage and mash for breakfast with two cups of tea. Read the papers and felt tired so had a lie down on the settee for a while before getting the dinner of salmon, potatoes and runner beans. We had cake for dessert and then some tea, and we watched TV. I had an Ovaltine before going to bed. I have had the numbness and tingling in my legs all the time since the last treatment, and also the tightness in my throat and feeling it is being constricted from the outside. Both of these are unpleasant but I am managing them as best I can. I took another powder today as bowels are still "iffy".

Sunday 2nd December **Fourth Chemo day 6**

Another waking night and going to the loo and trying to freshen up my mouth, which always feels stale despite the mouthwash and toothpaste. I am feeling poorly today with my aching legs and digestive problem, which has not diminished today as it usually has. We had a boiled egg with some brown bread and then two cups of tea for breakfast which made me feel uncomfortable in the throat and stomach area. Emily sent an e-mail to ask how I was and I told her and Justin came up later to see how I was but as usual, it ended in a dispute over the garden with him and Ann, which caused friction between them. I had previously got some parsnips from the garden to do for dinner with the nice piece of beef that Ann had bought yesterday. I prepared these for cooking and put the beef in at 12.45pm to cook. We had the dinner later when cooked; it was roast potatoes, runner beans, calabrese, roast parsnips and gravy with the very tender tasty beef. We had a chocolate éclair for dessert. I did myself a beef sandwich at 8pm as I had not had so much dinner as usual at dinner time. My legs were starting to improve about this time and I am hoping this trend continues.

Monday 3rd December Fourth Chemo day 7

After another nights disruptive sleep, got up to feel a lot better than I did yesterday. My legs and digestive system are improving all the time today. I had some good news from Nikki the solicitor that my employer's insurers have accepted liability for my Mesothelioma and are making an interim payment. Nikki wants me to try to get more progress on the next CT scan so she can take the case further. We had beans on toast for breakfast with salad and cups of tea. After putting the empty bins up the garden we both did a few rows of winter digging in the garden and I picked a nice lot of sprouts for dinner to have with roast beef, roast potatoes, roast parsnips, Yorkshire pudding and beef gravy, which was very nice and went down well with no digestion problems. We had spotted dick and custard for dessert. At night I watched West Bromwich Albion on TV.

Tuesday 4th December **Fourth Chemo day 8**

Again my legs and digestive system are not as good as previous days after Chemo sessions and I'm still awake in the night every 1.5 hours. I had a bath and Tracy cut my hair after doing Ann's. We then had some sausages with mushrooms and baked beans which went down OK. I felt tired and had a lie down on the settee but could not sleep. I got up and had a mushroom cup soup. I washed some potatoes to put in the oven and we had these at 4pm with some beef, cheese, peas and a salad for me. These went down OK and I had a custard tart later for my dessert. Watched TV and had Ovaltine for my night drink before going to bed about 11pm.

Wednesday 5th December **Fourth Chemo day 9**

The usual night's lack of sleep pattern, combined with a visit to the toilet which was painful and difficult as my motions have hardened again and were not at all easy to pass. I took a Movical power when next awoken about 3.30am and in the morning I had a Weetabix before my main breakfast to try to loosen up the problem. Ann did the washing and ironing so I again got the breakfast the same as yesterday's. My chest and lungs seem to be heavy with phlegm and I am wheezy. I felt very tired so had a lie down on the settee for an hour, but did not sleep; only relaxed. The post had been delivered when I got up and the main letter was from the Derby Royal asking me to attend for a CT scan next Monday 10th December at 2.45 pm in the main X-Ray department. I booked the transport to take me for this and also informed Nikki that I would be going. We had a nice dinner of roast beef, Yorkshire pudding, roast potatoes and

calabrese, which went down without any problem. We had a mince pie with ice cream for dessert and then cups of tea.

Thursday 6th December **Fourth Chemo day 10**

The night passed as usual. When I got up I had a Weetabix with some muesli. I went into the garage to get the Christmas decorations and put them in the hall for later. We had beans and sausage on toast for breakfast and two cups of tea, which are getting more easily to digest. Again I felt very tired but I went down the garden to get some carrots for a beef casserole that Ann was preparing for later. As we were both very tired we put the casserole in the oven to cook and watched the TV for an hour, resting on the settee and chairs. I then went into the garden and dug another 4 rows before getting some sprouts for our dinner. I prepared these and peeled some potatoes ready for being cooked for 3pm when the casserole would be ready. I mashed the potatoes with a bit of butter and we had a nice meal, unfortunately my taste is being affected by the Chemo so it was not as nice as it could have been for me. I had two mince pies with ice cream for dessert and later two cups of tea. We put the new Christmas tree up at 7pm in the front room by the window where we had them all the other years, it looks very nice just bare without the lights and decorations, so should be great when finished. We had our first Christmas card today. As with yesterday my chest and lungs seem to be heavy with phlegm and I am wheezy.

Friday 7th December **Fourth Chemo day 11**

I had the usual night's lack of sleep pattern, with two bowel motions during the night to boot. I had a bad coughing and spitting bout when I first got out of bed and as with yesterday my chest and lungs seem to be heavy with phlegm and I am wheezy. We had beans and sausage on toast for breakfast and two cups of tea, which are getting more easy to digest. Again I felt very tired, but had to make an effort to install the fairy lights on the tree, take out the rocking Santa and put the candle frame in the front window. I finished with putting the wreath on the front door. I then went down the garden and broke up the fibre glass sheeting which had been round the compost heap to get it all in the bin. I then got some sprouts and did these and some potatoes for dinner. We had the rest of the casserole with the sprouts and mash, and this tasted more normal today. I watched West Bromwich Albion again on TV tonight; they seem to get worse as time goes on. I fancied a toasted cheese butty at half time and had one with an Ovaltine before bedtime.

Saturday 8th December **Fourth Chemo day 12**

I had the usual lack of sleep overnight with two bowel motions to boot. I had a bad coughing and spitting bout when I first got out of bed and as with yesterday my chest and lungs seem to be heavy with phlegm and I am wheezy. Ann went to do the shopping and I collected her at 9.00am. We put the shopping away and I cooked the breakfast, sausages for Ann and bacon and egg for me both with mushrooms and some fried leftover potatoes from yesterday. My digestive system seems to be ok with the food at present but it is as though I have had a bad bout of the flu this last week or so since my last treatment. My temperature is perfectly normal though. Again I felt very tired, but despite being wheezy I did manage to tidy up some fallen branches and leaves for the green bin. I then did some potatoes to have with butter and green beans and some salmon which again was very nice and went down no problem. We had cake for dessert. Had an Ovaltine before bedtime and got a Lemsip for colds and flu to have just before going to bed tonight.

Sunday 9th December **Fourth Chemo day 13**

I had a slightly better night's sleep thanks to the Lemsip. The cold symptoms were much better and in the morning I felt quite good. It was nearly 9.00am when we got up and later still when I did the breakfast of beans and sausage on toast with some salad. I took another Lemsip at 1.00pm to try to further shake off my symptoms of the last two weeks. We had lasagne and chips, runner beans and cauliflower for dinner today, then rice pudding for dessert. I had an Ovaltine for night drinks and another Lemsip before going to bed.

Monday 10th December **Fourth Chemo day 14**

I had a slightly better night's sleep thanks to the Lemsip. The cold symptoms were much better and in the morning I felt quite good. It was nearly 9am when we got up and I cooked the breakfast of sausages and beans for Ann and bacon egg and toast for me. I am to have a CT scan at the Derby Royal today at 2.45pm, I arranged transport to get me there for 2pm. We got there at 2.15pm and I checked in with reception and was told to wait in the yellow area. Waited over an hour and I was not called, so I checked again and was told I was not booked in. So then I was taken in to get changed, they took me into the scanner and I said what about my cannula for the contrast medium, which they had forgot to put in, so I was taken out to have that put in. This took over half an hour as they could not find a vein, so I now look like Phil Taylor's old

dartboard. Then I went in and had the CT scan and had to wait for transport home until 6.50pm and got home at 8pm. I had to have some beans on toast for food and a couple of mince pies. I watched the football second half and went to bed early as I was very tired.

Tuesday 11th December **Fourth Chemo day 15**

Slept in until 9am and then had some sausages and beans for breakfast. Put the rest of the leaves collected in the green bins for emptying next week. We had some chicken, ham and leek pies with chips and cauliflower and gravy for dinner, which was very filling so no dessert. I am still spitting up a lot of phlegm from my chest which is occasionally very wheezy.

Wednesday 12th December **Fourth Chemo day 16**

My chest was a little better this morning but I am still spitting up phlegm occasionally. I had a bath and then we had some porridge for breakfast before going into Tamworth, for Ann to do some shopping and me to get the interim cheque into the bank account and a lock for the shed. We met up again at 1pm and went to the Bolebridge for dinner, I had lamb and Ann had scampi. Ann did some shopping on the way home and we had some cake and tea and watched TV. Later we had a cheese sandwich and finished the cake off. We had an Ovaltine at night.

Thursday 13th December **Fourth Chemo day 17**

I was awake every hour again during the night. In the morning we had breakfast of sausages and beans with two cups of tea. I fitted the new lock on the shed door and got some sprouts to have with the pork chops Ann bought yesterday. We did the dinner for 3.50pm and had the chops with sprouts and cauliflower, roast potatoes, Yorkshire Pudding, stuffing and gravy. It was very nice and went down with no problems. We had some mince pies with custard for dessert and two cups of tea, and then watched TV for a while.

Friday 14th December **Fourth Chemo day 18**

I had the usual night's disrupted sleep and woke up to find we have had a good frost in the night. As snow is forecast as a possibility tomorrow we decided to do the shopping today. My cold symptoms and spitting seemed to have eased these last few days and I am feeling more like my old self. We had some porridge for breakfast and went down to Tamworth, where I deposited the interim payment into our savings. I went into the library to read the Herald and

then we went to the Globe Inn for dinner. Ann had steak and kidney pie and I had the fresh fish with chips and mushy peas which was very nice and went down well. We then went to do the shopping and get a tank full of petrol. After putting the shopping away we had a cup of tea and some cake and sat down to rest as we were both very tired. At 5.30pm Ann fancied something to eat so we both had a hotpot done in the microwave. I watched the football live on TV later and had a soup before bedtime.

Saturday 15th December **Fourth Chemo day 19**

I had a better night's sleep and did not wake up until 7.30am. I cooked the breakfast for us, sausages and tomatoes for Ann and bacon sandwich on brown bread toast for me. After a cup of tea and a rest I did this report before watching football on TV. We had salmon and potatoes and beans for dinner and some cake for dessert. We watched the final of "Strictly Come Dancing" (will I be around next year???) and before bed we both had a Lemsip.

Sunday 16th December **Fourth Chemo day 20**

Lunch at the Appleby Inn with Justin and family for noon was cancelled due to James and Bethany being ill. Woke up twice in the night, but had a better night's sleep and did not wake up until 7.30am. I cooked the breakfast for us, the same as yesterday. After a cup of tea and a rest I printed off the up to date state of our finances for Ann to keep. We had lasagne with chips and beans for dinner, and cake for desert. Watched some football on TV and had an Ovaltine. Last thing before bed we both had a Lemsip again.

Monday 17th December **Fourth Chemo day 21**

I am going to see Doctor Keni and hopefully get the results of last Monday's CT scan. I am to have a blood test beforehand. Transport was arranged to get Ann and I to Derby for 9.00am. This all went well as arranged, I had a blood test and then looked at the Christmas decorations in various locations in hospital before a walk outside, then we had cappuccino and cake before seeing a doctor who did printout results of the scan. To the delight of Ann and I, the tumour has shrunk from 27mm to 5mm while having the Chemo. We got back home for 12.00pm via voluntary transport in a nice new car. We then went to Pig's for a nice dinner, then shopping in town. Had a cup of tea and some cake before sitting down to relax and watch TV.

CT Thorax with contrast .

Comparison is made with the CT from 20/6/18.

There has been interval drainage of the left pleural effusion with dense material in the left pleural space in keeping with previous pleurodesis. Circumferential lobulated pleural thickening with significant interval progression compared with the CT from June. There is infiltration of the mediastinal fat, particularly adjacent to the main pulmonary artery. The lobulated pleural thickening extends anteriorly around the paracardiac fat. Posteriorly there is infiltration through the left hemidiaphragm near the oesophageal hiatus. No lung parenchymal nodules or masses. The right lung is clear.

A station 8L node has enlarged compared with previous.

Clinical History :

Malignant mesothelioma T3 N0 M0 - for Cisplatin/Pemetrexed chemotherapy. Completed 4 cycles chemotherapy - CT to assess response prior to decision regarding further treatment/surveillance. Thank you

CONSULTANT RADIOLOGIST 6139233

CT Thorax and abdomen with contrast :

Technique: Helical acquisition from lung apices to lung bases following IV contrast injection in arterial phase and from lung bases to ASIS in portal venous phase.

Findings: Comparison is made with the previous CT 20 September.

There has been considerable reduction in the nodular thick left pleural disease, the posterior apical pleura reducing from 27 to 5 mm in depth, this the maximum thickness remaining. This is in keeping with partial response.

No new lung lesion. No adenopathy or effusions. No peritoneal or omental disease evident. No destructive bone lesion identified.

Tuesday 18th December **Fifth Chemo day 1**

Ann saw her friends in town today while I was at Derby having my fifth treatment session. The transport was early again and had to pick up another patient at Lichfield, but I got there on time despite this and traffic jams on A38. Luckily the driver, Abdul, was looking to see if I had finished my treatment about the time I just had so I did not have to wait. He had another patient to take to Burntwood, so with this and another jam for 2 miles standing traffic on the A38 it was 6.45pm when I got home. I had a steak and mash dinner in the microwave and a piece of cake then watched the football on TV. I was drowsy and kept falling asleep most of the rest of the night.

Wednesday 19th December **Fifth Chemo day 2**

No troublesome side effects to show first thing, just minor ones like in the past except for constipation. I did not have any feeling in my body to need the toilet for a bowel motion so had to take a powder and have a Weetabix. After I had had a bath, we had a cooked breakfast of sausages for Ann and bacon for me with beans, mushroom and toast, followed by two cups of tea. At 4.30pm I went to the chip shop in Belgrave and got them to fry me a 14-16 oz. cod which we shared and had with chips and mushy peas, these were very nice and filling and really challenged my digestive system so close to having the Chemo. I did manage them alright and had a sit down for the rest of the night. I had not managed to do a bowel motion today so took another powder before going to bed.

Thursday 20th December **Fifth Chemo day 3**

I had another restless night, awake every half hour to go to the loo, managing a slight bowel motion on the 2.30am visit. I have not much of an appetite this morning but did manage to have some beans on toast and cups of tea. I did have a lie down on the settee after this as I felt very tired. At 1.15pm I went and got some sprouts to have for dinner with a shepherd's pie and roast potatoes. I had a cup-a-soup after doing the sprouts preparation. At 3.00pm we started the dinner cooking and had Shepherd's pie, sprouts, roast potatoes and gravy which was very nice but I had again stomach bloating and belching as yesterday. This is very uncomfortable but I am trying my best to manage it. My eyes keep watering as the Chemo seems blocks the tear ducts.

Friday 21st December **Fifth Chemo day 4**

I had another restless night, awake every half hour to go to the loo, and I had a bloated feeling and achy legs, so I just had some porridge and cereal for breakfast with a cup of tea. Later I went into town to try to get my hearing aids turned up a bit as Chemo seems to be dulling my hearing but no one was there to do it. Read the local newspaper in the library and then went to the Bolebridge to have a fish Friday dinner for me and Scampi for Ann. We then went to see the new "Mary Poppins" film at the Odeon. Saw the Wolves v Liverpool match at night but kept falling asleep as I am very tired but cannot ever get a good night's sleep. I had a mushroom cup-a soup instead of Ovaltine for my night drink. Went to bed feeling very tired.

Saturday 22nd December **Fifth Chemo day 5**

I was awake every 1.5 hours again despite trying very hard to get some sleep. Still having the digestion problems which sometimes feels like my throat is being gripped from the outside. Ann did the shopping and I went to collect her with it at 9.00am, then after putting it away I had a lighter breakfast of beans and some potatoes and half a mushroom. I then read the newspaper and saw football on TV before doing this report and getting salmon, potatoes and beans for dinner. We had a piece of cake for dessert with two cups of tea. Later on in the evening my digestion and numb legs seemed to get better for a bit. I had a cup-a-soup for the night time drink.

Sunday 23rd December **Fifth Chemo day 6**

I had a better night's sleep, but not as good as it should have been. I stayed in bed for a while after Ann brought me a cup of tea, so I could rest. I got up and we had breakfast of beans on toast and salad, with two cups of tea. Justin sent an e-mail to go on Skype to talk to the children, which we did for half an hour, and arranged it again for Christmas morning. We had the "ought's" for dinner today to use them up - liver, bacon and mash for Ann and salmon and chips for me, both with some green beans. We watched TV at night and had a sausage roll for supper with a cup-a soup. My eyes keep watering as the Chemo seems blocks the tear ducts.

Monday 24th December **Fifth Chemo day 7**

I had to do a painful bowel movement each time I got up in the night. This continued most of the morning. Again we had breakfast of beans on toast and salad, with two cups of tea. Got some sprouts from the garden to have with the chicken that Ann has got for Christmas dinner. This was put in the oven at

12.45pm to cook and I had another a soup while waiting and doing this report. My legs and digestion are feeling a bit better today. We had the chicken with sausages; roast potatoes, mashed potatoes, sprouts, Yorkshire pudding and gravy which was nice, but the taste in my mouth spoiled it. We had some cake for dessert. We watched TV at night.

Tuesday 25th December **Fifth Chemo day 8**

Another poor night's sleep, and after waking very early I lay on the settee after my breakfast of beans on toast and salad, with two cups of tea. I then had a sleep. Justin rang at this time but I was fast asleep so we could not Skype as he wanted. We had jacket potatoes each with cheese and some Branston pickle as nothing seems to taste right for me at the moment. Had some trifle for dessert and at about 2pm Justin came in with James and Bethany and they greeted us enthusiastically and opened their presents and played some games with grandma. After they had gone back Ann and I settled down to watch TV - "Call the Midwife" and "Torvill and Dean", however we were so tired we slept through most of both of them so we will have to watch the recording we did another time.

NB: Due to a simple cold and runny nose, we could not see our grandson and daughter-in-law, as my white blood cells are so low I could easily pick up their infection which would be very bad for me. I have been observing this since September 25th and will carry on till treatment finished. This is a side effect which really takes its toll on family life.

Wednesday 26th December **Fifth Chemo day 9**

We had some porridge for breakfast and settled on having a jacket potatoes for dinner same as yesterday. I got the chicken and stripped all the meat off the carcass to do a casserole, after saving what white meat there was for dinner today and a sandwich at tea time. We saw some TV soccer before our teams kicked off at 3pm. Leicester beat Man City 2-1 and I watched West Bromwich Albion beat Wigan 2-0. I am still very, very tired and fall asleep most of the time when relaxing or watching TV. My taste buds are really affected by the Chemo this time and I am only just starting to shake less in the legs

Thursday 27th December **Fifth Chemo day 10**

I had a bath this morning and we had sausages with toast. After two cups of tea and a rest I got some carrots and sprouts from the garden so we could

finish the casserole and put it in the oven. This smelt delicious when cooking and tasted even better for Ann, but my taste buds are not as usual, thanks to the Chemo. After the dinner of casserole with mashed potatoes and sprouts we saw some TV and then had some chocolate log for dessert. I did not have much to drink at night before going to bed to see if I sleep better. My eyes still keep watering.

Friday 28th December **Fifth Chemo day 11**

I had another very restless night, up nearly every hour despite not wanting the loo. I was very, very tired in the morning, had a shave and got us both poached egg on toast and tea. I then had a sleep in the chair after this until Noon. We have the dinner already in the fridge to go with the casserole, roast potatoes and cauliflower cheese. After this we had some chocolate log and cream and watched TV until after 10.30pm and went to bed after a glass of pop for me.

Saturday 29th December **Fifth Chemo day 12**

I am feeling a lot better in myself this morning; the legs are more normal and the digestion better, just the mouth taste to get better. Fetched Ann with the shopping. After looking at the papers I tried to see the soccer on TV but felt very tired so put it off at 2pm and tried to sleep on the settee which was surprisingly successful as it was after 4.10pm when I awoke, wondering where I was. After gathering myself together I cooked the dinner which Ann had prepared of salmon, beans and potatoes, then finished off the chocolate log. We then watched TV for a bit and I had a Lemsip before going to bed.

Sunday 30th December **Fifth Chemo day 13**

I slept until 3.00am before waking up, so this was an improvement. I got up and had a biscuit and some pop before going back to bed and slept until 5.00am, then until 7.50am. We had boiled eggs for breakfast with some brown bread and marmalade and a cup of tea. Apart from the taste problem with my mouth I am now feeling very much myself and feel that I have shaken off most of the Chemo side effects. We had a lasagne for dinner with some green beans and chips. This was very filling so we did not have any dessert. We had two cups of tea after seeing the football on TV and then I did this report before the new "Les Miserables" starting at 9.00pm for 6 weekly episodes. My eyes still keep watering.

Monday 31st December **Fifth Chemo day 14**

I had another very restless night, very little quality sleep. We both had an upset stomach in the morning so only had some porridge for breakfast. Still it is an achievement to have reached this milestone and be on the brink of seeing in another New Year. I am hoping that 2019 will bring a lot happier events than the last one did. We had a nice piece of beef roasted to perfection, with roast parsnips from the garden and sprouts. This was very good for Ann who has her taste ok and fine for me with my limited taste ability due to the Chemo. I had a banana and ice cream for dessert and then we rested, watching TV until 12.40am on January 1st 2019, which was a milestone I thought I would not see when the news broke in July about my disease.

Tuesday 1st January 2019 **Fifth Chemo day 15**

Today is two milestones in one, a new month and a new year. After waking up a couple of times in the night, I had some tea and a couple of biscuits, got up and had a shave and put cream on my mouth ulcers. We had beans and sausage on toast for breakfast and two cups of tea. As there is a match on TV and Justin is coming up about 1pm we shall be having jacket potatoes for dinner today with the beef. Had the dinner and a piece of lemon meringue pie which Emily cooked and brought up. I went to sleep after while watching the soccer on TV. Went to bed at 11.20pm after an Ovaltine but again had a bad night.

Wednesday 2nd January **Fifth Chemo day 16**

I arranged the transport for next Monday and Tuesday to the Derby Royal. We had sausages and beans on toast for breakfast. I did an energy switchover today to a new provider. Ann got some sprouts from the garden which I prepared for dinner. We had these with the parsnips, Yorkshire puddings and roast potatoes and gravy which were very nice as my taste buds are getting back to normal. I had some bananas and ice cream for dessert and then later a mince pie. Watched TV and relaxed for the rest of the evening. My eyes still keep watering.

Thursday 3rd January **Fifth Chemo day 17**

I had made an appointment with my GP to have my prescription review today. My blood pressure was still high and this was all he seemed bothered about so wanted me to start taking the water tablets again. Their records on my treatment from the Royal Derby are only up to mid-November so I had to explain the latest situation to him. I went down on the bus and did a bit of

shopping for some sweets, a new tooth brush and some milk. When I got back, Ann had picked some sprouts and carrots for dinner today which she prepared and I cooked with roast potatoes, beef and gravy. I finished off the banana with some ice cream for dessert. At 6.45pm I had a surprise when Bethany appeared by my side as Justin had brought her up with the new kettle that Ann had ordered. They stopped for about an hour. I had an Ovaltine to go to bed with, but did not sleep any better, usually waking every 1.5 hours.

Friday 4th January **Fifth Chemo day 18**

We had a cooked breakfast, sausages and tomatoes for Ann and bacon and egg for me, with two cups of tea. I registered the new kettle with Morphy Richards afterwards. Got some sprouts from the garden later, which I prepared and we had with the rest of the beef, roast potatoes, carrots and gravy. I had a chocolate lolly for dessert. I then watched the TV for a while and did this report. My eyes still keep watering.

Saturday 5th January **Fifth Chemo day 19**

I had poached egg on toast for breakfast as my stomach feels a bit nauseous. I think this is probably the water tablets that the doctor has asked me to take so I will stop these. We took down all the Christmas decorations and tree and put them back in the room above the garage (till next year???). We had poached salmon with potatoes and green beans for dinner and a slice of cake for dessert. I had warm milk for my night time drink and I felt nauseous all day.

Sunday 6th January **Fifth Chemo day 20**

After an interrupted night's sleep as usual I felt a bit better this morning and had some potatoes from yesterday fried with some bacon for breakfast. Did this report and sent Justin an e-mail on how I am feeling. We had lasagne, chips and green beans for dinner and cake for dessert. Then we watched the Leicester v Newport FA cup match on TV, and the other programmes up to "Les Mis", before going to bed. My eyes still keep watering.

Monday 7th January **Fifth Chemo day 21**

I had a blood test at 9.15am before seeing the Oncologist today. All was well for my treatment tomorrow except the earlier blood test had congealed so I had to have another before I left the hospital. Later results confirmed this was satisfactory for me to continue with tomorrow's treatment. I am to have more anti sickness pills, mouthwash, and something for my tear ducts tomorrow

with my medicines. The transport did not arrive until 8.15am despite us being ready early, getting up at 6.00am. The transport was on hand to bring us home at 12.50pm from the hospital with two other patients to drop off on the way, so we had time to go to the Pretty Pigs for dinner at 2.00pm. We got home after at 3.30pm and watched TV. I had an Ovaltine for my night drink.

Tuesday 8th January **Sixth Chemo day 1**

Sixth and final treatment for a while today. Started on time at 9.15am and went on until 4.15pm. During this session I felt nauseous, light headed and woozy. I asked about my medicines that were ordered yesterday and they were not done, so I had to have a doctor come and see me and she did a prescription for nurse to take to the chemist on site to get these. So now I have Benzydamine mouthwash and Gelclair oral mouthwash for my mouth ulcers. I also have one for each eye (right and left) Chloramphenicol 0.5 Eye drops for my blocked tear ducts. I also have to take as required Movicol, the constipation relief sachets.

So as well as the above added items I am taking steroid Dexamethasone tablets at treatment time, anti-sickness pills and Folic Acid pills each day till long past treatment ends. I had my third (one every 2nd treatment) vitamin B12 injection today. When I got home with Abdul in the Ambulance car which was a very some comfortable ride I had a microwaved dinner and a piece of coffee and walnut cake and watched the football and "Les Miserables". Then we put my eye drops in after a cup of Ovaltine and went to bed.

Wednesday 9th January **Sixth Chemo day 2**

I was still a bit woozy and light headed. I had a bowl of Weetabix and muesli to help stop constipation before having a bath I then had two bacon loins with some mushrooms for breakfast on one piece of crust. Sent solicitor Nikki an update on my treatment and how I am coping and feeling with it. I also sent these to others. We had jacket potatoes, green beans and ham for dinner and coffee and walnut cake for dessert and then watched TV in the evening.

Thursday 10th January **Sixth Chemo day 3**

I had a better night, waking up only for the fourth time at 6.00am. I had some Weetabix and my steroid tablet, then later brown bread toast with some beans and sausage and two cups of tea. I followed by having a gel mouthwash, which is making my mouth better. The eye drops are working on my tears as they are

much less and non-existent at times. I was very tired and went and had a lie down on the settee and did manage to get an hour of sleep. Later Ann went and got some sprouts from the garden and prepared them for cooking which we had with sausage and mash for Ann and liver and bacon and mash for me, with some extra gravy I prepared. These were very nice and filling so we washed up and went to see TV but both dropped off to sleep watching an episode of "Midsomer Murders". We had two cups of tea each when it finished. I had an Ovaltine to go to bed on.

Friday 11th January **Sixth Chemo day 4**

We had beans on toast for breakfast after another restless night's sleep for me. I felt very tired so had a lie down on the settee after breakfast. Ann continues to put the drops in my eyes when I remember and they are feeling much better for it. We had jacket potatoes for dinner with some ham and mushy peas, then watched TV as meal was very filling, and had my dessert later on. I had a soup for night drink as taste is again a slight problem.

Saturday 12th January **Sixth Chemo day 5**

Felt a bit better this morning but it soon wore off after getting up. I went to the loo and did a poo which came with bright red blood in the pan and on the toilet paper; this is from a pile in my bottom I think. Still a bit light headed but managed to fetch Ann with the shopping and cook the breakfast for both of us. Had a sit down and read the mail and then did this report and checked the bank. We had some salmon and boiled potatoes and green beans for dinner, followed by some cake for dessert. I was very tired so Ann did the washing up and I kept dropping to sleep watching the TV so went to bed at 10.00pm without having anything to drink.

Sunday 13th January **Sixth Chemo day 6**

I was not very hungry so just had some cereal, Weetabix and muesli with two cups of tea. I went to get some sprouts and parsnips from the garden for dinner when Justin and the children came up with some cards and presents for Ann on her birthday. They spent about an hour with us and it was very nice to be able to spend some time with them again. I got the parsnips and sprouts ready for cooking with some beef later on, with Yorkshire pudding, roast potatoes and gravy. We both did a bit of the cooking and after eating the nice dinner (my taste is not so good to get the best) Ann washed up the pots as I am still very tired. I had a coffee for my drink as my taste is not as it should be. I

went to the loo at 6.30pm and did a poo which again came with bright red blood from the piles.

Monday 14th January **Sixth Chemo day 7**

Ann's 74th birthday. Although feeling very tired and weary and not having much sleep again we had some porridge for breakfast and went down to Tamworth. I had to have my hearing aid repaired and get some new batteries for it and Ann wanted her mobile phone put back to working order. We met back up at the Odeon for 11.45am to go and see "Stan and Ollie", the new film about Laurel and Hardy. After we went to the Pretty Pigs for dinner which was delicious for Ann she said, but with my latest chemo experience my taste buds were all at sea, so not much tasted nice and much went uneaten which for me is really a first. We came home and I managed to have an ice cream before watching a "Midsomer" episode. I felt really tired after this so lay on the settee and went to sleep until 11pm when I went to bed.

Tuesday 15th January **Sixth Chemo day 8**

Although awake most periods of the night, I was more refreshed than usual, the extra sleep had done me good, so I cooked us a breakfast – bacon and mushrooms for me. Ann did the washing and ironing today so as it was nice first thing I went into the garden and got the majority of the fallen branches and twigs from off the lawn after the winds of two days ago. We had a jacket potato with the beef.

Wednesday 16th January **Sixth Chemo day 9**

I had a bath in the morning which did not change the feeling of tingling in my legs and feet. We had beans on toast for breakfast and two cups of tea. I had a sleep in the chair for a while and when I woke up Ann was doing some potatoes to have mashed with the beef and frozen peas. We had these and washed the pots and watched TV for a bit. We had a cheesecake for dessert with a cup of tea. My taste is still way out of being anywhere it should be, and this is not nice, the sooner it returns the better. I watched the football on TV at night and had a milk and water mix drink before going to bed.

Thursday 17th January **Sixth Chemo day 10**

I feel a little better this morning despite the usual lack of sleep. My mouth is not so bad and my taste is getting better. Ann fancied a cooked breakfast so I did her the sausages and tomatoes after cooking the bacon, and left over

mashed potatoes from yesterday. I had two cups of tea and did the meter readings for the new energy supplier. I did a bit to the jigsaw Ann has opened on the table and got the dinner of jacket potatoes, beef and mushy peas, with cheese filled potatoes. I had a banana and ice cream for my dessert. We watched some recorded TV before having a cup of tea and then put TV off and did some work on this report and the jigsaw.

Friday 18th January **Sixth Chemo day 11**

I feel a little better again this morning despite the usual lack of sleep. My mouth is not so bad and my taste is getting better. We had some beans on toast for breakfast and two cups of tea. I did not feel so tired initially so did some work on the jigsaw. We had a bit of beef left over and some corned beef that needed to be started on so once again we had a jacket potato each and some tinned runner beans. We had a mince pie and ice cream for dessert. We saw a "Midsomer" episode and then I did this report before watching a match on TV. In the afternoon my solicitor Nikki rang with some queries as she is very near having my case ready for presentation.

Saturday 19th January **Sixth Chemo day 12**

I feel a little better this morning despite the usual lack of sleep. My mouth is not so bad and my taste is getting better for a few things, but not the majority. After collecting Ann with the shopping, I prepared the breakfast of sausages and mushrooms, but there was very little taste for me. We watched the Leicester v Wolves match live on TV and after prepared the dinner of potatoes, salmon and peas and beans. After this I fell asleep in my chair and slept until 8.00pm. I saw a bit of TV and did this report. My eyes are quite bad again with tears stopping me seeing details correctly. I am still persevering with the drops though.

Sunday 20th January **Sixth Chemo day 13**

I had a better night's sleep, but was still up three times at least. My eyes are quite bad again. I am still persevering with the drops though. Had a breakfast of corned beef and fried potatoes from yesterday. I did some work which the solicitor asked for last Friday and sent her three e-mails with the content in. I got some sprouts from the garden and did these for dinner with roast chicken and potatoes, stuffing, Yorkshire pudding, sausage and gravy. We had a cake for dessert and then watched TV for the rest of the night.

Monday 21st January **Sixth Chemo day 14**

I am gradually getting back to somewhere near as normal as I can be now after two weeks; I have a very nasty taste in my mouth which will not go despite mouthwashes etc. I am beginning to taste food though. We had porridge each for breakfast and went into Tamworth to finally sort out Ann's phone. We got a couple of sausage rolls to have with a cappuccino coffee before going into the Odeon to see "The Favourite" which was very good. We went into the Bolebridge afterwards for dinner and I had a 14oz steak with chips and mushroom etc. which was great and I could even taste this meal. We went home and then rested the rest of the night with me watching the football on TV. Despite having used the drops for my eyes for two weeks now they are no better, still weeping all the time so I can hardly focus at times.

Tuesday 22nd January **Sixth Chemo day 15**

Apart from my watering eyes, bad taste in my mouth and digestion, I am feeling quite well today. But I cannot drink tea without having to force it down. We had beans on toast and this was quite palatable. I had my hair cut at Belgrave and the walk down to "Just Guys" did not make me breathless, though it was more difficult walking back up hill. Ann got some sprouts from the garden which I prepared and we had them with the rest of the chicken, roast potatoes, sausages, stuffing and Yorkshire pudding. These were very filling so I had some bananas and ice cream for dessert. Sat and rested while watching TV at night.

Wednesday 23rd January **Sixth Chemo day 16**

After having a bath and some porridge for breakfast we went down town again to see "Collette" at the Odeon. We had a sausage roll and a coffee to take in with us. Came out and went to the Bolebridge and we both had the new menu cottage pie with peas and gravy. Came home and watched TV and had a rice pudding for dessert.

Thursday 24th January **Sixth Chemo day 17**

I am feeling quite good today, the bad taste in my mouth is going slowly and my digestion is better. We had a cooked breakfast. We still have some prepared sprouts from Tuesday to go with the shepherd's pie we have for dinner, but I got a few more from the garden and we had them with roast

potatoes and gravy which was very nice. I had an ice cream for dessert and got back to drinking tea as normal. I Had an Ovaltine for my night drink.

Friday 25th January **Sixth Chemo day 18**

Feeling a bit better each day, the bad taste in my mouth and digestion just minor problems I have to live with. I Had a Weetabix as well as porridge for breakfast before going into Tamworth again to see "Mary Queen of Scots" at the Odeon. We again had a sausage roll each and a cup of coffee before going into the cinema. The film was very good. When we came out we went into the Bolebridge and I had a fish Friday and Ann had a cottage pie with a few of my chips. We came home and watched TV including the cup tie Arsenal V Man Utd. Ann finished the jigsaw.

Saturday 26th January **Sixth Chemo day 19**

We both had a cooked breakfast after getting the shopping. Ann got some cod loin which we shall have with some chips for dinner. Sent Justin an e-mail to say we are OK for the Appleby Inn lunchtime meal tomorrow. We had the cod loin fried in the pan with a little oil for a change and it was very nice with some chips and beans. We had a slice of cake for pudding and I had a cup of coffee. I then watched TV and fell asleep all through the FA live cup match Millwall V Everton, waking up when it had finished. I had an Ovaltine before going to bed.

Sunday 27th January **Sixth Chemo day 20**

After another usual restless night's sleep, waking up every two hours, we had some porridge for breakfast with a cup of tea. I took a photo of my driving licence before sending it to Swansea for renewal. We went up to the Appleby Inn for 12 noon to meet the family once again. We all had a nice dinner and Bethany did really well again eating all of her jacket potato and cheese and beans. Ann had lasagne and the rest of us the roast beef dinner. I did not eat or drink much after as I keep having the feeling of wanting to be sick, despite taking my anti sickness tablets. This is still happening 3 weeks after completing the course.

This is the end of the record of the effects of Chemotherapy on my body, hopefully for a good while. Ann and I have just booked a holiday at Thoresby Hall for a week.

