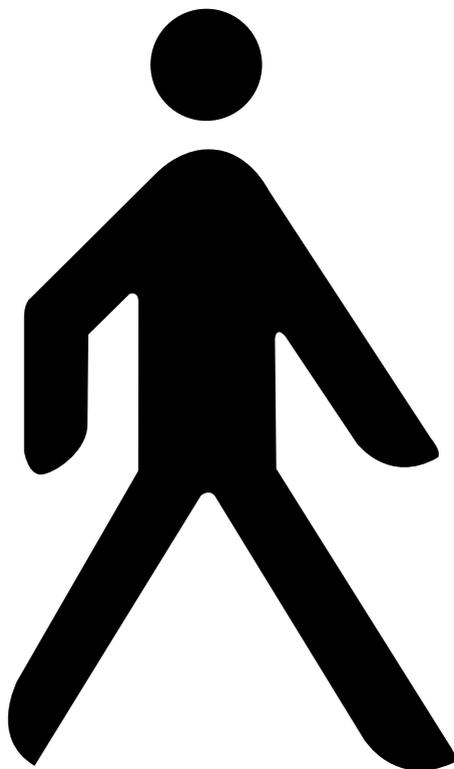


# Living with and after prostate cancer

A guide to physical, emotional  
and practical issues



**PROSTATE  
CANCER UK**

## About this booklet

This booklet is for men living with prostate cancer – before, during and after treatment. It's also for men who are having their prostate cancer monitored, rather than having treatment. Partners, family and friends might also find it useful.

There's information about the physical and emotional effects of prostate cancer and its treatment, and we look at ways to manage these. We also discuss practical issues such as work and money.

This booklet is designed as a general guide and everyone's experience of living with prostate cancer will be different. You might want to dip into this booklet for the information that is relevant to you. If you'd like more detailed information you can speak to your doctor or nurse. We've also listed other sources of support and information at the end of this booklet.

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The following symbols appear throughout the booklet to guide you to sources of further information:



Prostate Cancer UK Specialist Nurse helpline



Prostate Cancer UK publications



See men tell their own stories in our online videos:  
**[prostatecanceruk.org/personalstories](https://prostatecanceruk.org/personalstories)**

If you would like to know more about anything you read in this booklet, you can call our Specialist Nurses on our confidential helpline on 0800 074 8383.

# Contents

<b>About this booklet</b> .....	<b>2</b>
<b>Living with and after prostate cancer</b> .....	<b>5</b>
<b>Physical effects of prostate cancer</b> .....	<b>9</b>
Fatigue (extreme tiredness) .....	10
Urinary problems .....	13
Bowel problems .....	16
Sexual problems .....	17
Side effects of hormone therapy .....	20
Pain .....	21
Risk of other health problems .....	22
Metastatic spinal cord compression (MSCC) .....	23
<b>Diet and physical activity</b> .....	<b>25</b>
<b>Complementary therapies</b> .....	<b>31</b>
<b>Prostate cancer and your feelings</b> .....	<b>35</b>
<b>Relationships and family life</b> .....	<b>43</b>
<b>Support for partners, family and friends</b> .....	<b>47</b>
<b>Daily life and prostate cancer</b> .....	<b>51</b>
Work .....	51
Money .....	54
Driving and public transport .....	56
In the home .....	57
<b>More information from us</b> .....	<b>58</b>
<b>Other useful organisations</b> .....	<b>59</b>
<b>About Prostate Cancer UK</b> .....	<b>65</b>



# Living with and after prostate cancer



Living with prostate cancer can have a physical, emotional and practical impact on your life and the lives of those close to you. Even if you have stopped treatment you might still have side effects, and worry about the cancer coming back. Some men find it hard to move on.

## Support from health professionals

Health professionals can support you before, during and after prostate cancer treatment. You'll have regular appointments and you should be given details of who to contact in between your check-ups.

How often you see them will depend on the stage and grade of your prostate cancer, what treatment you are having or have had in the past, how you respond to treatment and any side effects you have.

Let your doctor or nurse know if you notice any symptoms or changes in how you feel. If these are signs of cancer coming back, they can talk to you about treatment options. Symptoms and changes could also be side effects of treatment (see pages 9 to 23), or caused by other health problems. It's a good idea to get them checked out as there may be ways to manage them.

Don't worry about asking for help. If there's anything bothering you, tell your doctor or nurse. You might want to write down questions or concerns before your appointment and take notes during it. Some men find it helpful to have someone with them at the appointment. It's hard to take everything in, ask questions and make notes all at the same time.



Read about getting care and support after treatment in our booklet, **Follow-up after prostate cancer treatment: What happens next?**

Use the form below to keep a record of who to contact if you notice particular symptoms or changes in how you feel. You can ask your doctor or nurse to fill it in for you, or use the form to remind you what to ask them about.

Problem or concern	Who to contact

## How can I help myself?



There's a lot you can do to actively look after your own health and wellbeing – sometimes called 'self-management'. For example, watching what you eat and exercising. There are tips on self-management throughout this booklet.

Self-management doesn't mean you should try to manage everything yourself. It's important to notice any changes in how you feel and to speak to your doctor or nurse about them.

You might want to get advice from a health professional and learn some extra skills to make it easier to manage things yourself. For example, you and your partner or family could go on a course or a training day about living with and after cancer.

- Macmillan Cancer Support, the Expert Patients Programme, Maggie's Centres and Penny Brohn Cancer Care all run free courses for people living with cancer or long-term health problems.
- Ask your specialist nurse or local support group if they run training days or if they invite health professionals to give talks.
- Look out for these kinds of courses at your GP surgery, local hospital, library, adult learning centre or local community or sports centres.



**Before my appointments I find it useful to write down any questions to ask the doctor.**

A personal experience



# Physical effects of prostate cancer

This section is about how prostate cancer and its treatment can affect your body and physical health. Lots of treatments for prostate cancer cause short-term or long-term side effects. These can often be managed or treated. If you notice any changes, or have any concerns, speak to your doctor or nurse to make sure you get the help you need.



These are the main treatment options for prostate cancer.

- Monitoring – **active surveillance** and **watchful waiting** are both ways of monitoring prostate cancer and avoiding immediate treatment.
- **Radical prostatectomy** is surgery to remove your prostate gland and the cancer contained within it.
- **External beam radiotherapy** is where X-ray beams are directed at the prostate from outside the body to destroy the cancer cells.
- **Brachytherapy** is a type of internal radiotherapy.
- **Hormone therapy** controls prostate cancer by stopping testosterone reaching the prostate cancer cells.
- **High intensity focused ultrasound (HIFU)** uses ultrasound waves to heat and destroy the cancer cells in your prostate.
- **Cryotherapy** uses freezing and thawing to destroy the prostate cancer cells.

If you have prostate cancer that's spread to other parts of the body (advanced prostate cancer) you can read more about managing symptoms in our booklet, **Advanced prostate cancer: Managing symptoms and getting support**.



## Fatigue (extreme tiredness)

Fatigue is a range of feelings from tiredness to exhaustion, which makes it hard to carry out your daily activities. Men describe feeling weak, lethargic, knackered or drained. It can affect your energy levels, motivation, ability to concentrate, emotions and sex drive. Many men find it difficult to cope with fatigue – and it's not always relieved by rest alone.

Fatigue could be caused by any prostate cancer treatment. It might improve after your treatment has finished but some men find it lasts longer. Hormone therapy in particular can cause extreme tiredness. And men who have advanced prostate cancer are also more likely to have fatigue.

It's hard to say how tired you'll feel during and after treatment. Some men don't feel tired at all. Other men get so tired it affects their everyday life.

Let your doctor or nurse know how you feel and if you're getting very tired. They can check what's causing it and look for ways to help. It could be your treatment that's causing the fatigue, but there can also be other causes such as the cancer itself or other conditions.



We have a telephone support service called Get back on track that can help with managing fatigue. Find out more on our website at [prostatecanceruk.org](http://prostatecanceruk.org) or speak to our Specialist Nurses on our confidential helpline. Macmillan Cancer Support produce a booklet called Coping with fatigue.

## What can help?

### Organising your day

It sounds simple, but looking at all the things you do each day could help you manage your fatigue. If you've got a limited supply of energy, it makes sense to keep some back for the most important things in life.

For example, make a list of everything you do and see what's most important to you. Then try to save energy for these things by holding back on other activities, and planning time for proper rest. Your GP, nurse or hospital doctor might be able to refer you to an occupational therapist who can help with this.

Lots of men continue to work while they have treatment, but if tiredness becomes a problem you may need to take some time off work. See page 51 for more about this.

### Physical activity and diet

As well as having time to rest, doing some light exercise can help. Research has shown that gentle physical activity such as walking or swimming can help reduce tiredness. Speak to your doctor before you make any changes to how you exercise.

If you have a good appetite and you are eating well, following a healthy and balanced diet should be enough for you to get all the energy you need. If you are struggling to eat enough and you've lost weight, this could add to your tiredness.

There's more about how diet and physical activity can help on pages 25 to 29.





## One great tip was to take a short rest each day when I got back home after having my radiotherapy treatment.

A personal experience

### **Sorting out your sleep**

Sleep problems can make you feel tired during the day or make any tiredness you already have worse. Lots of things can help with sleep problems, including relaxation techniques and dealing with any worries that are keeping you awake. Your GP can give you advice on what could help you sleep and they will sometimes prescribe a short course of sleeping pills.

If your sleep is being disturbed by getting up for the toilet a lot at night, find out what can help in our Tool Kit fact sheet,



**Urinary problems after prostate cancer treatment.**

### **Dealing with depression or anxiety**

Tiredness can sometimes be related to feeling depressed or anxious. Feeling down can make you feel less energetic, and worrying all the time can wear you out and affect your sleep. If you're having any of these feelings, talking to someone or getting some support can help. There's more about this on page 37.



## I found exercise is the best thing to combat tiredness. And it also motivates you and keeps your spirits up and stress levels down.

A personal experience

### What else can help?

- Get help for other symptoms, such as pain, which can make tiredness worse.
- Ask your doctor or nurse to check if any medicines or combination of medicines you're taking are making you tired.
- Get help for any other health problems. For example, if you have a heart problem as well as prostate cancer this could make you more tired.

### Urinary problems

After some treatments for prostate cancer you may have problems peeing – for example, leaking urine (incontinence) or problems emptying your bladder (urine retention). Surgery, external beam radiotherapy, brachytherapy, cryotherapy and HIFU, can all cause these kinds of problems.

Some men find that urinary problems last for a few weeks or months after treatment. Other men have urinary problems for a number of years.



## What can help?

Speak to your GP, doctor or nurse about any problems, even if you are no longer having treatment for prostate cancer. They might refer you to an NHS continence service, run by nurses and physiotherapists who specialise in urinary problems. You can also find out about continence services in your area by contacting the Bladder and Bowel Foundation.

There are lots of things that can help with urinary problems. Depending on the issues you're having, ways to manage them can include pelvic floor muscle exercises, bladder retraining, medicines or surgery.

If you suddenly find you can't pee (acute urinary retention) you'll need treatment straight away, for example at your local accident and emergency (A&E) department. The doctor may need to drain your bladder using a catheter. A catheter is a thin tube inserted through your penis, or through your abdomen, into your bladder. Acute retention can be very painful and needs urgent treatment.



Read more about managing urinary problems in our Tool Kit fact sheet **Urinary problems after prostate cancer treatment.**

### How can I manage urinary problems myself?

Any issue with peeing can feel embarrassing, but although you're very aware of it, other people probably won't notice.

A few practical steps, such as carrying around absorbent pads or underwear and finding out where public toilets are, may help you feel more in control of the situation. Get an 'urgent' card to show staff in shops, restaurants and other public places.



They should let you use their toilets without asking awkward questions. You can order a card on our website or by calling one of our Specialist Nurses on our helpline.

Making some changes to your lifestyle might help you manage your urinary problems.

- Try to stay a healthy weight – and lose weight if you are overweight.
- Keep as fit as possible.
- If you smoke, try to stop. Smoking can cause coughing, which can cause you to leak urine (if that's already a problem for you).
- Constipation puts pressure on the muscles that control urination so try to avoid it by drinking plenty and eating a healthy diet that's high in fibre.
- Drink plenty (two litres or three to four pints a day), but cut down on fizzy drinks, alcohol and drinks high in caffeine (tea, coffee and cola), as these may irritate the bladder.
- If you leak urine, doing pelvic floor muscle exercises might help.



For more about managing urinary problems read our Tool Kit fact sheets, **Urinary problems after prostate cancer treatment** and **Pelvic floor muscle exercises**. Read more about diet and prostate cancer in our Tool Kit fact sheet, **Diet, physical activity and prostate cancer**.



### Watch Paul's story

Find out how he dealt with leaking urine after surgery.



## Bowel problems

Radiotherapy for prostate cancer (external beam radiotherapy and brachytherapy) can cause bowel problems for some men. Radiation can cause the lining of the bowel to become inflamed (proctitis) which then leads to symptoms such as loose and watery stools (diarrhoea), and pain in the stomach area (abdomen) or back passage. More rarely, it can cause bleeding from the back passage.

Some men find that changes to their bowel habits last for a short time. For others, the changes are permanent. Some men develop bowel problems months or years after treatment.

### What can help?

Let your GP, doctor or nurse know about any changes in your bowel habits. They can give advice and support to help manage them. There are also medicines available to help with symptoms and control diarrhoea.

Your local continence service can assess your bowel problems and offer advice about treatments. They can also give you support and advice on products that can help you deal with these problems. Ask your GP to refer you.

If you have long-term bowel problems, you could ask to be referred to a bowel specialist (gastroenterologist). You might have a further test to check for any damage to the bowel.

Macmillan Cancer Support and the Bladder and Bowel Foundation produce detailed information about coping with bowel problems.

## How can I manage bowel problems myself?

Living with bowel problems can be distressing, and for a lot of men it's not an easy thing to talk about. But remember that doctors and nurses often help men with these issues. They're used to discussing the problem and finding ways to deal with it.

You may find it helpful to plan ahead and find out where toilets are before you go out, and carry absorbent pads.

If you are having problems with diarrhoea, cutting down on fibre in your diet for a short time may help. Low fibre foods include white rice, pasta and bread, potatoes (without the skins), cornmeal, eggs and lean white meat. Drink plenty, but avoid alcohol, coffee and fizzy drinks.



Read more in our Tool Kit fact sheet, **Diet, physical activity and prostate cancer**.

## Sexual problems

Prostate cancer and its treatment can have a number of symptoms and side effects that can affect your sex life. Many men with prostate cancer say that changes to their sex lives and relationships are some of the biggest challenges they have to deal with.

Having treatment for prostate cancer can affect:

- how you feel about yourself sexually
- your desire to have sex (libido)
- your ability to get an erection (erectile function)
- your ability to ejaculate and have an orgasm
- your sexual satisfaction
- your fertility



- the appearance of your body
- your mood
- your relationships.

But there are treatments and support that can provide some answers and ways for you to work through any problems.

There is no right or wrong time to consider getting help and treatment if you want to. Sexual problems can have an impact on your life if you are in a relationship or if you are single. You could be single and want an erection for masturbation or you might want to start a new relationship in the future.

### Some common questions answered

- It is not possible to pass on cancer through sex.
- Having sex will not affect your prostate cancer or the success of your treatment
- Erections are still safe if you have a catheter in.

### What can help?

You can get treatment and support for sexual problems. Speak to your GP, nurse or hospital doctor to find out more. They can offer you treatment or refer you to a specialist service such as an erectile dysfunction (ED) clinic.

You can get free medical treatment for problems with erections or other sexual problems on the NHS.

Even though your sex life might not be the same as it was before cancer, you don't have to give up on having pleasure, closeness or fun together. It's often helpful to explore other ways of having an

intimate relationship, without having penetrative sex. Some men find they become closer to their partner even though they have some sexual problems.

Try to talk through the issues with your partner. Relationship counselling or sex therapy could also help. The Sexual Advice Association, Relate and the College of Sexual and Relationship Therapists can you give you more information on this.

If you or your partner feel depressed or anxious, getting help for this could improve your mood and may in turn help your sex life. See pages 43 to 45 for more information about relationship issues.

 Read more about sexual problems in our booklet **Prostate cancer and your sex life**. It comes with a DVD of six men talking about their own experiences. The information and films are also available on our website.

### How can I manage sexual problems myself?

Making some changes to your lifestyle might help you manage some of your sexual problems.

- Maintaining a healthy weight and being physically active might help with erection problems.
- Stop smoking because it can increase the risk of erection problems and make treatments for these less effective.
- Try not to put too much pressure on yourself – it can take time to come to terms with being diagnosed with prostate cancer and the side effects of treatment.



## Fertility

Prostate cancer treatment can affect your sperm and ejaculation, so you may not be able to have children naturally after treatment.

But you might be able to store some sperm before treatment so that they can be used later to fertilise an egg. There is no age limit to storing your sperm for your own use. Sperm banking is usually available on the NHS, but not always. You may need to pay for sperm storage or infertility treatment. Ask your doctor or nurse about what's available locally.

## Side effects of hormone therapy

Hormone therapy for prostate cancer can cause a number of physical and emotional side effects. These side effects can be difficult to adjust to. They might include:

- hot flushes
- changes to your sex life
- extreme tiredness (fatigue)
- weight gain
- strength and muscle loss
- breast swelling and tenderness (gynaecomastia)
- loss of body hair
- bone thinning
- risk of heart disease and diabetes
- changes to your memory and concentration.



Read more, including ways to help manage or reduce them, in our booklet, **Living with hormone therapy: A guide for men with prostate cancer**.



### Watch Bruce's story

See how hormone therapy affected him.

## Pain

If you have cancer that has not spread outside the prostate gland (localised prostate cancer) you are unlikely to have pain from your cancer, although you might do after treatment. After surgery (radical prostatectomy) some men have pain in the weeks they are recovering, but pain-relieving drugs such as paracetamol or codeine can help.

If you have prostate cancer that has spread outside of the prostate gland (advanced prostate cancer) you might have some pain that needs controlling. This is normally if the cancer has spread to the bones. If prostate cancer grows in the bones, it weakens them and can cause pain.

### What can help?

With the right treatment, pain can usually be relieved or reduced. If you do have any pain, speak to your doctor or nurse. The earlier it is treated, the easier it will be to control it.

Treatments to control pain include:

- treatment for the cancer itself, such as hormone therapy or chemotherapy
- treatment for the pain, such as pain-relieving drugs, radiotherapy or drugs called bisphosphonates which treat bone pain
- complementary therapies.

Read more about ways to control pain in our Tool Kit fact sheet,

 **Managing pain in advanced prostate cancer.** You can read more about managing the symptoms of advanced cancer in our booklet, **Advanced prostate cancer: Managing symptoms and getting support.**

 **Advanced prostate cancer: Managing symptoms and getting support.**



## Risk of other health problems

Prostate cancer and its treatment can increase the risk of other health problems in some men. There are things you can do to help reduce these risks.

### Bone thinning

Long-term treatment with hormone therapy can make your bones weaker. This can happen, for example, with luteinizing hormone-releasing (LHRH) agonists, gonadotropin-releasing hormone (GnRH) antagonists or surgery to remove the testicles.

If the bones are very weakened, this can lead to a condition called osteoporosis, which can increase your risk of bone fractures.

### What can help?

Make sure you have enough vitamin D and calcium in your diet – this can help reduce the risk of osteoporosis. Your doctor or nurse may discuss taking vitamin D and calcium supplements to help with your bone health.

 Read more in our booklet, **Living with hormone therapy: A guide for men with prostate cancer.**

## Risk of heart disease and diabetes

Some studies have found that men on hormone therapy have an increased risk of heart disease and diabetes.

### What can help?

You can help reduce your risk of heart disease and diabetes by having a healthy diet and lifestyle. See pages 25 to 29 for more about diet and exercise.

 Read more in our booklet, **Living with hormone therapy: A guide for men with prostate cancer**.

## Metastatic spinal cord compression (MSCC)

Prostate cancer can spread to the bones of the spine (vertebrae). This can lead to a condition called metastatic spinal cord compression (MSCC). This happens when the cancer presses on the spinal cord. MSCC is not common and we don't know how many men with prostate cancer develop it. But if it does happen, you need to get treatment as soon as possible as it is a serious condition. Speak to your doctor or nurse for more information about your risk.

 Find out about the symptoms in our fact sheet, **Metastatic spinal cord compression (MSCC)**.





# Diet and physical activity

By eating healthily and being physically active you can take more control of your health and do something to improve it. This can also help you manage the effects of prostate cancer and its treatment.

## Diet

A healthy diet will benefit your general health and reduce your risk of medical problems such as heart disease, diabetes and other cancers.

There is also some evidence that certain foods may slow down the growth of prostate cancer or reduce the risk of it returning after treatment. Other foods might make your prostate cancer worse. At the moment this evidence is limited and we need more research to show clearly how different foods can help.



Read more about diet and prostate cancer in our Tool Kit fact sheet, **Diet, physical activity and prostate cancer**.

## How can I improve my diet?

Start by making small changes that you feel comfortable with, such as eating more fruit and vegetables. Set yourself realistic goals, make changes gradually and make sure you still enjoy your food. Most people can get all the nutrients they need by eating a balanced diet rather than taking food supplements.

## For a healthy diet

- **Eat at least five portions of fruit and vegetables each day.**
- **About a third of your diet should be starchy foods** like potatoes, bread, rice, pasta, plantain, sweet potato and yam. Try wholegrain options such as wholemeal bread, whole wheat



pasta, brown rice and wholegrain breakfast cereals. These are high in fibre and also help you to feel full for longer.

- **Include some protein**, like fish, lean white meat, eggs and pulses.
- **Include some dairy foods** and foods which contain calcium such as semi-skimmed milk, soy milk or yoghurts.
- **Eat less saturated fat.** There are different types of fat. Unsaturated fats (known as monounsaturated and polyunsaturated fats) are healthier, and are found in nuts, oily fish, vegetable oil and olive oil. Saturated fats are less healthy and are found in meat and meat products, dairy products such as butter and cheese, and processed foods such as cakes, biscuits and pastries. Try to replace saturated fats with foods that are rich in monounsaturated and polyunsaturated fats.
- **Cut down on sugar**, including sugar hidden in soft drinks and processed foods such as cakes and biscuits.
- **Cut down on salt.** Eat less than one rounded teaspoon each day and look out for hidden salt in processed foods. Try using pepper, herbs and spices instead of salt to add flavour when cooking.
- **Drink six to eight glasses (1.2 litres) of water** or low sugar drinks each day. This does not include coffee, alcohol or sugary and fizzy drinks.

If you're having difficulty eating enough and you're losing weight ask your GP to refer you to a dietitian who can give you further advice. A dietitian can also help if you are making big changes to your diet, or if you have any other medical conditions that could be affected by your diet, such as diabetes.

## Physical activity

Physical activity is important for general health. It can help you to keep a healthy weight by burning up spare energy which would otherwise be stored by the body as fat. It's not clear whether exercise can help slow down the growth of prostate cancer, but it can help with some of the side effects of treatment (see pages 9 to 23). It can also help you cope with feelings of anxiety or depression.



### What sort of physical activity should I do?

Physical activity doesn't just mean sports. If you find something you like, and that fits into your life, you might be more likely to stick with it.

- Walking, swimming, cycling or gardening are all good exercise.
- Get off the bus one stop earlier, or walk upstairs rather than using the lift.
- You can even exercise from your chair or bed. Try lifting and stretching your arms and legs, which can help improve your movement and muscle strength.
- If you are trying to lose weight, following an exercise programme such as walking 10,000 steps a day can be useful. This gives an indication of the amount of exercise you should aim to build up to. You can get more information about walking 10,000 steps a day from the NHS Choices website. Maggie's Centres offer exercise programmes across the UK. The Active Scotland website can help you find activities if you live in Scotland.
- Gentle resistance exercise such as fast walking, swimming and using light weights are particularly good, especially if you are on hormone therapy and so are at risk of bone thinning (osteoporosis). If you are on hormone therapy or have cancer which has spread to the bones, check with your doctor before doing high-impact exercises such as running and contact sports.

## How much physical activity should I do?

This will depend on the stage of your cancer and what treatment you are having, as well as your fitness levels. But even if you don't feel able to do a lot of physical activity, a small amount can be beneficial. The following tips might help.

- Find activities that you enjoy.
- Take things at your own pace and don't overdo it.
- Rest when you feel you need to.
- Try exercising with a friend or family member as you're more likely to keep doing it.

It's safe for men with prostate cancer and those having treatment to be physically active. It might be a good idea to speak to your GP, nurse or hospital doctor before you start any kind of exercise plan and get advice about exercising safely.

Aim to be physically active at least two to three times a week. Start gently for short periods of time, such as 15 minutes, and gradually increase the amount you do as you become fitter. If you can, build up to include 30 minutes of moderate exercise three to five days a week.

'Moderate exercise' means your heart should beat faster but you should still be able to talk – about the level of a brisk walk.

You can get help with increasing your physical activity. Speak to your doctor or nurse for advice about suitable exercise for you. You could also ask to be referred to an exercise programme or a physiotherapist for further advice.

## Exercise safely

- Be careful to avoid falls, especially if you're on hormone therapy or if your cancer has spread to the bones – both can raise the risk of fractures.
- Wear properly fitting clothing and trainers, and don't exercise on uneven surfaces.
- Make sure you drink enough water.
- Don't exercise if you feel unwell, have any pain, sickness or any other unusual symptoms. Stop if you experience any of these while exercising.
- If you are having radiotherapy and have any skin irritation, avoid swimming pools as the chlorine can make this worse.



**Although I'd always been active, my outlook on life changed with my cancer diagnosis. I joined my local walking club. Not only has this taken me on some wonderful walks in the hills and introduced me to some lovely parts of the country that I didn't know existed, it's helped me to keep fit and I've made loads of new friends. The walks are graded and I worked my way up the grades as I got fitter.**

A personal experience



# Complementary therapies

Complementary therapies include a huge variety of approaches, from diets to massage, from hypnotherapy to yoga. Some people find that complementary therapies help them with their symptoms, or with the emotional and day-to-day impact of their cancer, helping them feel more in control.

## Complementary therapies for cancer

There is some research to show that complementary therapies could help people with cancer manage tiredness. These include:

- acupuncture
- breathing control
- muscle relaxation
- massage
- yoga
- meditation.

There's also some research to suggest that complementary therapies could help with cancer pain. They might also help with hot flushes if you are having hormone therapy.

But we need more research into complementary therapies.



## How to use complementary therapies

Complementary therapies are used alongside conventional treatments, rather than instead of them. Some complementary therapies have side effects and some may interfere with your cancer treatment. So make sure your doctor or nurse knows about any complementary therapies you're using or thinking of trying. And make sure that any complementary therapist you see knows about your cancer and treatments.

Some complementary therapies are available through hospices, GPs and hospitals, as part of the overall care they provide. But if you want to find a therapist yourself, make sure they are properly qualified and belong to a professional body. The Complementary and Natural Healthcare Council have advice about finding a therapist.

Some men have found that herbal remedies can help with side effects. Herbal remedies use plants or plant extracts.

Not all herbal remedies in the UK are licensed, and the quality varies greatly. Be particularly careful about buying herbal remedies over the internet. Often they are manufactured outside the UK and may not be regulated. Many companies make claims that are not based on proper research, and there may be no real evidence they work. Remember that a product is not necessarily safe because it is called 'natural'.

Macmillan Cancer Support and Cancer Research UK have more information about different therapies available and important safety issues to bear in mind.



**I have acupuncture and reflexology every week and they are the most effective pain relievers for me. If I have a specific pain site, they remove the pain in a short time.**

A personal experience





# Prostate cancer and your feelings

Living with prostate cancer can be challenging, and can affect how you feel.

Lots of men find it useful to get some support or find ways to look after themselves – even if their treatment has finished. Partners, family members and friends also need support. There is no right or wrong way to think and feel, and each person's reaction to living with prostate cancer will be different.

It's not unusual to feel worried or low if you have prostate cancer. So if you're feeling very down, worried or you're finding it hard to cope, speak to your GP, nurse or hospital doctor.

 The Specialist Nurses on our helpline can provide emotional support. If you need to speak to someone immediately you could ring the Samaritans on 08457 90 90 90 (open 24 hours).

## Common thoughts and feelings

Men respond in all kinds of ways to being diagnosed and living with prostate cancer.

- **Shock, fear or anger.** You could feel any or all of these things when you're told you have prostate cancer.
- **Denial.** If you feel well, you may find it difficult to accept that you have prostate cancer.
- **Frustration and disappointment.** The way you think about yourself, your life and your plans might have changed.
- **Stress.** It can be difficult to decide what treatment to have and you might feel stressed.



- **Worries about side effects.** If you have side effects like erection, urinary and bowel problems then coping with these could also make you feel down or worried.
- **Sense of loss.** Hormone therapy can cause physical changes to your body, such as putting on weight, reduced physical strength, or changes to your sex life. This might make you feel very different about your body and cause a sense of loss.
- **Changing identity.** Sometimes men say they feel less of a man because of their diagnosis and treatment. Some men feel that their role in the family has changed – for example, because they've had to stop working.
- **Mood swings.** Hormone therapy can make you feel emotional and down. It can also cause mood swings, such as getting tearful and then angry.
- **Anxiety.** Some men worry about getting the results of prostate specific antigen (PSA) tests. These are used to monitor your cancer if you're not having treatment straight away or to check how successful treatment has been if you are having treatment. Even after treatment has finished some men feel anxious and find it hard to move on and think about the future.
- **Feeling alone.** You might feel isolated, especially if your treatment has finished and you're no longer seeing your doctor or nurse.

These are all normal reactions. These feelings may stay with you, but some men find they gradually change with time.

### Depression – seeing the signs

Men with prostate cancer have an increased risk of depression and anxiety. Being depressed doesn't always mean being tearful or low. Some men who are depressed find they get angry more easily, start drinking more and stop taking care of themselves. If you recognise these kinds of changes in yourself, there are things that can help. Let your nurse or GP know.

### Uncertainty about the future

It's natural to find it difficult and upsetting when you think about the future. This is especially true if you have advanced prostate cancer and are worried about your outlook. Many men with advanced cancer will have treatment that will control cancer for many months or years but it can still be a worrying time.

You might find that making plans helps you feel more prepared for what the future may hold, and reassured about the future for your family.

 You can read more about planning ahead and the support available in our booklet, **Advanced prostate cancer: Managing symptoms and getting support**.



**My treatments and side effects lasted for a while, and I found that I went through good and not so good emotions.**

A personal experience



## What can help?

Try to go easy on yourself, and don't expect to have all the answers. Take some time to think about what's bothering you, find out about the options available that could help and then try one that suits you.

## Ways to deal with things

Every man has his own way of dealing with things.

Some men don't want help from anyone else. Trying to block out difficult emotions can be a strategy that works for some men. This could be through doing something enjoyable as a distraction, like physical activity.

But other men try to cope on their own because they are too embarrassed to talk about it or afraid of worrying loved ones. They may feel like they have to think positively and to not share any negative feelings. Or to live up to how they think society expects men to behave – that men can't ask for help.

Some men do want to share concerns with their partner or access other support. But it might take some time before you feel able to 'open up' to those around you. If you don't have family or close friends, there are other people who can provide support – see page 40.

Talking about things that trouble you could help you deal with them. One study found that men who talked about their emotions felt better.

And for some men, carrying on with everyday activities and finding ways to look after themselves helps boost their self-esteem. Taking control might help you feel better about things.

## Boost your wellbeing

- Get information about prostate cancer and its treatments. Understanding more about your cancer might reduce your risk of anxiety or depression.
- Look after yourself by eating healthily and being physically active. This will help you feel in control, can improve your overall health and help you manage the effects of prostate cancer and its treatment. See pages 25 to 29 for more information.
- Learn ways to reduce stress and worry. Some men find yoga or meditation helpful. Or you could try courses which teach relaxation or stress-management skills.
- Macmillan Cancer Support, the Expert Patients Programme, Maggie's Centres and Penny Brohn Cancer Care offer free courses on subjects such as managing stress, side effects and relationships.
- Try keeping up with your usual hobbies and social activities or try some new ones. Some men say that this helps them stay happy and relaxed. Doing something you are good at can make you feel more positive. You could try setting yourself a goal if that helps – like having one night out a week or walking 20 minutes each day.
- Get support from others. Research shows that this can make you feel better and less anxious. See below for where to get support.



## Family and friends

You might already have your own support network. Talking to your partner, family and friends can help take some of the pressure off you.

A common worry for men with prostate cancer is how to tell their family or friends that they have cancer. Talking is a good way to overcome this worry, but that's not always easy. It can be hard to know where to start, but Macmillan Cancer Support produce information that can help.

### **Local support groups**

Get in touch with your local prostate cancer support group. Support groups can be a good way for you to meet people with similar experiences and share information about diagnosis and treatment.

These groups are often set up by local health professionals, or by people who have experience of prostate cancer. Meetings are usually informal and offer an opportunity to find out about other people's experiences as well as discussing your own thoughts and concerns. Many support groups also welcome partners, friends and relatives – sometimes at the same meeting or at separate ones.



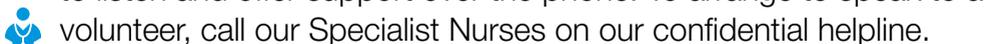
You can find details on our website **prostatecanceruk.org**, by calling our Specialist Nurses on our confidential helpline or by asking your nurse.

### **Online community**

If you have access to the internet, join our online community, where men and their families share their experiences of prostate cancer. It's free and only takes a few minutes to register. Visit our website **prostatecanceruk.org** to sign up.

### **Peer support service**

Our peer support service gives you the chance to talk with a trained support volunteer who has direct experience of prostate cancer. Many people find it helpful to talk to someone who has been in a similar situation.



Our volunteers are all personally affected by prostate cancer, either as a man with prostate cancer or as a family member. They are trained to listen and offer support over the phone. To arrange to speak to a volunteer, call our Specialist Nurses on our confidential helpline.

## Health professionals



You can talk to your nurse, doctor or any other health professionals you see about how you are feeling. You can also speak to our Specialist Nurses on our confidential helpline.

## Counselling

It's sometimes hard to speak to those closest to you because you don't want to upset them or show your emotions. Some people find it easier to talk to someone they don't know – which is where a counsellor might come in. They're trained to listen and can help you to find your own ways to deal with things. For some men, talking to a counsellor is a good way to offload their worries.



There are different types of counselling. So if it's not working out with one counsellor, you could try a different approach with another.

Your GP can refer you to a counsellor or you could find one yourself. The British Association for Counselling and Psychotherapy has information about counsellors in your area.

## Medicine

Sometimes anti-depressant medicine is helpful for people with cancer who are depressed. Speak to your doctor about this. Before you start taking anti-depressants, make sure you tell your doctor or nurse about any other medicines or complementary therapies you are taking. And if you take complementary therapies, let those therapists know about any prescription drugs you're taking.



## Relationships and family life

Prostate cancer can change the normal pattern of your life and have an impact on your relationships, particularly with your partner. It can bring challenges, but can also bring some couples and families closer together.

 A diagnosis of prostate cancer will affect those close to you. They will be dealing with their own anxieties and at the same time trying to support you. Read more in our booklet, **When you're close to a man with prostate cancer: A guide for partners and family.**

You and your family may go through some issues, such as:

- changing priorities
- interrupted plans
- side effects like tiredness
- changes to the usual roles of your relationship.

Some couples and families find that they can deal with these issues, learn to live with them or overcome them. Different approaches might help.

- Try not to rely only on each other – a wider support network could include other family, friends or health professionals.
- Make sure you get some advice or help if you have practical pressures such as with work, money or household tasks.
- Get support for any relationship or communication difficulties.
- Find ways to manage or treat your side effects.



## Couples

As well as the issues above, prostate cancer can also have an effect on intimacy and your sex life.

### Talking about it

If you have a partner, or are starting a new relationship, try to talk to them about how you are feeling. Talking could help you and your partner feel better and reduce any worries you have about what each other is thinking. Talking may also help your partner understand more about any physical and emotional changes you are going through.

Sometimes it's not easy to talk, especially during stressful times. In particular, talking about sex can be difficult, even for a couple who have been together for a long time. Relationship therapy can sometimes help. Some hospitals offer counselling. Contact your GP, nurse or hospital doctor if you'd like to see a counsellor.

Read more about dealing with the impact on sexual relationships – whether you are heterosexual, gay or single – in our booklet,

 **Prostate cancer and your sex life.** It comes with a DVD of six men talking about their own experiences. The information and films are also available on our website.



**When my dad was diagnosed I knew very little and I wanted to learn more so I could support him, as he wasn't looking for information for himself.**

A personal experience





## Support for partners, family and friends

This section is for anyone who is close to a man with prostate cancer, such as partners, families or friends. The diagnosis of a loved one can have a big impact on your life and you may need support and information too.

You might have taken on more responsibilities at home and you might also be giving emotional support to your loved one. At the same time as all this, you could be dealing with your own feelings, such as shock, worry, guilt and loneliness.



**I have always seen dad as a big, strong, nothing-can-affect-him sort of character, and when I see that something actually has affected him and upset him... it's really hard.**

A personal experience



## What can help?

You might find that learning more about prostate cancer is helpful. It will give you a better understanding of what to expect and things to look out for, such as the side effects of treatment.

Supporting someone with prostate cancer to make changes to his lifestyle can make you feel that are doing something to help. For example, this could be by helping them eat a healthier diet and be more physically active.

Make sure you make time for yourself. Try to keep up with hobbies and seeing friends. It's important to look after your own health as well. If you are feeling unwell, tired or down make sure that you see your own GP. You might also find that seeing a counsellor can help you work through any concerns.

It can be helpful to talk to other partners, family members and friends of men with prostate cancer at support groups or through our peer support service. You can also share your views and experiences with others who are close to men with prostate cancer on our online community. See page 40 for details.



Read more in our booklet, **When you're close to a man with prostate cancer: A guide for partners and family.**



All our information and the Specialist Nurses on our confidential helpline are there for you as well as your loved one who has cancer. See page 58 for more information.



**I think it was a very shared illness.  
I went to every meeting with the oncologist  
and joined the support group as well.**

A personal experience





# Daily life and prostate cancer

Prostate cancer and the side effects of treatment can have an impact on your daily life.

You might need to make decisions about work and money. This section looks at managing these and other practical issues, like getting around and help at home.

## Work

### How can prostate cancer affect your working life?

You may need to take time off work for treatments. This includes time for travelling to hospital and in some cases time to recover.

If you have surgery (radical prostatectomy) you may need to take up to eight weeks or even longer off work. You'll need to avoid climbing too many stairs, lifting heavy objects or doing manual work for eight weeks after the operation. Ask your doctor or nurse for advice on how much time to take off.

Many men continue to work while having external beam radiotherapy but some men find that they need time to rest during treatment. You will need to go to hospital five days a week for several weeks during the course of radiotherapy – and each visit could take at least an hour.

Some of the side effects of treatments could affect your working day. For example, having urinary problems, hot flushes or tiredness could mean you need to take extra breaks. Some men have to deal with these side effects for months or years after they have finished treatment.



## Can I keep working?

Some people feel that work helps their recovery and return to normal life. But not everyone is able to continue working, and some men decide to work part-time, or take early retirement.

If you've been diagnosed with prostate cancer, the Equality Act protects your rights in different areas of life, including at work. The Equality Act is a law that protects anyone who has, or has had, a disability – cancer is classed as a disability under this law. Even if you no longer have cancer, you are still protected against discrimination.

If you live in Northern Ireland you have protection under the Disability Discrimination Act.

Under these laws your employer has a duty to make 'reasonable adjustments' to where and how you work, to make sure you get the same chances as the people you work with.

For example, a reasonable adjustment could be:

- allowing you time off to attend medical appointments
- allowing extra breaks
- temporarily allowing you to have lighter duties
- providing adequate toilet facilities.

You can find out more about the law and working during and after cancer treatment from Macmillan Cancer Support.

Most employers will be helpful and support you if you take time off work and if you return. Where problems come up it might be due to misunderstandings. However, not all employers are as supportive as they should be. Some men say that even though they have prostate cancer, they still 'look okay' so their boss doesn't understand that they are feeling unwell.

### What can help at work?

If your employer learns more about prostate cancer and its treatment, they might be more understanding. If you don't feel like talking about it, perhaps you could give them some of our publications to read.

Take a look at your company policies and employee handbook if you have them. Talk to your occupational health service for advice if your company has one.

Go to your employer with suggestions about what would help you. For example: taking extra breaks, working from home, flexible hours, changing your job role or duties for a while.

Know your legal rights. Find out more about the law and make sure your boss or company is aware of it. You could also contact your union if you are part of one. Contact Citizens Advice for advice on your rights.

If you are self-employed or you're looking for work, you can get more specific information from Macmillan Cancer Support or Disability Rights UK.





**My work often involved travelling. I would have found it very difficult to keep this up during and after treatment. However, returning to the normal work environment, even if it wasn't full-time, has really helped me to feel better in myself.**

A personal experience

## **Money**

If you're struggling with the financial costs of cancer, or your income has changed, you should be able to get some help.

### **Sick pay**

If you've had time off work, find out if statutory sick pay and occupational or company sick pay are relevant to you. Check your employment contract or contact your local Citizens Advice Bureau – their number should be in the phone book or on their website [citizensadvice.org.uk](http://citizensadvice.org.uk). You can get information from the official government websites – [GOV.UK](http://GOV.UK) and [nidirect.gov.uk](http://nidirect.gov.uk)

### **Benefits**

As a result of the Welfare Reform Act 2012 the benefits system will be changing over the next few years. The organisations listed below can give you the latest information about the help you can get.

The benefits you are entitled to vary depending on whether you are working, how old you are and other factors. Find out more about benefits and how to apply for them.

- Visit the websites GOV.UK or nidirect.gov.uk
- Contact your local Citizen's Advice Bureau – they offer free, independent, confidential and impartial advice. Their number should be in the phone book or at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)
- Call Macmillan Cancer Support to get advice on benefits.

## Other costs

You might also be able to get help with the costs of travel to and from hospital, and some other medical costs.

If you live in England and are having treatment for cancer, including treatments for symptoms or side effects, you are entitled to free prescriptions. Anyone over 60 in England also gets free prescriptions. You'll need to apply for a medical exemption certificate. Ask your doctor for a FP92A form. Once you have filled out the form, your doctor will need to sign it, and you will be sent the certificate. You can find out more about free prescriptions at NHS Choices. If you live in Scotland, Wales or Northern Ireland, all prescriptions are free.



## Travel insurance



Some men tell us that they find it harder to get travel insurance because of their prostate cancer. Our Tool Kit fact sheet **Travel and prostate cancer** gives tips on buying travel insurance.

## Grants

Grants from other charities or organisations are available. Contact Citizens Advice to find out which grants might be relevant to you.

### How can I manage financially?

Try to maximise your money coming in, reduce money going out and manage any debts. Disability Rights UK produces helpful information, including where to get further advice.

Citizens Advice can give you free advice on how to manage your finances. Alternatively you could consult an independent financial adviser, who can let you know which companies offer the best life assurance, mortgages, pensions and other financial services for your situation.

### Driving and public transport

The Blue Badge Scheme helps people park closer to their destination if they are disabled and find it very hard to walk. Contact your local council for details.

The Motability Scheme can help you lease or buy a car if you get certain benefits. Even if you don't drive yourself, you can apply for a car as a passenger and propose up to two other people as your drivers. You could also be eligible to get help to adapt a car you already have to make it more suitable. To find out more call Motability on 0845 456 4566.

If you use public transport you might get discounts and free travel. Contact your local council for more details. To find your local council contact details:

- in England visit [GOV.UK](https://www.gov.uk)
- in Wales visit [wales.gov.uk](https://www.wales.gov.uk)
- in Scotland visit [cosla.gov.uk](https://www.cosla.gov.uk)
- in Northern Ireland visit [nidirect.gov.uk](https://www.nidirect.gov.uk)

## In the home

Some men with prostate cancer have told us that they have difficulty carrying out their usual activities. This could be because of side effects, symptoms like pain, or because they are not as mobile as they used to be.

If you think you could do with some extra help in the home, get in touch with your GP or local council and ask about social services (social work department in Scotland) to see if they can give you some advice or support.

You can ask social services to assess your needs – and the needs of your carer, if you have one. For example, this assessment will consider:

- equipment or adaptations to your home
- help at home, for example with getting dressed, cooking or tasks like housework or shopping
- breaks away from home for you or anyone who is caring for you.

Your local social services department can refer you to an occupational therapist (OT). They can help you overcome any practical problems that you might have and help you live as independently as possible. They can assess whether you need help at home or work and give advice about equipment or adaptations to the home.

A social worker can give you advice about practical issues such as money, work and things to make day-to-day living easier. Your GP, nurse or hospital doctor could also arrange for you to meet an OT or social worker.



## More information from us

### The Tool Kit

The Tool Kit information pack contains fact sheets that explain how prostate cancer is diagnosed, how it is treated and how it may affect your lifestyle. Each treatment fact sheet also includes a list of suggested questions to ask your doctor.

### Leaflets and booklets

Other leaflets and booklets about prostate cancer and other prostate problems can be ordered free of charge from Prostate Cancer UK.

### To order publications:

- Call us on **0800 074 8383**
- Visit our website **prostatecanceruk.org**

### Call our Specialist Nurses

If you want to talk about prostate cancer or other prostate problems, call our Specialist Nurses in confidence. You can also email the nurses using the contact form on our website. Visit **prostatecanceruk.org** and click on 'We can help'.



**Speak to our  
Specialist Nurses**

**0800 074 8383\***

**prostatecanceruk.org**

\* Calls are recorded for training purposes only. Confidentiality is maintained between callers and Prostate Cancer UK.

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## Other useful organisations

### Active Scotland

**[www.activescotland.org.uk](http://www.activescotland.org.uk)**

NHS Health Scotland website which lets you search for nearby exercise activities (from easy to extreme).

### Age UK

**[www.ageuk.org.uk](http://www.ageuk.org.uk)**

**Advice line 0800 169 6565**

Information or advice for older people on a range of subjects including health, finances and lifestyle.

### Bladder and Bowel Foundation

**[www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)**

**Helpline 0845 345 0165**

Information and support for all types of bladder and bowel problems.

### British Association for Counselling and Psychotherapy

**[www.itsgoodtotalk.org.uk](http://www.itsgoodtotalk.org.uk)**

**Phone 01455 88 33 00**

Information about counselling and details of therapists in your area.

### British Dietetic Association

**[www.bda.uk.com](http://www.bda.uk.com)**

Information about a healthy diet and how to find a freelance dietitian.

### British Heart Foundation

**[www.bhf.org.uk](http://www.bhf.org.uk)**

**Helpline 0300 330 3311**

Information about heart disease and eating for a healthy heart.

### **CancerHelp UK**

**[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk)**

**Nurse helpline 0808 800 4040**

Cancer Research UK's patient information resource.

### **Carers UK**

**[www.carersuk.org](http://www.carersuk.org)**

**Advice line 0808 808 7777**

Information and advice for carers, and details of local support groups.

### **Citizen's Advice**

**[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)**

**Online advice: [www.adviceguide.org.uk](http://www.adviceguide.org.uk)**

Advice on a wide range of issues including financial and legal matters. Find your nearest Citizens Advice Bureau on their website or in the phonebook.

### **College of Sexual and Relationship Therapists (CORST)**

**[www.cosrt.org.uk](http://www.cosrt.org.uk)**

**Phone 020 8543 2707**

Information about sexual and relationship therapy, and details of accredited therapists.

### **Complementary and Natural Healthcare Council (CNHC)**

**[www.cnhc.org.uk](http://www.cnhc.org.uk)**

**Phone 020 3178 2199**

Details of complementary therapy practitioners who meet national standards of competence and practice.

## **Diabetes UK**

**[www.diabetes.org.uk](http://www.diabetes.org.uk)**

**Helpline 0845 120 2960**

Information about diabetes.

## **Disability Rights UK**

**[www.disabilityrightsuk.org](http://www.disabilityrightsuk.org)**

**Independent Living Advice Line 0845 026 4748**

Practical information guides about disability rights and benefits.

And keys for accessible toilets across the UK.

## **Expert Patients Programme**

**[www.expertpatients.co.uk](http://www.expertpatients.co.uk)**

**Phone 0800 988 5550 or 01925 320 000**

Free self-management courses in England (and online in parts of Wales) – to help you take control and manage your condition.

## **GOV.UK**

**[www.gov.uk](http://www.gov.uk)**

Information about UK government services, including benefits, employment and money matters.

## **Macmillan Cancer Support**

**[www.macmillan.org.uk](http://www.macmillan.org.uk)**

**Helpline 0808 808 00 00**

Practical, financial and emotional support for people with cancer, their family and friends.

### **Maggie's Centres**

**[www.maggiescentres.org](http://www.maggiescentres.org)**

**Phone 0300 123 1801**

A network of drop-in centres for cancer information and support. Includes an online support group.

### **Marie Curie Cancer Care**

**[www.mariecurie.org.uk](http://www.mariecurie.org.uk)**

**Phone 0800 716 146**

Runs hospices throughout the UK and a nursing service for people in their own home free of charge.

### **National Osteoporosis Society**

**[www.nos.org.uk](http://www.nos.org.uk)**

**Helpline 0845 450 0230**

Information and support for people with fragile bones.

### **NHS Choices**

**[www.nhs.uk](http://www.nhs.uk)**

Information about treatments, conditions and lifestyle. Support for carers and a directory of health services in England.

### **NHS 24**

**[www.nhs24.com](http://www.nhs24.com)**

**Phone 08454 24 24 24**

Health information and self care advice for people in Scotland. Lists local NHS services including GPs and dentists.

## **NI Direct**

**[www.nidirect.gov.uk](http://www.nidirect.gov.uk)**

Government site providing information about practical and health matters for people living in Northern Ireland.

## **Penny Brohn Cancer Care**

**[www.pennybrohncancercare.org](http://www.pennybrohncancercare.org)**

**Helpline 0845 123 23 10**

Complementary care for people with cancer and their families.

## **Relate**

**[www.relate.org.uk](http://www.relate.org.uk)**

**Phone 0300 100 1234**

Information, advice, relationship counselling and sex therapy. In Scotland, contact Relationships Scotland instead.

## **Relate Northern Ireland**

**[www.relateni.org](http://www.relateni.org)**

**Phone 028 90 323 454**

Offer relationship and sex counselling.

## **Relationships Scotland**

**[www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk)**

**Phone 0845 119 2020**

Information, advice, relationship counselling and sex therapy in Scotland.

## **Samaritans**

**[www.samaritans.org](http://www.samaritans.org)**

**Helpline 0845 790 9090**

Confidential, non-judgemental emotional support, 24 hours a day, by telephone, email, letter or face to face.

## **Sexual Advice Association**

**[www.sda.uk.net](http://www.sda.uk.net)**

**Helpline 0207 486 7262**

Treatment information for erection difficulties and other sexual problems.

## **Turn2US**

**[www.turn2us.org.uk](http://www.turn2us.org.uk)**

**Helpline 0808 802 2000**

Help to access money that's available through benefits, grants and other help.

# About Prostate Cancer UK

Prostate Cancer UK fights to help more men survive prostate cancer and enjoy a better life. We support men by providing vital information and services. We find answers by funding research into causes and treatments and we lead change, raising the profile of all prostate diseases and improving care. We believe that men deserve better.

At Prostate Cancer UK, we take great care to provide up-to-date, unbiased and accurate facts about prostate diseases. We hope these will add to the medical advice you have had and help you to make decisions. Our services are not intended to replace advice from your doctor.

References to sources of information used in the production of this booklet are available at [prostatecanceruk.org](http://prostatecanceruk.org)

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- Prostate Cancer UK Specialist Nurses
- Prostate Cancer UK Volunteers



## Donate today – help others like you

Did you find this information useful? Would you like to help others in your situation access the facts they need? Every year, 40,000 men face a prostate cancer diagnosis. Thanks to our generous supporters, we offer information free to all who need it. If you would like to help us continue this service, please consider making a donation. Your gift could fund the following services:

- £10 could buy a Tool Kit – a set of fact sheets, tailored to the needs of each man with vital information on diagnosis, treatment and lifestyle.
- £25 could give a man diagnosed with prostate cancer unlimited time to talk over treatment options with one of our specialist nurses.

To make a donation of any amount, please call us on **020 8222 7666**, visit **[prostatecanceruk.org/donations](http://prostatecanceruk.org/donations)** or text **PROSTATE to 70004\***. There are many other ways to support us. For more details please visit **[prostatecanceruk.org/get-involved](http://prostatecanceruk.org/get-involved)**

\*You can donate up to £10 via SMS and we will receive 100% of your donation. Texts are charged at your standard rate. For full terms and conditions and more information, please visit [prostatecanceruk.org/terms](http://prostatecanceruk.org/terms)





**Speak to our  
Specialist Nurses**

**0800 074 8383\***

**prostatecanceruk.org**



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To be reviewed July 2015

**The helpline is open Mon - Fri 9am - 5pm, plus Wed 7pm - 9pm**

\* Calls are recorded for training purposes only.

Confidentiality is maintained between callers and Prostate Cancer UK.

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