

My Continuing Mesothelioma experience by Roy Ashwood

After the euphoria of finding the tumour had reduced in size from 27mm to 5mm just before Christmas, and having had a further two sessions of chemo, things were looking up and I was feeling very positive about the future, but was it a false dawn?

On Friday 22nd March I attended Derby Royal Hospital at 2.15pm for a CT scan. This went well both in me having it done immediately this time with no problems being booked in or transport to and from the hospital.

On Thursday 28th March, Ann and I attended Derby Royal Hospital at 10.20am see Dr. Keni at the follow up clinic at Derby Royal Combined Day Unit. As a result of what transpired I sent the following e-mail message to Justin for his and Emily's information:-

I attach copy of my latest CT Scan results from last Friday. As you will see, the tumour has increased in size from 6mm to 21mm, and in the words of Dr Keni the Oncologist, if I remember them correctly, the tumour has mutated into one that the previous Chemo is now ineffective to it.

She said but do not worry, there are still things we can do for you. There has been some progress with the Immunotherapy drugs, which use our immune system to fight cancer. They are going to see if my previous Biopsy done at Queens last 3rd July 2018, will yield enough information for them to find a suitable drug to use on me. I may have to have another Biopsy if the first one does not go well.

With Dr Keni was a specialist lung nurse who works at the Royal Derby Hospital and she liaises with the Glenfield Hospital in Leicester. She said the Multidisciplinary Team meet every Friday to discuss the best way forward and treatment of patients like me. She will try to get me on the agenda the next day if possible, the next Friday if not. She will ring me at home and let me know how things went and any way forward on Friday 5th April.

There appears different types of treatment e.g. oral tablets which can be taken at home (I should be so lucky) or having the fluid pumped round your body like before. She will investigate where it can be given e.g. Glenfield, Royal Derby or elsewhere.

I gave Dr Keni a list of all my present symptoms and I had on it "the chemo depletion of my red blood cell not recovered enough so as to take the oxygen from my lungs to the muscles causing breathlessness and fatigue". She arranged for me to have a full count blood test straight after and I asked the man who did it to add PSA for prostate which he did. The Macmillan Nurse at Queens suggested I have this done as she thought I may have a benign Prostate, which is causing me to wake up every night at regular intervals.

I had made an appointment to see Dr. Young on 10th April, but he rang to bring it forward to the 3rd April, so I attended. Once again he gave me blood pressure tablets as well as checking my heart, lungs and oxygen. He wants to see me in 4 weeks' time at Laurel House.

Friday afternoon 5th April 2019 the phone rang and it was the Derby Royal Hospital. It was not last week's nurse, but a lung nurse called Keely. She said the Multi-Disciplinary Team had discussed me today and the decision was they should be able to do things to help me. She mentioned a letter Dr.

Keni had sent to me (which I have not received) about possible options. She asked me if I wanted to come to Glenfield to discuss these options with them, to which I replied yes as soon as possible, as the tumour must be growing all the time without any treatment. She will tell Dr. Keni, who will make contact with Glenfield and Glenfield will phone me or send a letter with an appointment to go to see them to discuss options.

On 9th April I had a letter from the Glenfield Hospital, they have made me an appointment to see Prof D A Fennell, on Tuesday 16th April 2019 at 1.30 pm, clinic name Medical Oncology, location Outpatients Clinic F, Glenfield Hospital.

It looks as if I shall be in very good hands, after reading about him on the Google link below:-

[Professor Dean Fennell — University of Leicester](https://www2.le.ac.uk/centres/cancer/people/professor-dean-fennell)
<https://www2.le.ac.uk/centres/cancer/people/professor-dean-fennell>

Professor Dean **Fennell**. Professor **Fennell** Chair of Thoracic Medical Oncology, Cancer Research

Press Release

World-first clinical trial to test personalised treatments for mesothelioma

29/01/2019

The first-ever trial into delivering personalised treatment for mesothelioma, an aggressive form of cancer caused by exposure to asbestos, opened at the HOPE Clinical Trials Facility at Leicester's Hospitals today (Tuesday 29 January).

Funded by the British Lung Foundation thanks to a donation from the Victor Dahdaleh Foundation, the Mesothelioma Stratified Therapy (MiST) trial will assign targeted treatments tailored specifically to an individual's mesothelioma.

Mesothelioma develops in tissue that lines the space between the lungs and the chest wall (known as the pleural membrane) and forms after several years following the inhalation of microscopic asbestos fibres.

Mesothelioma can take several decades to develop, depending on the parts of the body affected and the extent of exposure to asbestos, with some patients only experiencing symptoms when the disease reaches an advanced stage.

Asbestos was widely used as a building material until it was banned in 1999. People who worked in heavy industry, and their friends and families, are at greater risk of developing mesothelioma.

There is no cure for mesothelioma. Office for National Statistics figures shows only 6% of men and 10% of women with mesothelioma live for longer than five years after diagnosis.

Chemotherapy has been the only approved standard treatment for more than a decade, and is capable of controlling mesothelioma for only a limited time - on average six months. Recently it has been found that mesotheliomas differ genetically between patients, and this finding raises the hope that personalised treatments may be found that are more effective and less toxic.

Professor Dean Fennell, Chair of the Mesothelioma Research Programme at the University of Leicester, consultant oncologist at Leicester's Hospitals and scientific lead for the MiST trial, said:

“The sad reality is that we have very limited effective treatment options on the NHS for mesothelioma. There is a desperate need for more effective therapy. As a result, few patients live for a long time after diagnosis.

“By matching new drugs to the individual’s type of mesothelioma, for the first time, we have an unparalleled opportunity to rationally choose drugs most likely to control a patient’s mesothelioma.

“We hope that MiST will accelerate advances in extending survival and quality of life for patients with this aggressive cancer.”

Ian Jarrold, Head of Research at the British Lung Foundation, added: “Finding new treatments for mesothelioma will be a huge challenge. However, with advanced techniques which enable us to understand the human genome in minute detail, we can make big strides in our understanding of how this terrible disease works. We hope that this trial will make significant progress towards the day where nobody is left breathless by mesothelioma.”

Victor Dahdaleh added: “The Victor Dahdaleh Foundation is delighted to support this vital research and be working with the British Lung Foundation and the University of Leicester and University Hospitals of Leicester NHS Trust’s Mesothelioma Research Programme who are leading this trial.

“New treatments are urgently needed to make a difference for people affected by this cruel disease. We are proud to be supporting cutting-edge research which offers hope to mesothelioma patients across the UK.

“This programme is an important part of the foundation’s support to a range of global healthcare and educational initiatives to help make a difference where we can and give back.”

Anyone interested in finding out more about the study, contact the MiST team on mistmailbox@leicester.ac.uk”.

Ends

10th April The fact I now have to go to Glenfield Hospital caused a problem with me getting there. I had contacted E-Zec and Glenfield was an out of area for them being over 50 miles of travel which is their remit. I contacted the CCG to ask if I could get dispensation and after a few e-mail interchanges it was OK’d that they could take me, but I had to ask for Clare when making any booking. Because of the trouble doing this, I asked Justin if he could get time off from work and we could all go together, his boss was very understanding and agreed to this.

14th April my 76th Birthday. This is another milestone I never expected to reach last July when told the news about Mesothelioma. Justin picked Ann and me up in his car with the family inside at 11.25am and we went to the Appleby Inn for a Sunday lunch together. This was very nice and afterwards we all went back to Justin’s house for some birthday cake which Emily had made for Bethany (and me). We both opened our cards and looked at our presents and Justin and Emily with some help from James and Bethany, had done a photograph album of places and events we had all been to, with me on every one and it was very nostalgic. Justin took us home about 4pm and we watched TV the rest of the night. I went to bed thinking my right leg was getting better and I would get a good night’s sleep, but once lying down it started and despite taking pain killer it was bad all night keeping me awake.

15th April. My right buttock, hip and leg etc. were numb and painful, but despite this I managed to get the hose out at the front to water the grass seed, which is growing well in places and not in others. After black bin had been emptied, I ¾ filled it with the thatch of the back lawn and filled the one Ann had partially filled last week.

16th April. After an intermittent night's sleep/wake syndrome again in which I had to take joint pain killer tablets at 7.30pm and again at 00.30am I had a painful right knee in the morning. I ran a bath and had a good soak and got up to do a breakfast of beans and sausage on toast for us before Justin was to pick us up to go to Glenfield. He arrived at 12.00pm and we set off, arriving at Glenfield about 1.05pm. After parking the car we went to Clinic F and booked in. Before long a nurse came and took me into a room to measure my Height, Weight, BMI, Blood pressure and Oxygen levels. She had trouble with her equipment as she could not get a BP measurement from either arm. Then we all went into a consulting room and a registrar Dr Alan Dawson asked several questions to get my background and see if I would be eligible for the New MiST (Mesothelioma Stratifed Therapy) if I wanted to take part in it. I had previously done quite a lot of research into immunotherapy and had found this trial so knew quite a bit about it and it had looked very suitable for me if eligible. I asked about my latest CT scan and if he could explain it to us and he went through it explaining each slice the CT scan took showing us where the tumour was and where it was worst. It was very refreshing to find a team so helpful. He left us for a while about 25-30mins while he consulted with Professor Dean Fennell, the head of the trial and he came back to say I was acceptable. I then had to see a nurse called Louise who went through the paperwork and got me to sign the consent form for them to get a sample of my tumour biopsy from Queens's pathology lab to check that it was suitable for me to have the new drug RUCAPARIB, a checkpoint inhibitor. I then had to go and have another blood sample taken and we then went home having a meal at the Appleby Inn on the way. Due to the Easter holidays it may take longer for the biopsy sample to get to the LRI (Leicester Royal Infirmary) where I shall probably have to go to get the results and find out what will be next.

<https://clinicaltrials.gov/ct2/show/NCT03654833>

Experimental: MiST1 **Rucaparib**

BRCA1/BAP1 negative mesothelioma; 600mg **twice daily (BID)** every 28 days.

Experimental: MiST2 Abemaciclib

p16INK4A negative mesothelioma; 200mg orally **twice daily** every 28 days.

Experimental: MiST3 Pembrolizumab & Bemcentinib

No specific biomarker requirement: Pembrolizumab 200mg IV infusion on Day 1 only:

Bemcentinib loading dose of 400mg on days 1-3, on day 4 on-wards 200mg daily every 21-days.

Experimental: MiST4 Atezolizumab & Bevacizumab

PDL1 expression positive mesothelioma: Atezolizumab 1200 milligrams via intravenous infusion; Bevacizumab 15 mg every 21-days.

Plain English Summary

Background and study aims

Malignant mesothelioma is a lethal cancer caused by asbestos. Effective therapy is lacking and there is a pressing unmet need for this. Personalising therapy has led to dramatic advances in the treatment of several cancers. With increasing knowledge of the genetic differences between patients with mesothelioma, the opportunity to select patients most likely to benefit from specific drugs is becoming a reality.

Mesothelioma Stratified Therapy (MiST) has been conceived as the first ever research platform for testing new therapies for patients with mesothelioma who have been identified as having specific subtypes most likely to respond to new, targeted therapies. The aim of MiST is to accelerate the development of effective therapy for mesothelioma in order to improve the limited survival associated with this cancer.

Who can participate?

Adults who have mesothelioma that has come back after chemotherapy treatment, and who are willing to provide a sample of tissue and blood for the trial, have satisfactory blood test results and are able to take care of themselves

What does the study involve?

The MiST study is in three stages.

Stage 1 is called molecular pre-screening, where participants will have their tumour tested for predictive biomarkers, which are molecules that act as indicators of the disease and will be used to determine what treatment they will be most likely to benefit from. The results of this will then be used to classify participants into one of four molecularly-defined treatment arms. Participants will therefore be offered a specific study based on the results of their biomarkers.

Stage 2 is then treatment, which is based on the results of stage 1. Participants will be given different drug treatments depending on the biomarkers they do and do not have. Treatment will continue for the duration of the study or until there is evidence that the mesothelioma has grown,

the patient or doctor decides to stop it due to side effects, or the patient dies.

Stage 3 is called genomic analysis, where DNA (and/or RNA) is extracted from patient biopsies from stage 1. This will create a profile that can be used to look for biomarkers of the response to the treatment.

What are the possible benefits and risks of participating?

The potential benefits of participating are potential disease control, control of symptoms and longer survival. The potential risks of participating in this study are a lack of efficacy and potential toxicity. Side effects will differ depending on what treatment arm the patients will receive. The study doctor will advise on the specific side effects relating to the treatment.

Where is the study run from?

1. University Hospitals of Leicester NHS Trust (UK) (lead centre)

17th April Solicitor Nikki came to see me with all her reports and for me to sign them so she can send the claim in, she is to send me a copy of the reports in the post tomorrow.

18th April the reports from various medical people came in the post this morning. I did several walks in the garden and am feeling better in myself, now I am using the heat pad on my hip and knee joint.

19th April after a walk round the perimeter again 3 times, we had a breakfast of beans on toast. I then put the hose on the back lawn seeded areas and went to the vegetable section where the broad beans are. I dug up any ones which looked not so good and replaced them with better ones. Put marker sticks up where peas are to be set and took out a drill for them. Put a few runner bean supports in the place they should go and then put the hose on all this area. I then filled the green bin with the thatch from the scarifying. I then went and put the peas in the drill and covered up with soil. I had told the Registrar on Tuesday I intended to do this so it was good exercise which I feel better for.

20th April fetched Ann with the shopping and sorted out the potatoes in store which had got lots of lengthy chits on them. I put the best back in the bag to use as and when and, as asked by Ann, picked some out to put as seed in the garden. I put 40 in a tray to chit and 13 in the soil by the peas to see which get best start. The rest went in the green bin for waste. We then had breakfast and read the papers. I was feeling tired and had slight aches in my muscles from this mornings and yesterday's work in the garden, so I watched the football on TV at 12.30. After that I put the hose on the grass seeded areas on the front lawn.

21st April. After a painful night with my right knee, I tried to rest it as much as possible just doing "pottering around" jobs, like weed killer on space between our drive and next door's garden and the area around the sheds. We had the hose on the back lawn seeded areas for most of the day and both this and the front are beginning look better, with fewer spots still to take off. We had a second cauliflower from the garden for dinner, with chicken pies and chips and gravy.

22nd April. I went down the garden and sorted out the bean sticks ready to put into position in the ground for when planting time comes. I put them a foot apart into the ground and this covered ½ of the area I usually use, but this will be enough for us now. Tied them with cable and put side bracing sticks in and this made 21 sticks ready in place for when it is time to set them out. We continued with the hose on the grass seeded areas, which are growing well in places and sparsely in others.

23rd April. I filled the "watering can" feature Justin had brought with compost and set the seeds in it after watering and placed it on the greenhouse staging. Weather still hot today for last day weather man says so did a little pottering about tidying up. I got some purple sprouting to have with a shepherd's pie for dinner.

24th April. After the hairdresser had been we had some toast and hot cross buns for breakfast, then got ready and went into Tamworth for Ann to do some shopping before we went into the Odeon to see Wild Rose, which was enjoyable. After the film we went up to the "Pretty Pigs" and had a nice meal. Came home through a thunderstorm and then watched TV and the Manchester derby at night.

25th April. I went down the garden and got up the parsnips which are now ready to go to seed. It looks as if a wasp is trying to build a nest in the shed. I took two little efforts it had made off the roof and it still persisted in coming back, I will have to watch it daily.

26th April. I had another bad night with my knee as usual. Opened the side gate for the gardener when he comes, which was at 2.15pm. He cut the front lawn first and it did look nice, he then cut the back one and did the lawn edging until his tool broke down. I kept putting heat and ice on my knee and buttock and hip joint as pain is always there lately.

27th April. I went over to Morrison's to get Ann with the shopping. The weather was very bad as Storm Hannah was raging, fetching branches off the trees, and it was also very cold with it. I read the papers and then watched TV soccer match, before getting the dinner. The Albion managed to win again today. Now ready for the play-offs. We watched BGT on TV at night before going to bed for another very poor night's sleep with my very painful knee.

28th April. I did some tidying up in the garden after the storm before the Leicester v Arsenal match was on TV for a noon kick off. Put the black bin round the front ready for bin men tomorrow. I put the parsnips I got up the other day into the green bin. We had salmon for dinner with boiled potatoes and runner beans.

29th April. Another very restless night with my knee, had to get up and apply heat to it at 1.15am. I got a telephone call at 14.34 from a lady called Molly at Leicester Royal Infirmary to arrange an appointment for me on Wednesday 1st May to see Professor Fennell at 1pm at the Osborne Building, at the Hope Clinical Trials Facility, and next day on 2nd May to have a CT scan at 14.45.

I booked the transport with Clare.

30th April. We both did some work in the garden as the weather was so nice and got everything ready for tomorrow's visit to LRI. I put the pigeon protection round my new peas which are now showing and tidied up round the brassicas and put all waste in the bin for the bin men.

1st May. Yet another month, and another milestone, and another venture into the unknown with the treatment of the disease. The transport arrived at 9.45 am to take us to the LRI and was we glad of it. The traffic in Leicester was very heavy and the hospital looked huge, even larger than the Royal Derby. Eventually the driver managed to find the Osbourne Building and we got out of the car about 11.00am. We went into the Hope clinic area on level 2 and were asked to sit down while the nurse Louise we saw at Glenfield 2 weeks ago was found and came to see us. She took blood from my left arm and measured my Blood Pressure, took my height and weight and then did an ECG of my heart. She then answered all the questions I had recorded to ask yesterday, and then we were asked to go to the ground floor below to see Molly. We eventually made contact with Molly and later she took us into a consulting room to see Professor Fennell who turned out to be one of the nicest people you could wish to meet. I was asked to read through all the statements on the consent form to enter the

trial, mark a box for each one with my initial to show I had read it and then Professor Fennell did a physical examination of me behind a screen. All seemed OK and I told him the trouble I was having with my legs with Oedema and my right knee being painful and keeping me awake at night. He gave me a form to go to have it X-rayed, which I shall have done the next day along with my Scheduled CT scan in the Windsor Building. I was then asked to take the form he filled in back up to level 2 to show I had consented to go on the trial and I had an appointment made for me to attend on the 8th May at 11.30am to see Professor Fennell who would have checked all my tests and CT scan by then and if OK he will sign the prescription for my tablets. I will take this to the hospital pharmacy for them to make up there and then, and then come home with the tablets and start taking them. I shall have a diary to record all/any side effects the drug may cause and then go back in 2 weeks to see him again for a check-up and review, then again 2 weeks after that for the check-up and review, then every 28 days to have another batch of tablets made up. We then got the nurse to ring our transport driver who had had to go in the multi-story car park waiting for us to pick us up outside Osbourne Building entrance and it was about 2.15pm so we had been in the building over 3 hours. We went for a meal at the Pretty Pigs after and then watched TV exhausted.

2nd May. We got up and had beans and sausage on toast as it was going to be a long day. Abdul the transport driver rang and said he would pick us up about 12.30 and was going to Derby Royal with another patient to drop off, so we went there first and then on to Leicester. There were torrential rainstorms in Derby and then as we arrived at the LRI, but we parked in front of the main entrance doors to Windsor block. Abdul accompanied us to the X-ray department on level 1 and I booked in for an X-ray on my right knee which was carried out straight away and the scheduled CT scan. An unpleasant surprise awaited me as I was told I had got to drink a pint of fluid in the 40 minutes before the CT scan. This was not very nice and took some getting down, but I eventually managed it. It turned out to be an Iodine solution used as a contrast medium when I asked to nurse who put a cannula in my arm to have another contrast medium injected into my veins. The scan machine was a Japanese Toshiba unlike the Derby Royal one which was an American made one. After the scan I rested for a bit before having the cannula taken out. We went back to the waiting area and Abdul was waiting there to bring us home. The traffic was horrendous around the LRI and the Tigers Ground which is across the road from the LRI. We eventually negotiated the vast number of traffic lights every few hundred yards and after leaving the LRI at about 4.15pm we got to the Glenfield Hospital, 4 miles away at 5pm, which shows how bad the traffic was. We arrived home totally exhausted about 6pm and had to get something for dinner. After we had eaten this, Ann fell asleep and did not wake up till 9.45pm when we had an Ovaltine and went to bed.

3rd May. A more restful day, had a cooked breakfast and a bath and Ann had her hair done. We then did some pottering before cooking a lasagne and chips and cauliflower from the garden. Then we rested watching TV.

4th May. After doing a bit of tidying up round the carrots and brassicas, I fetched Ann with the shopping from Morrison's and after putting it away, I cooked us sausage and mushrooms and tomatoes for breakfast. I finished getting up the old carrots for putting in the green bin when they are emptied. I then watched the match on TV and cooked us the fish Ann had got from Morrison's earlier, we had chips and fresh cauliflower with it. We Watched Tamworth's Dave Gilbert narrowly lose his snooker semi-final on TV.

5th May. I sent an e-mail to Molly to try to get some answers about next Wednesday's visit to the LRI.

Ann did some tidying up in the garden while I watched "the baggies" lose 3-1 to Derby in the season's last match. We had a Chicken pie with roast potatoes and Cauliflower for dinner. I put out the green and blue bins for the bin men. We watched the Line of Duty final episode at night.

6th May. After the green bins had been emptied I put the old carrots into it at the bottom to help ease the thatch from the lawns exit it when emptied. Ann cut some more down from trees to put in. After breakfast I got the soil ready to put a row of potatoes in and raked around the bean and peas areas. Then Ann wanted me to get the ladder out and cut some of the branches off the mountain Ash tree, this I did and I will use the smaller branches for pea sticks. We then had a nice dinner which I cooked and watched TV getting ready for the Leicester V Man City match tonight.

7th May. I went down the garden and cut up the branches of the tree we took off yesterday and managed to get quite a few pea support sticks out of it. The rest went into the green bins. We then had the hot cross buns toasted with some butter on them for breakfast and a cup of tea. After letting this digest I then went and put another row of potatoes in the garden. I then had a bath and we got ready to go into town. Before this Ann wanted to have a meal at the Pretty Pigs so we went there and Ann had Turkey and I had a freshly cooked fish with chips and mushy peas. We then went into town and Ann did some shopping and I saw the doctor which was a waste of time.

8th May. The transport picked us up on time at 09.30 and we got to the LRI at 11.15. I went up to the Hope cancer clinic and had blood taken out for testing and height and weight and blood pressure checked before going to level 0 to see Prof Fennell. He examined me and was happy for me to start the trial subject to my blood tests being OK, which they proved to be, so he wrote the prescription for the Rucaparib tablets and I took this to the Hope clinic at 12.15. We knew there would be a delay in getting the tablets made up, so we went to the canteen in the Balmoral Building and both had a steak pie and chips for dinner, which was nice. We went back up to the Hope clinic for 1.30 and they had just got my blood tests back which were ok. There was about 3 other couples in the waiting room and we were all waiting for the tablets to be made up after about an hour our transport driver showed up to see how long we would be as control wanted him somewhere else. He was told another 2 hours, so he left and we had got to ring back to control when the tablets showed up. This was not until 4.15, so I rang to say we were ready. At 4.45 the nurse came with my tablets after she had seen all the others previously to explain how to take and record taking them. We left the hope clinic about 5pm and went down to the waiting area. At 5.45 there was no sign of the transport so I rang again on my mobile and was told they were on their way. Half hour later Abdul came to pick us up and we got home about 7.15. We got into our usual casual togs and then did a couple of ready meals in the microwave. While eating them Justin showed up to see how we had gone on. We then watched TV and fell asleep after he had left and went to bed at 10.45. I did not start on any new tablets today, will do this in the morning. One thing of note, while waiting and talking to the other patients waiting we learned one lady had been diagnosed with Mesothelioma 7 years ago and was still going strong and another 45 year old policeman was diagnosed 2 years ago and he looked as fit as a fiddle and was still at work and had not lost any time at work in this period.

9th May. I took my first Rucaparib tablets at 08.15 having taken one anti sickness tablet first. I sent Justin and Emily updates on my pill taking. I had a bath as Ann had her hair done today, I then went down the garden for a bit but it was wet through and still raining so did not stay long. We had jacket potatoes and corned beef for dinner. I took my second lot of three tablets at 20.15 and still had no side effects so far.

10th May. Took my tablets at 8.15am and 20.15 and still have no side effects. I set a fourth row of potatoes this morning before breakfast and put the sticks in the support the row of peas. Then down came the rain.

11th May. We got the shopping and Ann purchased two small Acers to replace the one in the garden which has died. This proved to be very difficult to get the stump out of the ground now I am as I am. I watched the Baggies lose to Villa at 12.30pm. We had a chicken from Morrisons, with chips and cauliflower for dinner and then we watched Derby and Leeds at tea time.

12th May. Day 4 of the new Rucaparib tablets and so far no side effects have been experienced, I have 21 of them in my body so far to fight the tumour. I got up the rest of the purple sprouting and put some of the green in the green bins and the stumps in the black bin. Had a look at the runner beans coming through in the pots and all are doing well and some are through to the top. I had another go at the Acer stump in stages with gaps and rest to get over my breathlessness. We eventually got it up and put the big root in the black bin for collection tomorrow. After seeing the final day of the premier league matches, I got us the dinner the same as yesterday with the other half of the chicken and cauliflower.

13th May. Ann did the washing and ironing which occupied all day and I had a leisurely day in the house and garden.

14th May. We went to the National Memorial Arboretum as it was such nice weather and saw the Monte Cassino memorial, had scampi and chips for lunch and then a walk down to the Christmas Truce Memorial. We sat in the sun on a bench watching the trains and scenery. Saw the Baggies lose on penalties to the Villa in the play offs at night.

15th May. Ann did some work in the garden after breakfast and the hairdresser had been, I tried to see about a 5 day break at Thoresby Hall, but it looks like we may be unlucky as rooms are scarce as it is the holiday, and I have to see what Prof Fennell says about my treatment on Wednesday 22nd.

16th May. It was another sunny day, 5th in a row. The gardener came at 13.30 to cut lawns and laurel hedge. He did not finish until 16.30 and he made a very good job of it. After he had gone we put the hose on the back lawn area where the seeds are yet to germinate. I sent Justin an e-mail with a photo of the garden now it is tidy, he would like to come up next Monday night with the children, so we said OK.

17th May. It was raining today when we got up. I took the Rucaparib tablets this morning and there are only 9 left in first bottle. Fed the tomatoes with Tomorite first season feed and picked tops from some broad beans and sprayed the aphids on these and other plants.

18th May. Ann got the shopping and we put it away and I got breakfast. Afterward we looked at the papers and Ann went outside to cut our side of the privet. This filled up the green bins for emptying on Monday. I had a letter today in the post from the LRI wanting me to attend the X-Ray department for a CT scan on my Abdomen, Thorax and Pelvis all with contrast, so I will have to drink the (approx. one litre) of fluid (Iodine solution) to outline my stomach and bowel on the scan. As well as this I will have to have a cannula inserted into a vein in my arm for another type of contrast medium to be injected just before going into the "Donut".

So the next few weeks now appear to be clearer with my appointments. 22nd May see Professor Fennell at 11am, Wednesday 5th June (most likely next appointment to see Professor Fennell) 19th June CT scan at LRI Windsor as above then Wednesday 3rd July to see Professor Fennell and have more Rucaparib tablets made up.

I took the last 3 tablets of Rucaparib at 20.15 tonight and will start on the new 2nd pot in the morning. I shall have taken 21 of the new pot when I see Professor Fennell on Wednesday making 81 tablets in total.

19th May. We had some hot cross buns for breakfast and I used the grill in the oven to do them. I did some of the stepping stones, lifting edging and killing the ants under them, I did this with the ants under the path in the greenhouse. Replaced the stones and put the grass from the edges in the green bins.

My stomach was "iffy" and my appetite dulled so I fancied some sweet and sour with the chicken leg meat, which was very nice and appetising. Ann had oven chips, cauliflower and chicken breast meat and we had a donut.

20th May. We had toasted hot cross buns for breakfast and Ann did the washing, while I went in the garden to set out at the supports the runner beans as BBC forecast for the next 2 weeks predicts no frosts. After setting the beans I put the fencing around the whole bean/pea enclosure to keep the pigeons at bay. These all then had a good watering as did the potatoes. I finished off doing the stepping stone edges and killing the ant nests and also the ones under the path in the green house. Had a roast chicken dinner with boiled potatoes, cauliflower and gravy. Justin, Emily, James and Bethany came up.

21st May. I went down the garden to find two young men with chainsaws just about to cut my trees which were 3 metres from the mast they said. I immediately stopped them and they left the site apologising. I had some shredded wheat for breakfast with some muesli as again last night I had trapped wind and did not have to go to the loo. I did a bit of hoeing the weeds by the potatoes and peas and beans, and Ann spent the day tidying up the front garden. I got all my medicines etc. ready to take to the RLI tomorrow.

22nd May. Stewart came in the ambulance car at 9.55am and we got to the RLI at 10.55am and went up to the Hope Cancer care clinic. I had the usual tests, Blood pressure, blood sample, weight, oxygen, temperature and then went down to the clinic to see Professor Fennell. I told him how I was and how I felt and he was very pleased with me and how I am doing. We had our usual talk about gardening when I told him how I had been busy doing some work, which he was pleased with. Checked back at the Hope Cancer Unit and got my card with the next appointment date on it which is 5th June.

We got the transport home straight away as Stewart had been allowed to wait for us and we got home about 1.45pm and checked Warner's for a holiday break and booked the weekend at Alvaston Hall hotel and managed to get a Royal Suite for the 3 days weekend. We then went to the Bassets Pole Inn for a nice lunch, called at the garden centre on the way home and I felt well enough to cut the front lawn with some rests for breaths in between.

23rd May. Had a light work day in the garden and packed the cases for tomorrow's trip to Alvaston Hall.

24th, 25th & 26th May. Drove up to Alvaston Hall and stopped at Bridgemere Garden World on the way up for a break, we had some fish, chips and peas for lunch there and carried on our journey. We had three excellent nights of entertainment, good choice of food and nice room. On the Saturday I had chronic constipation which relented eventually thanks to Movicol, Weetabix, All Bran and Special K.

Called at the Wolsey Garden Centre on way home for a break and Ann brought some flowers and I got some Rocket potatoes for 50p.

27th May had a restful day taking it easy.

28th May I got some spent Forget Me Nots up and some spent Wallflowers. I took the last of my tablets from the second box.

29th May. I started on box 3 of my tablets, started to put the Rocket potatoes in the ground before breakfast and then finished just before dinner, making 3 rows with 12 potatoes to a row.

30th May. Went into the garden and used the rake to level over the potatoes set yesterday and gather into a pile the weeds which I got up at the same time. I then tried to fix Ann's solar light in the garden but no joy and then I got the Dutch hoe and got a lot of the weeds from most areas of the old vegetable section.

31st May. Hoed around the weeds in the section Ann winter dug and left some foxgloves for transplanting. Broke up the old wallflowers and put them in the green bins.

1st June. Dug over the area outside the kitchen window and planted the Acer tree and a fuchsia and a geranium. Tied the runner beans loosely to the supports.

2nd June. I took the "fence" from round the pea row and put some more support sticks in. Checked the broad beans and saw black fly on them so got the spray out and did these and the Foxgloves and Lupins as well to eradicate them.

3rd June. I did some weeding around the vegetables and ate two of the strawberries which were ripe as the blackbird is eating them green. Tied the runner beans loosely to the supports.

4th June. Kingsbury lawn treatment came at 11.45 and did the T2 weed and feed treatment. We had a young fox in the garden around 4 pm and he stayed about 15 mins going round in the rain which had started about 3.00pm.

5th June. Ambulance transport arrived at 09.30 to take us to the Osbourne Building at the LRI. We arrived at 10.40 for my 11.45 am appointment, we went to the Hope Cancer Unit where I had my blood pressure, (which was high and a cause for concern to the nurse who recorded the readings for me to show Professor Fennell), temperature, weight and a blood sample taken, and gave the nurse Donna my log filled in of the taking of the tablets, side effects etc., before going to see Professor Fennell. We arrived at his clinic at 11.30 and he was very busy with patients so it was 12.45 when I got to see him. He checked me over on the couch, eyes, mouth, chest with stethoscope, and tapping with fingers, checked my skin for rashes etc. and was satisfied with my progress and having only very limited side effects and seemingly gaining benefit from taking the tablets. (He is to mention my blood pressure to my GP to sort out). I told him I was interested to know what the results of my CT scan on 19th June will reveal. He said that I should make an appointment to come and see him after I have had the CT scan done as he may be able to look at the results. Hopefully the results will be available for him that day and thinking about it, I am sure he has sufficient knowledge to interpret the scan pictures himself, if not he was to call me later and let me know what they were. I saw Wendy at reception and she booked me an appointment after the CT scan for 11.45 on 19th June to see Professor Fennell. I also gave her the prescription for the new batch of Rucaparib, I was to continue taking and these would be available to collect in approx. 2.5 hours' time after the Hospital Pharmacy had made them up. This gave us time to go to the Balmoral Building where the restaurant is and Ann and I had a nice steak pie, with chips for Ann and roast potatoes and mixed vegetables for me with gravy on both. We then went back to the Hope Clinic to pick up the tablets which were not ready at that time but came at 2.45pm. Then Wendy rang Abdul to come and collect us which he did at about 4.15pm and we got home at 5.30pm. We saw some other patients who were also on the trial and they told us how they were coping and they were not doing as well as I was.

6th June. We had some porridge for breakfast and went into town to the Odeon to see "Rocketman". After we went in the Bolebridge and had lunch, Ann had ham, beans and chips and I had the mixed grill which was on special offer. I brought home the pork steak and beef steak and sausage to have later as I cannot manage a full meal at present. I warmed up in the microwave the beef steak and sausage and had these while watching England V Holland on TV.

7th June. The gardener came early as rain was forecast for later and he cut all the lawns again and finished them just about 30 mins before the rain started. As a result of the rain we had to stay indoors and I sent some e-mails and did the bank update and got us a nice dinner. We watched another "Midsomer Murders" after dinner.

8th June. It is 12 months since we went to London and saw the Queen at the Trooping of the Colour. I never thought I would see this anniversary after the doctor's life indications when we left Queens Hospital last July. I feel really good in myself. I took Ann to Morrison's as it was belting down with rain, this made me late taking my tablets and as a result when I took them I had nausea afterwards. I did manage to have a bacon sandwich after resting for a while. We watched a bit of the Ceremony from the Mall and the Palace and the cricket and Wales v Croatia match.

I had a copy of a letter from Professor Fennell to Dr. Young in which the terms listed below were mentioned and I have looked up on the web an explanation of each:-

BRCA1 negative means BRCA1 and BRCA2 are human genes that produce tumor suppressor proteins. These proteins help repair damaged DNA and, therefore, play a role in ensuring the stability of each cell's genetic material. When either of these genes is mutated, or altered, such that its protein product is not made or does not function correctly, DNA damage may not be repaired properly. As a result, cells are more likely to develop additional genetic alterations that can lead to cancer.

BAP1 negative and p16 negative means. The epithelioid BAP1-negative and p16-positive phenotype predicts prolonged survival in pleural mesothelioma.

AIMS:

Mesothelioma is a relatively uncommon but highly malignant neoplasm. Most patients' die of disease within 1 year of diagnosis, but some have prolonged survival. Prospective identification of these longer-term survivors may help to guide treatment. We therefore sought to investigate the role of p16 immunohistochemistry (IHC) both alone and in combination with other markers as a potential predictor of prolonged survival in mesothelioma.

METHODS AND RESULTS:

P16 IHC was performed on unselected pleural mesotheliomas biopsied from 1991 to 2014; 153 of 208 (74%) cases were p16-negative, which correlated significantly with poor overall survival in both univariate (median survival 7.6 versus 13.6 months; P = 0.001) and multivariate analysis [hazard ratio (HR): 1.632; 95% confidence interval (CI): 1.103-2.415; P = 0.014]. Other independent factors associated with prolonged survival included loss of expression of BAP1 and epithelioid morphology. We therefore stratified patients further based on these three independent prognostic variables and demonstrated an unusually

prolonged survival in mesotheliomas which were epithelioid, BAP1 IHC negative and p16 IHC positive (12% of cases, median survival 31.7 months, $P < 0.0001$).

CONCLUSIONS:

In conclusion, p16 IHC is an independent prognostic biomarker in pleural mesothelioma. When used in combination with BAP1 IHC and morphological subtyping, patients with exceptionally prolonged survival can potentially be identified.

PD-L1 expression negative means Expression of the programmed death-1 (PD-1) ligand 1 (PD-L1) is used to select patients and analyse responses to anti-PD-1/L1 antibodies. The expression of PD-L1 is regulated in different ways, which leads to a different significance of its presence or absence. PD-L1 positivity may be a result of genetic events leading to constitutive PD-L1 expression on cancer cells or inducible PD-L1 expression on cancer cells and noncancer cells in response to a T cell infiltrate. A tumour may be PD-L1 negative because it has no T cell infiltrate, which may be reversed with an immune response. Finally, a tumour that is unable to express PD-L1 because of a genetic event will always be negative for PD-L1 on cancer cells.

9th June. I went down the garden and did a bit of weeding with the hoe. We had hot cross buns toasted with butter for breakfast. I went in the garden again to hoe round the peas and beans and put up a wigwam for some more beans for later in the year. I took the "guards" up to the strawberry area and then hoed round most of the area where the brassicas were last year.

10th June. Tidied up the weeded area from yesterday and fixed the runner beans to their supports, then got breakfast. A Home Help (Katie) came to do two hours housework to help Ann, and I washed out the black bin after it had been emptied and filled all the watering cans in the green house. It started raining heavily about noon and the forecast is for continued heavy rain for the rest of the week.

11th June. Heavy rain continuing, but Tony and Margaret came to see us as arranged. We had a nice lunch and a chat at Planters Garden Centre for nearly 4 hours before they left to see a friend in Ashby. Justin and the children came to see us at night for just over an hour.

12th June. Heavy rain continuing all day too wet to do anything. Tracy came to do Ann's hair and we had a Lasagne for dinner.

13th June. We went to the Odeon to the senior screen and then had lunch in the Bolebridge and did a bit of shopping in town. The postman had delivered a letter just as we were going out to the Odeon and I thought it was from Professor Fennell, but when I opened it when we got back it was from the LRI X-ray dept. I am to have my next 6 week CT scan on Wednesday 31st July at 2.30pm. We watched two episodes of "Midsomer Murders" at night.

14th June. Heavy rain continuing all day too wet to do anything, but I managed to get the hoe amongst most of the weeds under the apple and pear trees and the rocket potatoes and some other areas where the brassicas were last year. The lawns were cut and they are now looking very nice indeed.

15th June. I filled up with petrol and got Ann with the shopping from Morrison's. I cooked us breakfast and then we read the papers when two little grandchildren suddenly appeared at the door. We put the papers down and had a talk with them and Justin and Emily, who also washed up the breakfast things for us. I gave James and Bethany the biscuits from Warner's and Emily the Galaxy chocolates drink sachets. James wanted to see the cricket and Justin gave me a nice card from Bethany, James and him and Emily and also a mug with world's greatest Farther on it, then

underneath Farther. After they had gone I finished reading the papers and filled in some voting forms from Nationwide and Severn Trent. I then picked what broad beans were ready from our garden.

16th June. I did a bit in the garden this morning, cutting and putting aphid infested Lupin seed pods in the bin and covering them with grass mowings. I also set two runner beans seeds to each stick in the wigwam and put some in pot in the greenhouse. Fed and watered the tomatoes and also cut of a few spent Pokers and Foxgloves for the green bins. It was a funny intermittent day with heavy showers and sunny periods, but my tablets are giving me nausea now most of the time so I rested and saw the cricket match on TV. The bulb in the cooker oven went today and I cannot get the glass cover off so asked Justin to try when he is up here next.

17th June. I cleaned out the green bins with the hose after they had been emptied. Cooked a breakfast and Katie came to help Ann with the housework at 09.30am. It was raining here so I watched the Cricket on TV most of the day. Cooked the cottage pie with some carrots, broad beans and peas for dinner and watched an episode of Inspector Lyndley.

18th June. I did some weeding in the garden this morning in the old compost heap area. Then had a bath, cooked breakfast and watched some cricket on TV. I then had another 2 hours in the garden finishing off the weeds and putting them in the green bin, and then did the strawberries better to protect them from the slugs and birds. Had some Morrison's ready dinners and Mark, Katie's husband came up and got the glass cover off the cooker light.

19th June. Stewart the transport driver arrived about 09.15 and we got there on time and had to wait to be called down to the CT scan area from the waiting room. I then had to drink 2 pints of YUK known as iodine solution in 40 mins not all at once but gradually over that time period. I think being shot may be better than that. I then had to have a cannula inserted into my left arm and eventually was called into the "donut" area. Frederico did the business of inserting the contrast dye into my arm and then I had two trips into the donut followed by another one with the machine whirling.

I then had to go to the Hope Cancer Clinic with the cannula still in my arm to have a blood sample taken out and then it was removed. More blood pressure tests and oxygen and temperature and weight. The nurse was an angel as she asked both Ann and me if we would like a sandwich (they have changed suppliers from the listeria firm) so we had a ham sandwich each and I had orange juice and Ann had a cup of tea.

We took these down to the clinic area to see Professor Fennell and had them down there while waiting as once again he was running an hour late. We got to see him about 13.20 for our 11.45 appointment time. I showed him my blood pressure reading I have been taking at home this last two weeks and he was happy with those. When I told him I had spent some time in the garden and I think my fitness level on that scale is getting nearer to zero from being 1 than from 1 to 2 his face lit up like a beacon with happiness.

I told him I was having quite a lot of Nausea now and did not want to take the anti-sickness unless absolutely necessary as they cause constipation. I said I had never actually been sick until this morning I had a cup of tea with a biscuit and then after a while took my blood pressure tablets and an anti-sickness as insurance whilst travelling, but it all came straight back just afterwards. As a result I did not take my Rucaparib and left home with a completely empty stomach. He suggested

taking the Rucaparib tablets after I have had something to eat as they will not get into my system so quick and this may ease the problem.

I asked him about the CT scan results and he said it would be 1 or 2 weeks before they were interpreted and sent to him and he would let me have a copy by e-mail or post.

We then had to go back to the Hope Cancer clinic to see Wendy to book my next appointment which is for July 3rd at 11.15, the same date I went into Queens 12 months ago to have the operation.

After we got home we went for a meal at Spoons and I needed the loo after and then again after and was going every few minutes until about 10pm. I think the contrast medium was probably to blame for this as next day after a good night's sleep I was OK.

20th June. I did a bit of hand pulling up of weeds in the vegetable garden and also got some broad beans off our row to have with a lasagne. Our Joan rang to see how I went on yesterday, but her conversation soon went on to her and her family in great length to bore me stiff.

21st June. I had some cereal so I could take the Rucaparib on a full stomach and it did not seem to make any improvement. Joyce rang Ann to see how I had gone on yesterday and they had a good chat. The man from the chemist delivered my repeat medicine about 11.15am. I had a reply from Molly who says there are reports the contrast medium has caused stomach problems in other patients and I am to see how I do with it at the next CT Scan.

22nd June. Fetched Ann with the shopping and cooked breakfast read the papers and then did a bit more weeding in the old veg patch. We had some salmon and haddock with chips and peas for dinner and some Morrison's raspberry sponge with ice cream for dessert. I then watched some of the cricket matches and a bit of the PM hustings.

23rd June. I slept in till 8 am this morning and got up and took my blood pressure tablets, had some cereal and then my Rucaparib. We had toasted hot cross buns for breakfast with a cup of tea. I took off the gate locking mechanism and ground out the bits that appeared to be making locking it difficult, but on reinstatement it still had not completely cured the problem. The oven bulb came at 13.15 and I fitted it in a couple of minutes. It is supposed to last for 1,000 hours. I cut a bit off the front Laurel hedge and put in the black bin.

24th June. We had breakfast and Katie came to help Ann with the housework. After the bin men had come I washed out the black bin and Ann put disinfectant in it. I did a bit of cutting down old foxgloves etc. and picked a good boiling of broad beans to have with a jacket potato. We watched the football most of the night after the new "Beecham House".

25th June. A day of heavy continuous rain so nil could be done outside. Ann's back is still paining her and she has to sit with the hot "Bean bag" pressed to the spot to try to get some relief after the hairdresser had been. We had a late breakfast and watched the cricket on TV and the second episode of Beecham House, and the football at night. We both looked through to paperwork Nikki left in April as she is coming tomorrow to tell us how she is getting on with the claim.

26th June. I did a bit of ridging up the potatoes after the rain but the strain on my stomach made me sick and some blue was in it so the full amount of Rucaparib was not absorbed today. Ann's back was

still very painful, but she wanted to go into town and get a card for Cliff's birthday next week and post the one she has for Doris so we got ready, went into town, did the shopping and had a dinner at Spoons, before coming home for her to sit on the settee with the bean bag again.

27th June. Ann's back was a little less painful, but she needed to sit in the chair with the bean bag warmed up. I cooked us a breakfast of bacon and sausages and fried bread and I had an egg with mine. We sat down and rested in the chairs in the kitchen. I sent Justin an e-mail to update him and he said he would be coming round later tonight to see us. When he came Emily volunteered to do the rest of the ironing for Ann and Justin brought some flowers for his Mum. We watched the first half of the Lionesses match against Norway before they went home at half time. We had a Lasagne with some beans from the garden and chips for dinner at 4.40pm and watched a bit of TV before they came up.

28th June. I slept in until 08.35 this morning, took my BP pills and had some cereal before taking my Rucaparib. We then had some porridge as we did not feel hungry and sat in the chairs in the kitchen relaxing. The postman brought me a letter from Nikki the solicitor which had written down what we discussed and I read it and signed it for going back to her in the post tomorrow. We had jacket potatoes with a beef burger and some broad beans for dinner. We watched the USA V France ladies football match at night.

29th June. I went with Ann to do the shopping and after putting it away we had poached egg on toast for a change. I have to go to the loo with diarrhoea and after a lot of pain in passing a motion my anus bleeds fresh red blood and is very, very sore. NHS website suggests it could be an anal fissure and suggested applying creams, but nothing I put on seems to do any good.

30th June. It was the same as yesterday with my backside, very painful indeed. I did the blue and green bins and then we watched the England cricket match from Edgbaston.

1st July. Very, very painful anus has kept me awake most of the night and was like passing broken glass when I went to the toilet. I had to bathe my anus with a sponge and warm water to try to clean me and get a bit of relief. Left the area dry for about 4 hours and then put some Vaseline over the area to see if that may start the healing process.

2nd July. I again slept in until 07.55 and took my tablets on waking. I continued to bathe my bum and put some cream on it after Ann took another photo which showed no improvements. I had a war bath in just tap water for ½ hour from 1pm and put some more cream on the affected areas. I decided against having any solid food, having Porridge and later soup. We watched the England ladies lose to the USA in the woman's world cup semi-final.

3rd July. Stewart was on time to get us to the LRI for appointment time. I had my usual tests Blood pressure, sample Oxygen etc. and went down to the clinic. Professor Fennell was again running late, over an hour and when I got to see him, he had mixed news. The CT scan showed my tumour was shrinking as a result of the Rucaparib and he gave me a copy of the scan report, but it was also reducing my white blood cells in my bone marrow. He gave me a prescription to take to the chemist for some pre filled syringes to help my cells pick up and he stopped the Rucaparib for the time being I got Molly to inject one into my abdomen before I left the LRI and when at home I could not keep warm that night despite high temperatures and everyone else being very hot.

4th July. Again I felt very poorly and was shaking and feeling very cold, it got to the stage in the afternoon, it was very bad and my temperature was 38.4 and the card the hospital gave me suggested we ring them and seek advice. They suggested we ring 999 which we did and an ambulance took me to Good Hope Hospital where I was admitted straight away to Resus with Neutropenic sepsis and put on an IV drip of anti-biotics. I spent the next 5 days as an in-patient at Good Hope until my white blood cells were back to normal and I was discharged. I was still to take anti-biotics 3 tablets per day for the next three days and I also made sure I took it easy for the next days before my next appointment with Professor Fennell.

Tuesday 16th July. Got all things ready for trip to LRI tomorrow and at 14.15 Nikki Hammond rang to say my claim had been completed and a settlement figure agreed with the E.on insurers and that if I need further treatment not available on the NHS they will fund this and all I have to do is contact Nikki again at the time.

Wednesday 17th July. Transport came at 10am to take me to the LRI for 11am appointment to have test and see Professor Fennell. Blood is back to normal and I got in to see the man at 12.05. He examined me and was satisfied with how I was and we had a chat about the way forward to exclude any repetition of last week's sepsis episode. I am to have a reduced dose 250mg of Rucaparib and take only two tablets twice a day instead of the three 200mg I was on previously. I was also given a form for my GP practice to have a blood sample taken there and Molly will contact the surgery by phone to check on the results. I was also given five pre filled syringes of Filgrastim to inject into my tummy to boost the production of white blood cells (neutrophils). Whilst I was waiting for the tablets to be made in the pharmacy I went to the canteen in the Balmoral building and had a steak pie and chips and sent texts Ann, Justin and Emily with my progress. Stewart the driver had to go at 3pm and it was 16.15 before my tablets arrived and the pre filled syringes were absent so had to be sent for. When all ok I rang for transport home and had to have a taxi as no driver was available. I arrived home at 17.40hrs.

Thursday 18th July. I started on the Rucaparib tablets which are white and took these around 8am and 8pm. We were still not hungry for food but had to eat something so I cooked some bacon, peas from the garden and did some mashed potatoes, which went down OK except the bacon was done too much for Ann's teeth.

Friday 19th July. We ordered the groceries to come on Sunday at 11-12am. Still no appetite so I did the same as yesterday except Ann had some sausages and she managed them OK.

Saturday 20th July. I went to Morrison's to post Rita's card and get the newspapers and a bit of Salmon for our dinner. Justin came about 12.30pm and he did a sandwich for James and Bethany and also one for us so we did not have the salmon. Emily had her prepared salad and they stopped until after 3.30pm. We watched the TV at night lighting London bridges and then Midsomer Murders.

Sunday 21st July. Morrison's delivered the groceries at 11am after I had got up and put in black bin the last of the spent foxgloves. We had the salmon for dinner with some peas from the garden and a few waffles, which were very nice done in butter. We watched TV at night and unwound.

Monday 22nd July. I had some cereal before taking my tablets, and some toast afterwards. I went to the bank before going to see Dr Chapman at Laurel House. She averaged my blood pressure readings and was satisfied that it is OK. She will contact the LRI to get a copy of my Knee X ray done in May to see what if any treatment is required and contact me later. She did a form for me to have a blood sample taken and I made an appointment for 09.45 tomorrow to have this done. I mentioned that the LRI nurse would be contacting them to get the results, but this may be difficult and I may have to go down and get a copy myself to e-mail to Molly at the LRI. She got a nurse to show me how to use the prefilled Filgrastim syringes, and she gave me some alcohol swabs to use before inserting the needle and a prescription for a vessel to put the "Sharps" in after use. All at the surgery were amazed to see how well I looked and I told them I feel as well as I did before being diagnosed and that I am 76 now and want to be an Octogenarian.

Tuesday 23rd July. We tried to keep cool in the sun but it was not easy. At night there were some thunderstorms such that I had to close all the windows and draw the blinds to shut out the lightning.

Wednesday 24th July. Another very hot day, but the gardener managed to cut the lawns with the help of his wife. As they were so long and not been cut for over a month I gave him an extra £20. I had a call from Laurel House to come and see Dr Chapman tomorrow morning at 9am.

Thursday 25th July. I went to Laurel House with Ann as she was to see the nurse. My white blood cells are now measuring 32 and should be about 10; they were 1 when I was in hospital. I was told to stop using the pre-filled syringes. Ann also saw Dr Chapman and was given some medicine and a form to have an X-ray at the Peel Hospital on Monday. Dr Chapman ordered another blood test for me which I had and I am to ring her tomorrow to see what the results are.

Friday 26th July. Rang Dr Chapman but she was at Fazeley so she rang me back later. My blood test results had not come back so it was left open. We stayed indoors out of the sun and heat and had sausages for breakfast, mine with toast and Ann's with spaghetti hoops. I had a tin of soup for my meal at 6pm.

Saturday 27th July. I went to Morrison's at 07.45 to get a paper and some cooked meat. Justin popped in with Bethany later and brought a Herald which was not available when I went and we updated him on our health issues. I made some more Instant Whips for tea as Ann has a real liking for these at present, so 3 days on the trot.

Sunday 28th July. It rained all day without stopping, I had to get my umbrella to go and pick the runner beans for dinner which we had with some roast beef and mashed potatoes and gravy. I put the bins out front at the top of the drive. We stayed indoors and watched TV most of the day. I am keeping up with my twice daily dose of Rucaparib tablets and so far having very little side effects. I checked the bank and found the cheque deposited on Thursday had cleared for me to use.

Monday 29th July. Took Ann to the Peel hospital for an X-ray on her back and then did the shopping in Morrison's. After putting the shopping away and having an hour I went down Tamworth.

Tuesday 30th July. Joyce rang to see how we were and she told Ann about Age UK having a home help cleaning service, so I rang the people up for South Staffordshire on 01785 788477 and spoke to a lady called Tracy and she will come back to us and assess what we want done and at what intervals

with a home visit. They charge £18.50 per hour and do most indoor things and help with shopping etc. Rita called a little later to see how we were.

South Staffordshire 01785 788477 we offer practical assistance and support in an older persons own home to assist with daily living needs and to maintain independence and wellbeing. This could include help with:

- Shopping
- Cleaning
- Washing & ironing
- Meal preparation
- General monitoring to prevent social isolation

The service is provided by friendly, experienced and trained staff who hold an enhanced DBS certificate.

Home help is available up to seven days a week, depending on your location. For further information about availability and charges, please speak to the Care & Help at Home team.

Wednesday 31st July. Again it is my day for the next CT scan at 2.30pm. I had some cheese on toast with my greenhouse tomatoes at 10.30am as I have to have nothing for 3 hours before the scan and 1 hour drink wise. Transport came at 12.15 and we had another patient who was going to Glenfield for a scan and he was dropped off at 13.15. I got to LRI at 14.00 and went to reception and then was taken down to the scanner area. I had to remind them I was to take the Iodine solution which I managed and when they tried to put the cannula in my arm he had to have 4 attempts before success. I had the scan at 15.30 and the cannula removed later and we came away at 16.00. Called at Glenfield to pick other patient up and went to Burton first to drop him off before taking me and I got home hungry and exhausted at 18.00. I went and got some peas, fish and a scallop from the dugout and rested the rest of the night.

Thursday 1st August. I did some tidying up in the garden round the broad beans and peas to save some seed and get up the spent haulms. I backwashed the element from the dryer and we changed the bed sheets and washed the old ones. I prepared some new potatoes and runner beans and we had these with a Lasagne. I used the last of the first box of Rucaparib.

Friday 2nd August. We had a similar day to yesterday with Lasagne again for dinner with new pots and beans. Watched the first championship game at night a 3-3 draw.

Saturday 3rd August. Took Ann in the car to Morrison's and got the shopping. I got up the pea haulms and the bean stalks and put them in the black bin. We had a cooked chicken and I did some beans and new pots and gravy with them. We watched the Albion beat Forest at tea time and it was a good performance from them.

Sunday 4th August. Justin and the family came up to get my car to take James to Cricket for the next 3 days. James did the hoovering of the carpets and we had the chicken again for diner as yesterday. I got a root of Rocket up and the slugs are at them already. We watched a Cookson in the afternoon and some of the test Match.

Monday 5th August. After breakfast I got the hedge trimmers and cut most of the surplus off the Forsythia and the two conifers on the path to the shed. I did this in several stages so as not to get

too tired and put the cuttings in the black bin which had just been emptied. We had the same meal as yesterday and at night watched the football on TV.

Tuesday 6th August. Did a bit in the garden but it started raining heavily at 10.15am.

Wednesday 7th August. Had a bath and got beans on toast for breakfast. We had a rest full day and I went to the Dug Out for a fish for our tea. Justin, Emily and the children came at night.

Thursday 8th August. Took Ann to see Dr Chapman and went to the bank. We had some food and a drink in Spoons whilst down there. Tried to update this computer as per Justin's earlier e-mail, but lost the internet. Ann's computer still had the internet so Justin came up with the children and sorted out my computer and the upgrade to windows 10, which I was up till after midnight as updates and configuring was taking place.

Friday 9th August. After a night's heavy rainfall, we stayed in the kitchen and relaxed. The gardener did the lawns from 12.15 to 14.40ish and after I picked some beans and got up some potatoes which we had with a lasagne, followed by an Angel Delight. We then watched "Downton" and the Liverpool v Norwich first Premiership match of the season on TV.

Saturday 10th August. Did the shopping and did breakfast of sausages and tomatoes for Ann and sausage sandwich for me. We then read the papers and I saw some of the early match on TV and listened to the baggies on radio and saw Villa on TV. Watched a "Midsomer Murders" as Ann's back is now much more painful she says.

Sunday 11th August. Filled the green bins with the rhubarb. Justin got up and we had some cod in batter and beans for dinner. We watched TV the rest of the day. Justin went to Cornwall for his holidays and we had an e-mail from him at night.

Monday 12th August. Ann woke me up at 00.30am as she was in constant pain and could not move with her back. I tried to give some support to aid her movement but it was too painful for her so I rang 999 and we had the ambulance come at just after 01.00am and two nice paramedics went up to her in the bedroom. They had difficulty getting her to sit upright as she needed to take oral painkillers with water and she could not breathe in the gas and air mixture. They checked her with the ECG and found she had a slight irregular heart flutter and her blood pressure was elevated, so they decided to take her in to Good Hope hospital A&E to be checked by the doctors there. We left home at 02.00am and got to GH at 02.30am where she had another ECG and a blood sample taken. We were then "shunted" into a corridor space and left there until 07.15am when they moved her to a cubicle for a doctor to examine her. After a while another senior doctor came to see her and asked her to keep seeing her GP and monitor her heart, ring 999 if need be and keep taking the painkillers for her back. She had another Co codimol before being discharged and we had a taxi home at 08.30 getting here at 09.00am. We had a leisurely day at home to unwind and relax after the night's lack of sleep.

Tuesday 13th August. I went down the garden and cut the mint down and the Lupins and the rest of the hedge and put these in the green bins as a base. Cut up the forsythia branch into pea sticks and rest for the bin. We had the chicken crown cooked for dinner with some runner beans and rocket potatoes which I had dug up to see what slug damage there was, as usual quite a lot. We had the dinner with some gravy and an Angel Delight.

Wednesday 14th August. I had my usual cereal and then some toast and marmalade as it is going to be another long day at the LRI. Transport arrived at 09.45 and we got to the LRI for 10.45 and I had

my tests done early and my blood pressure was 120/60 which is normal, and went to see Dr. Varadhan as Professor Fennell was not there. The last CT scan showed there had be no growth or shrinkage of the tumour from last time which was not surprising as I had been without the tablets for 2 weeks in that cycle and on a lower dose. My white blood cells measure 7.5. I got the new batch of tablets at 14.45 and rang for the transport to take me home which did not arrive until 16.15 as the driver had been informed to go to outpatients and there are so many of these he had been going round in circles until he found me in reception at the Osbourne Building. I got home just after 17.35 and spent the rest of the night taking it easy in front of the TV.

Thursday 15th August. I had an easy day after yesterday's marathon. Tracy from Age UK came to assess the house and our needs and she rang back to say a lady called Sue will be coming to do some housework etc. on Tuesday 3rd September at 10am. I have had another appointment for a CT scan on 11th September at 10.45am in the Windsor building and my next appointment to see Professor Fennell is also due on 11th September, so as there were some earlier appointments available yesterday I made an appointment to see him at 09.30am, at the Osbourne Building in the Hope Cancer Clinic. This will give me more time for the hospital Pharmacy to make up my tablets while I am in the CT scan room, so I may not have such a long wait.

Friday 16th August. The gardener came early about 09.15 and cut the lawns and bank and edging etc. He had to put on his waterproofs as there were some showers. We finished the chicken off with beans and potatoes. I watched TV at night.

Saturday 17th August. I cut two trees and privet hedge.

Sunday 18th August. I got the roots of Rocket potatoes up that were left and started on the red Desiree by the beans. These appear to have little slug damage on the half row I got up. We had a jacket potato for dinner with cheese and bacon for me, corned beef for Ann, and then watched TV soccer and the evening programmes.

Monday 19th August. I finished off getting the rest of the half row of reds up and dried them off before the rain came. We had an Uncle Ben's sweet and sour for dinner for a change which was nice. Justin and the children came about 4.30pm with the shopping he had got for us. We watched TV at night.

Tuesday 20th August. I got another row of the red potatoes up and dried them and put in bag in garage. We had beans on toast for a change for breakfast and Justin Emily and the children came up to change the bed sheets for us as they are now very difficult for us. Ann had chicken soup for dinner and I had an Irish stew followed by a rice pudding.

Wednesday 21st August. I did a bit of work in the garden weeding and getting some more potatoes up, then had a bath and breakfast afterwards. I watched the Albion match on red button at night. The washing and ironing Emily had taken and done came back tonight.

Thursday 22nd August. We got ready and went into town so Ann could have her blood test and I could arrange one for next Thursday when she sees the doctor. We then went into Weatherspoon's and had a small meal. We took it easy for the rest of the day when we got home, watching the test match between rain intervals in play. Justin came with some shopping from Morrison's for us.

Friday 23rd August. We had a light breakfast and the gardener arrived about 12.30 to cut the lawns for us. After he had gone I got some runner beans off the row and did these with some potatoes and a Princes chicken casserole for our dinner, with an Angel delight for afters.

Saturday 24th August. I went and did a bit of shopping this morning, getting some cod loin for dinner. After a breakfast we sat and read the newspapers I had brought as the sun was too hot for me to be out in it. I watched the Albion v Derby match on TV and when the sun went down got the G-Tech and trimmed the forsythia on the south border.

Sunday 25th August. Before the sun got too hot I did the green bins getting up the trimmings from last night and some more roots of potatoes.