

Living with Prostate Cancer - A Quick Guide



Contents

This is a brief summary of the information on 'Living with prostate cancer' from CancerHelp UK. You will find more detailed information on the website.

In this information there are sections on

- Coping with prostate cancer
- Sex and prostate cancer
- Urinary problems after prostate cancer
- Questions for your doctor
- Prostate cancer organisations

Coping with prostate cancer

It can be very difficult coping with a diagnosis of cancer both practically and emotionally. You may feel very upset and confused at first. All sorts of different feelings may come and go.

As well as coping with the fear and anxiety that a diagnosis of cancer brings, you have to work out how to manage practically. Who do you tell you have cancer? There may be children or grandchildren to consider.

The 'coping with cancer' section of CancerHelp UK contains lots of information you may find helpful. There are sections on

- Your feelings
- Talking to people: who and what to tell
- Talking to children
- How you can help yourself
- Who else can help you
- Sex and sexuality
- Coping financially

Sex and prostate cancer

Treatment for prostate cancer can cause a variety of side effects. Any of these can affect your sex life, some more than others.

Some men get diarrhoea during radiotherapy and for some time afterwards. This can be unpleasant and tiring and may put you off wanting to have sex. It will gradually go back to normal after a few weeks though.

You may feel too tired to want sex for some time after prostate cancer treatment. There is information about coping with tiredness in the 'symptoms and side effects' section of CancerHelp UK.

Radiotherapy, surgery and hormone treatment can lead to difficulty getting an erection (impotence). Erection difficulties can be temporary or permanent and can be very difficult to come to terms with. You may find it difficult to talk about this with



your doctor or with your partner. If you can talk to your doctor or specialist nurse, you may find they have a specialist counsellor or sex therapist you can be referred to.

Urinary problems after prostate cancer

You may have urinary problems before and after prostate cancer treatment.

Before treatment, you may have had trouble passing water because your prostate was larger than normal. Some men find they have trouble getting started. Some men have problems with dribbling urine. A few find they suddenly can't go at all and have to go into hospital as an emergency.

After treatment, the problems are different. Unfortunately, after either surgery or radiotherapy, many men find they don't have complete control over their bladder. This covers a range of situations, from occasional dribbling or leaking of urine to complete loss of control.

There are many ways of managing the problem. Discuss any worries with your doctor or nurse. They may be able to refer you to a continence adviser at the hospital or in the community. The community continence adviser will be able to visit you at home.

You can also get helpful information from the Bladder and Bowel Foundation.

What to ask your doctor about living with prostate cancer

- Can I get help for dealing with my feelings?
- Will I need to pay for counselling?

- What practical help is available?
- Can I get any help with money?
- How should I talk about the disease with my family and children?

Prostate cancer organisations

Cancer Research UK
Main website: www.cancerresearchuk.org
Patient information website:
<http://cancerhelp.cancerresearchuk.org>
Cancer Information Nurses phone: 020 7061 8355

The Prostate Cancer Charity
Website: www.prostate-cancer.org.uk/
Email: info@prostate-cancer.org.uk
Helpline: 0800 074 8383

Prostate Cancer Support Association (PSA)
Helpline: 0845 601 0766
Website:
<http://www.prostatecancersupport.co.uk>
Email: helpline@prostatecancersupport.info

Prostate Help Association (PHA)
Website: <http://www.pha.u-net.com/index.htm>

Bladder & Bowel Foundation
Tel: 01536 533255
Website:
www.bladderandbowelfoundation.org
Email: info@bladderandbowelfoundation.org

Sexual Dysfunction Association
Helpline: 020 7486 7262
Email: info@sexualadviceassociation.co.uk
Website:
<http://sexualdysfunctionassociation.com/>



Notes

More information

For more information about prostate cancer, visit our website
<http://cancerhelp.cancerresearchuk.org>

You will find a wide range of detailed, up to date information for people affected by cancer, including a clinical trials database that you can search for cancer trials in the UK. You can view or print the information in a larger size if you need to.

For answers to your questions about cancer call our Cancer Information Nurses on **0808 800 4040** 9am till 5pm Monday to Friday

Adapted from Cancer Research UK's Patient Information Website CancerHelp UK in November 2010. CancerHelp UK is not designed to provide medical advice or professional services and is intended to be for educational use only. The information provided through CancerHelp UK and our nurse team is not a substitute for professional care and should not be used for diagnosing or treating a health problem or disease. If you have, or suspect you may have, a health problem you should consult your doctor. © Cancer Research UK 2010. Cancer Research UK is a registered charity in England and Wales (1089464) and in Scotland (SC041666).