



## Living Well with Prostate Cancer

### A course for men having treatment for prostate cancer or when treatment has finished

Finding out you have prostate cancer or living with prostate cancer can change your life. Prostate Scotland and Cancer Support Scotland have teamed up to make sure there is help available when you need it most.

We know from speaking to men who have had prostate cancer that dealing with the side-effects of the treatment can often be more challenging than expected. We also know that having prostate cancer can impact many areas of your life from relationships to finances and everything in between. The Living Well with Prostate Cancer course is free of charge and tackles some of the things that are not easy when you are having treatment for prostate cancer or when you have finished your treatment.

On the course you will hear from experts, meet others in a similar situation, learn about ways to manage your side-effects and aim to live well with prostate cancer. The course will cover a different topic each week and a session will last around 1.5 hours. At the end of the course we will ask you to tell us what you thought. It is important we know if it has been helpful for you and you might also have thoughts about what else would have been useful. The course is part of Prostate Scotland's COMPASS project which aims to help men across Scotland navigate prostate cancer and disease through a range of support and well-being services. Visit [prostatescotland.org.uk](http://prostatescotland.org.uk) for further information.

#### What the course will cover

##### **Week 1 - Introductions and dealing with fatigue**

Fatigue is very common in men with prostate cancer and it can affect many aspects of life. On this first week we will look at fatigue and discuss ways to help manage it.

##### **Week 2 - Managing urinary problems**

Urinary problems are common. We will look at the various symptoms and discuss how to manage them.

##### **Week 3 - Understanding the side-effects of prostate cancer treatments**

Whether you are having hormone therapy or a different treatment, you may have questions about how it is affecting you. On this week we will discuss and answer any questions you have.

##### **Week 4 - Exploring erectile dysfunction and relationships**

Treatments for prostate cancer can impact various aspects of your sexual function and emotional connections in relationships. We will provide information, offer practical tips and discuss treatments and support available.

### Week 5 - Eating well

Eating well plays an important role in our overall health and it is even more important after a prostate cancer diagnosis. We will discuss which foods may boost your immunity, strength and health.

### Week 6 - Keeping up the momentum and looking ahead

This week is a chance to review what we have covered in the course and how it might help you going forward.

### Week 7 - Catching up

Optional but a great opportunity to regroup and see how everyone is getting on.

## Further support

There will be information available at the end of each week summarising the topic covered and signposting to places you can get more information and any guest speakers/experts may also signpost to further resources they feel are helpful and accessible.



### About Prostate Scotland

Prostate Scotland is a charity supporting those affected by prostate cancer and disease in Scotland. We want to ensure men with prostate cancer and disease have somewhere to turn to get help, support and reliable information. We also help educate, advance and campaign on prostate disease to ensure more men are aware of prostate disease and they have access to the latest and most appropriate forms of treatment, providing a wealth of information and resources.

Find out more about Prostate Scotland and the help and support we offer at [prostatescotland.org.uk](http://prostatescotland.org.uk) or phone 0131 603 8660.



### About Cancer Support Scotland

As Scotland's cancer charity, Cancer Support Scotland have been the wellbeing champions for those affected by cancer for over 40 years – not only for those diagnosed, but their loved ones and carers too.

We deliver high quality counselling, complementary therapy, befriending and stress management services to promote mental and physical wellbeing.

Find out more at [cancersupportscotland.org](http://cancersupportscotland.org) or by calling 0800 652 4531.

