

The background is a vibrant red with a dynamic pattern of light rays or lens flares emanating from the bottom-left corner, creating a sense of motion and energy.

LUCID

Lifestyle taking on medicine

Tim McCarthy
The McCarthy Consultancy

CELEBRATING 10 YEARS OF

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My Story



Where have you come from ?

Why are you here ?

Where are you going ?

Where have I come from?



EXECUTIVE

SPORTS

PERSONAL

MEDIA & COMM

ABOUT

The McCarthy Consultancy

Offers Executive Coaching, Business Consultancy and
Communication Coaching

And provides you with a blueprint to deal with the
issue

And will support you through the issue and beyond

January 2017

30 years in Financial Services

20 years as CEO in Greenfield
& Established businesses

Set up new business

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What was going on?

Simply going too often to the bathroom at night

The Tests

PSA

Physical Prostate Test

Bladder Test

Cat Scan

Deep rooted MRI



The results

PSA level of 6 (5 is average)

Slightly enlarged

Not fully releasing

Completely Clear

Completely Clear

Benign prostatic hyperplasia

Biopsy 17th February 2018

Results due 28th February 2018

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The day that changed my life

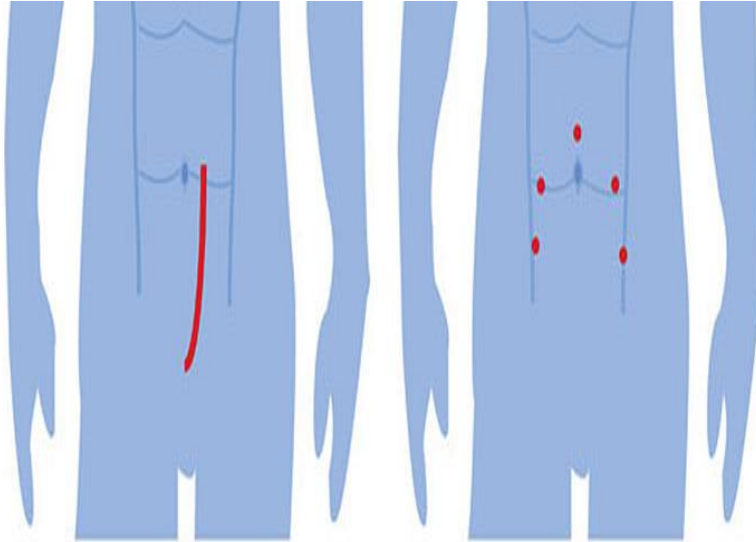
Wednesday 28th February 2018

11.01 am



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Meet the surgeon – Monday March 5th 2018



Open Prostatectomy Incision

da Vinci Prostatectomy Incisions



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Surgery

Tuesday 13th March 2019



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Official Diagnosis Post Surgery



Chemotherapy Explained
Dr. Maccon Keane
Consultant Medical Oncologist

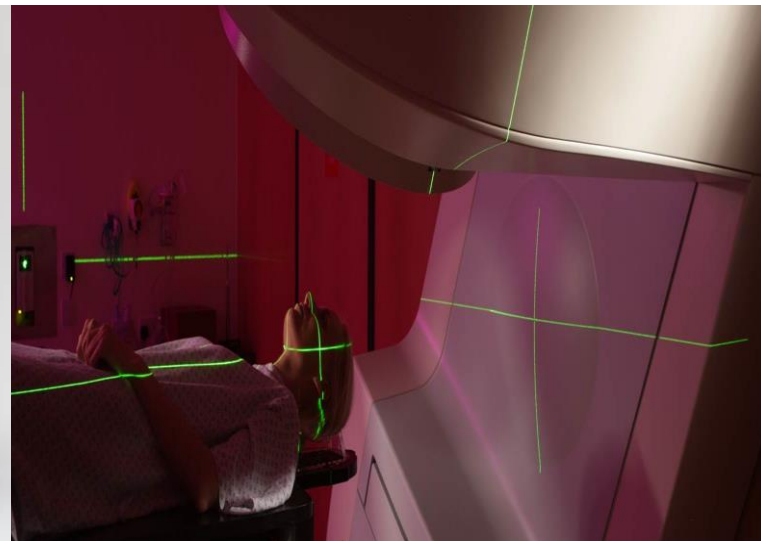


**Prostate
Adenocarcinoma
(pT3bN1, IPSA 8.7,
Gleason 5+5=10)**

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18 weeks of chemo
35 days of Radiotherapy
2 years of Hormone treatment



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OMG!

The Side Effects

Fatigue
Hair loss
Diarrhea
Easy Bruising and Bleeding
Constipation
Infections
Bladder problems
Weight changes
Changes in libido and sexual function

Chemo brain – affects concentration

More Side Effects

Anemia (low red blood cell counts
Nausea
Vomiting
Lead taste in mouth
**Nerve & Muscle problems –
numbness, tingling & pain**
Skin & nail changes
Mouth, tongue and throat problems
Mood changes
Hot flushes

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The Visual Journey

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Where am I Today ?



**Nutrition
Exercise
Mindset**

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Where am I going?



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Look forward not backwards

Enjoy my family

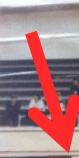
Grow my business

Golf and exercise

“We should look on the past with gratitude,
on the present with enthusiasm,
and on the future with confidence.”

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4 Irish BASKETBALL Magazine

Timmy McCarthy

A profit
bitter taste of
side. He should
to duty Tim
for
Mac
ship wrecked
the unforn
red isolation
need sooner.
of Ireland
not know the
attains from U
burden for one so
like most things, - in
Timmy was a
player at 16, an
Captain of his coo
a decade later
gets ready to
throw away the
to label this the
12

A collage of images. On the left, a person is seen from the chest up, wearing a dark jacket and a light-colored shirt, sitting in a car. In the center, a newspaper headline reads "Booster for Mac" in large, bold, black letters. Below the headline, the name "CURTIS" is visible. To the right of the headline, there is a small inset image of a person's face, partially obscured by a white box.

By ROY
DAWN MILK dynamo
Timothy McCarthy is
guaranteed a place in
the Irish pre-Olympic
basketball squad
to a Chinese
after
injury
sidelined
months.
McCarthy
joined on the
Holland by Sh
Karl
Lans

Ireland's big Mac!

[illegible]

The Player Who Won't Give Up!

by NOEL SPILLANE
 SLAVE of small time

his letter on the subject. He said that the National Youth Conference, which had been held in New York City last year, was a success. He said that the conference was held in New York City last year, and that it was a success. He said that the conference was held in New York City last year, and that it was a success. He said that the conference was held in New York City last year, and that it was a success.



McCARTH

DAWN NIEKE will decide later today if Winway Motors is ready for a comeback to competitive basketball on a court at the Princeton Mall, Cark is sure.

Group HHS has dominating a championship. Group International of Cark is a travel team. Some of the team's players are from the United States and the United Kingdom. Some of the players are from the United States and the United Kingdom. Some of the players are from the United States and the United Kingdom.

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Basketball Notes
TIM MCCARTHY
—A VETERAN
AT —

senior McC-
base

Monday, February

ing club asked him to work with the new senior boys' basketball team. The club's president, Walter Davis, said that he was "a natural" and that he was "a natural" and that he was "a natural."

who was
is week
septu-
as an
feels

**MCCARTHY LEADS
IRISH TEAM**
BY NOEL SPILLANE

BY NOEL SPILLAN



Left out: Tom



Tim McCarthy: "We are currently just looking at the potential for a physical distribution channel, studying how other post offices are approaching it"

Establishing direct delivery over the telephone was the company's first step toward becoming directly responsive to its customers. Developing this channel has taken so much of the past few years.

One Direct also launched an 800/800 number last year that is available 24 hours a day for customers.

"We haven't really marketed this service," explains McCarthy. "Customers call in a quote for all products online and then we do their own customer service if they want. They're not charging for it."

Direct's primary sales outlet will continue to be the people. But even here the company has made changes. "We've changed our sales force to be more sales-oriented and to embrace technology for buying real insurance, life, property and casualty, and mortgage."

"We believe the direct market accounts for some 25% of our business in new business in this country, but this figure will slip, penetration in the next McCarthy. "So, we believe, instead of the direct channel is a growth area that can be considered as more sales."

Direct. This country has just under 1,000 automated post offices — only 95 of which are operated by An Post itself. Another 500 are run by subcontractors.

McCarthy sees physical distribution in tandem with An Post as the third and final leg of One Direct's delivery platform.

While it's acknowledged you must like being a long way away to be tempted after fact that An Post is the only European postal company to try and develop a multi-product financial services subsidiary should be recognized for the brave step it is.

He is wholly supportive of the original

He has captained his country, managed the 2000 European Cup squad, and followers of the game will identify him as RTE's expert on the sport.



Thank You



WWW.themccarthyconsultancy.com

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