



# I beat bowel cancer thanks to PHS

By DS David Cooper, in CID training at Tally Ho!

**In November 2009 I was a fit 36-year-old Police Sergeant with 17 years active service. Given my age and fitness, I didn't expect to be diagnosed with bowel cancer.**

My symptoms weren't diagnosed when I was referred to casualty via NHS Direct. I was discharged after 36 hours because I was deemed 'low risk' and put on a waiting list for a camera examination, which could have been months away. This would only have examined the lower part of my bowel.

Unconvinced about what the doctors had told me, I got a referral from my GP to the Birmingham Bowel Clinic at BMI The Priory Hospital in Birmingham. This was six days after my first symptoms. On day eight, I had a colonoscopy to examine the whole of my bowel and was diagnosed with a stage-two tumour in my upper colon. Four days later, I had surgery to remove the tumour, using a new keyhole technique. It was a complete success and my prognosis is excellent.

**When you are diagnosed with cancer, you are faced with all sorts of emotions and fears. During this time, I received vital assistance from the PHS. Authorisation was prompt with no fuss or red tape. Medical scheme staff were sensitive, caring and yet professional.**

I'm now facing tests to make sure that the cancer hasn't returned but I can face them with the reassurance that I have the support of an excellent healthcare scheme, which will provide me with the very best medical care possible.

Like many people, my wife and I questioned the benefits of the scheme against the deduction each month on my pay slip. We're so glad we saw it as a necessity else I might not be here today to tell my story.

## Subscription increase

Subscriptions will increase from January 2011 by 2.5%. This increase is less than the annual police officer/staff pay award but is well below medical inflation, which continues to outstrip general inflationary rises.

Andy Nixon, Chairman of the Management Committee, said: "Each month the Scheme continues to outlay in excess of £500,000 in treatments and consultation. This still provides excellent value to members who access first class medical treatments and care from our providers. The Scheme continues to be managed prudently and professionally, which allows PHS to absorb the remaining inflationary costs. We are confident that our private health care standards will continue to be maintained."

For more information on the new rates go to [www.policehealthcare.co.uk](http://www.policehealthcare.co.uk) or contact the office on 0121 700 1110.

**Tell us your story...** If you would like to share your experience with other members, we'd be glad to hear from you. Drop us an email to [info@policehealthcare.co.uk](mailto:info@policehealthcare.co.uk) with a basic outline and we'll be in touch.