

# Prostate cancer?



## Join a Living Well with Prostate Cancer Course

Hear from experts about staying well and managing your side effects.

Meet others and pick up tips to reduce the impact on your life.

## Talk to a Cancer Support Specialist

They'll listen, answer your questions and guide you to the right information about anything from your diagnosis, to your treatment options or side effects.

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

### Join a Living Well with Prostate Cancer Course

The course has been specifically designed for men undergoing treatment for prostate cancer or when treatment has finished. We take a look at side effects and how to minimise them, the practicalities of having prostate cancer and what you can do to live well. We also touch on the impact on finances and relationships along with many other topics! You'll meet others in a similar situation and hear from the experts. The course runs over 6 weeks for 1.5hrs. Take a look at [prostatescotland.org.uk/help-and-support-for-you](http://prostatescotland.org.uk/help-and-support-for-you)

### Talk to a Cancer Support Specialist

Whether it's talking through being diagnosed with prostate cancer, chatting about your treatment options, speaking about your symptoms and side effects or the impact it's had on your life, we're here to help.

Our Cancer Support Specialists have specialist knowledge of prostate cancer and are available to listen, support and guide you.

The service is free and you can speak to us as often as you like.

Contact us to book an appointment.

Just call or email us to arrange a time to visit, to speak on the phone or video call, or to join our next course.

**Phone:** 0131 537 3131

**Email:** [edinburgh@maggies.org](mailto:edinburgh@maggies.org)

**Visit us at:** Maggie's Edinburgh, The Stables, Western General Hospital, Crewe Road, Edinburgh, EH4 2XU

**Find out more:** [prostatescotland.org.uk/help-and-support-for-you](http://prostatescotland.org.uk/help-and-support-for-you)

These services are 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 wellbeing services.

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.



Prostate Scotland Registered Office: Princes Exchange, 1 Earl Grey St, Edinburgh EH3 9EE Registered Charity Number: SC037494. Company No. SC306268.

Maggie's Registered Office: Maggie's, The Gatehouse, 10 Dumbarton Road, Glasgow, G11 6PA Registered Charity Number: SC024414.

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