

Living With Prostate Cancer

Prostate Cancer Follow-Up Care Can Include:

- Disease monitoring
- Managing symptoms and side effects
- Emotional support
- A survivorship plan

A **Survivorship Care Plan** organizes your follow-up care. It may include:

- Information about the treatment you received.
- A follow-up schedule for exams and tests.
- A list of potential symptoms and side effects.
- Lifestyle recommendations to establish and to maintain healthy habits.

Some men with prostate cancer find it easier to communicate uncomfortable topics in writing, using the patient portal. Don't forget that care partners can be a resource to help bring up difficult topics.

Steps for Engaging in Your Prostate Cancer Care

- Make sure to schedule and keep regular visits with your team – including your general practitioner – so that all aspects of your health can be monitored.
- Report any new symptoms that you experience – no matter how small.
- Don't hesitate to speak up about lingering side effects – including bladder and sexual side effects – so your team can identify solutions.
- Ask for emotional support and resources.
- Talk with your doctor about a survivorship care plan.

About Support Groups

Support groups allow men to meet and interact with others who are living with prostate cancer and provide a platform to share experiences and information. In a support group setting, it may be easier for men to share details that they don't necessarily want to share with loved ones. There are also support groups for caregivers.

Prostate Cancer Support and Resources

The Prostate Cancer Foundation: pcf.org

The Prostate Cancer Research Institute: pcri.org

This Is Living With Cancer: thisislivingwithcancer.com

ZERO-The End of Prostate Cancer: zerocancer.org

Visit powerfulpatients.org/PC for office scripts, resource guides and more.

Learn more:



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