



PROSTATE  
CANCER UK



HELPING MEN LIVE WELL



## “Adjusting is hard work, but you do get there”

Errol McKellar is 65 and based in Dunmow, Essex - originally from Brent in North London. He was diagnosed with prostate cancer in 2010 and continues to experience urinary incontinence as a result.

He has set up his own charity to support men living with and after prostate cancer, called the **Errol McKellar Foundation**, and is a passionate advocate and ambassador for Prostate Cancer UK.

He said: “I got the all-clear for prostate cancer in 2017, but I still have to live with the side effects and issues, although things are not as bad now as they were.



**The incontinence is an interesting one, and it can really affect you and your confidence and how you behave, how it affects your family and your partner. It's trying to always know where your nearest toilet is. It's always making sure that you have enough coverage, in incontinence pads or shields, to help you hold what you are trying to get to the toilet for in the first place. And then when you get to the toilet, there's problems there too.**

“I wasn't prepared for what was to come, and in my charity work I find that many guys aren't prepared. We think we are, because we've done all the reading, but we're not. When you have your prostate removed it's a real adjustment to learn how to hold the water.

“Adjusting is hard work, but you do get there. Initially it was very difficult. You can't wear brightly coloured clothes. You're conscious of the kind of clothes that you wear, you're conscious of the surroundings you're in because the tiniest little thing can trigger a leak of some description.

“The operation is one thing but this particular subject, it's really, really personal. There isn't enough support for men around incontinence, despite it being probably the most discussed conversation that we have within my charity group.

“I've accepted that incontinence is going to be a journey for me forever. There is no fix or quick cure for it. What would make it easier is more help when you get to the toilets and more help when you're inside the toilets. So somewhere to leave your pads that is safe for everyone, and ideally some pads so we don't have to carry packs around with us everywhere.

“We need to look at how we can educate men and raise awareness of incontinence. If we can help men overcome that embarrassment, I think it would make a huge difference to how men seek treatment but how they can live better lives too.

“I'm so thankful for this campaign from Prostate Cancer UK and phs Group. **I feel at last someone is taking this situation seriously.**”

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