

Dear all,

Firstly can I thank you for all your cards and messages of support, they have really helped through a difficult couple of months.

I was discharged from hospital on Monday afternoon having had my second operation to remove the glands from under my left arm pit. I attended hospital yesterday for a further consultation with my surgeon.

The news was very good. He had removed 15 glands and none of them had any cancer cells in whatsoever. This means that during the two procedures only the sentinel node had any traces of cancer cells. This is good news as it would seem to indicate that the cancer did not have chance to invade other parts of my body. I have been told to enjoy Christmas and get over the two bouts of surgery as there is a but.....

Because of my age (as I am so young would you believe !) it will probably be recommended to me to have sessions of chemotherapy. Basically, as I am sure you are aware, this will completely flush out my system and kill any rogue cells that may have gone on a swimming mission around my body. As the results of my tests were so good and positive, they will not start chemotherapy until January (giving me a little bit of 'R & R'). There are the obvious side effects to such treatment such as looking like Duncan Goodhew for a few months but hey, I haven't got that much hair to lose in the first place.

The chemotherapy is three weekly over a period of 18 weeks. I will find out in the next fortnight, confirmation that the Doctors believe that such treatment will be highly beneficial for me.

I am feeling very good and bearing in mind I have undergone two major operations the pain and discomfort has been kept at bay with the occasional paracetamol.

Please feel free to forward this e-mail to my friends, failing that my colleagues ! If people want to e-mail me, that would be great. If anyone wishes to partake in the odd festive beverage in the near future, please bear me in mind !

Thanks once again,

Mark.