

New form of Prostate Cancer support group.

One of the biggest problems with helping men diagnosed with PC is their tendency to close themselves off after the shock of diagnosis. As a result, men who are diagnosed are often lonely and do not seek the support of other men who have personal experience with the PC diagnosis and treatments. Women are much more open to seeking support. The author of this article has estimated that at meetings and lectures on health that are open to both sexes, the common ratio of participation of women to men is 70:30.

Several PC support groups are active in many countries, and there are support groups on the Internet that men can seek information from. These groups are good sources of information, but they do not offer a confidential relationship between participants. The number attending these internet support group meetings is large, and it is not possible to answer everyone's questions at the end of the lectures.

Under the auspices of Active Surveillance Patients International (ASPI)- <https://aspatients.org/>) a support group for men on Active Surveillance, which is based in the United States, an attempt is being made to operate a new arrangement of support groups. This International support group was founded on April 1st, 2023. Modern society gives men fewer opportunities to meet and talk to others in confidence. However, internet technology has opened up new opportunities. This group is called ASPI-Cave. To create a metaphor, each support group is thought of as an assembly of men who gather in a cave to support each other and jointly open the portal to the outside world for support and information.

The group operates exclusively online with the help of Zoom technology. The group consists of 12 members from 5 countries, works across 6 time zones and the plan is to meet four times a year in September, November, February and May. The intention is not to increase the number of members in the group while gaining experience. A Memo of Understanding was prepared and approved, setting out the ground rules for running the group. The idea is that each group can have up to a maximum of 20 members. Each group member gets the opportunity to speak in confidence and everyone gets their questions answered.

The group's activities are off to a good start. Two meetings have been held and it is hoped that more such groups will be established. The slogan of the group is Knowledge – Support – Friendship. These three words state the purpose of the organization. We share **KNOWLEDGE** with each other - we **SUPPORT** each other - we offer each other **FRIENDSHIP**. The chairman of ASPI_cave is Thrainn Thorvaldsson from Iceland and vice-chairman Tom Hope from Ireland. More information can be obtained from Thrainn alud@mmedia.is.

