Patient Empowerment Network

5 Things to know about

Men's health during treatment

Cancer and its treatment can affect many parts of men's health, including fertility, hormone levels, emotional health, and sexual well-being. Learning about these changes can help you feel more informed and prepared during your care journey. Here are five things to know:

1 Cancer treatment may affect fertility

Some cancer treatments may impact your ability to have children in the future. If this is important to you, ask your healthcare team about fertility preservation options before treatment begins.



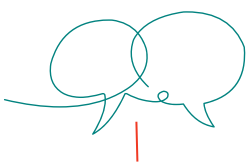
2 Hormone changes can happen

Treatment may affect hormone levels, which can lead to changes in energy, mood, sleep, or muscle strength. Talk with your healthcare team about any symptoms or concerns you notice.



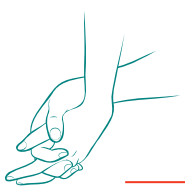
3 Sexual health is part of overall health

Cancer treatment can affect intimacy and sexual well-being. Some men may experience changes in sexual function or confidence. It is okay to talk openly with your healthcare team about these concerns.



4 Emotional health matters

Living with cancer can feel stressful and emotional. Support groups, counselors, social workers, and loved ones can help support your mental and emotional well-being during and after treatment.



5 Ask questions and speak up

You are an important part of your care team. Asking questions and sharing concerns about your physical and emotional health can help your healthcare team better support your needs and goals.

