

# Prostate Scotland

## Resources

# Inform - Awareness



The overarching aim has been to develop materials that are easy to read yet will raise awareness and indicate where more information can be accessed. Each resource having a slightly different purpose. These have been distributed widely throughout Scotland.

Some have these have been co-branded eg Rotary, football clubs.

Reviewed regularly.

Brief guide and family leaflet are part of the pack provided at ToolBox Workshops.

‘Pull your finger out’ campaign in run up to and in March (Prostate Cancer awareness month) 2019.

TV advert, radio ads, newspaper articles/ads, posters campaign in toilets.

# Inform- Reaching Out



Targeted awareness advertising aimed at men and their families/partners in washrooms, stadia, buses, bars and taxis, as well as on radio, tv and the web



# Inform – ‘simple guides’



- Easy to read yet will give a basic understanding and signposts the man where to obtain further information;
- For men and their families coming new to the topic of prostate disease and prostate cancer giving fairly general information, hence ‘Simple guides’ were developed;
- Notice the ‘ladies’ leaflet. Developed as we noticed ladies need and want to know symptoms to ‘encourage’ men folks to see their GP.

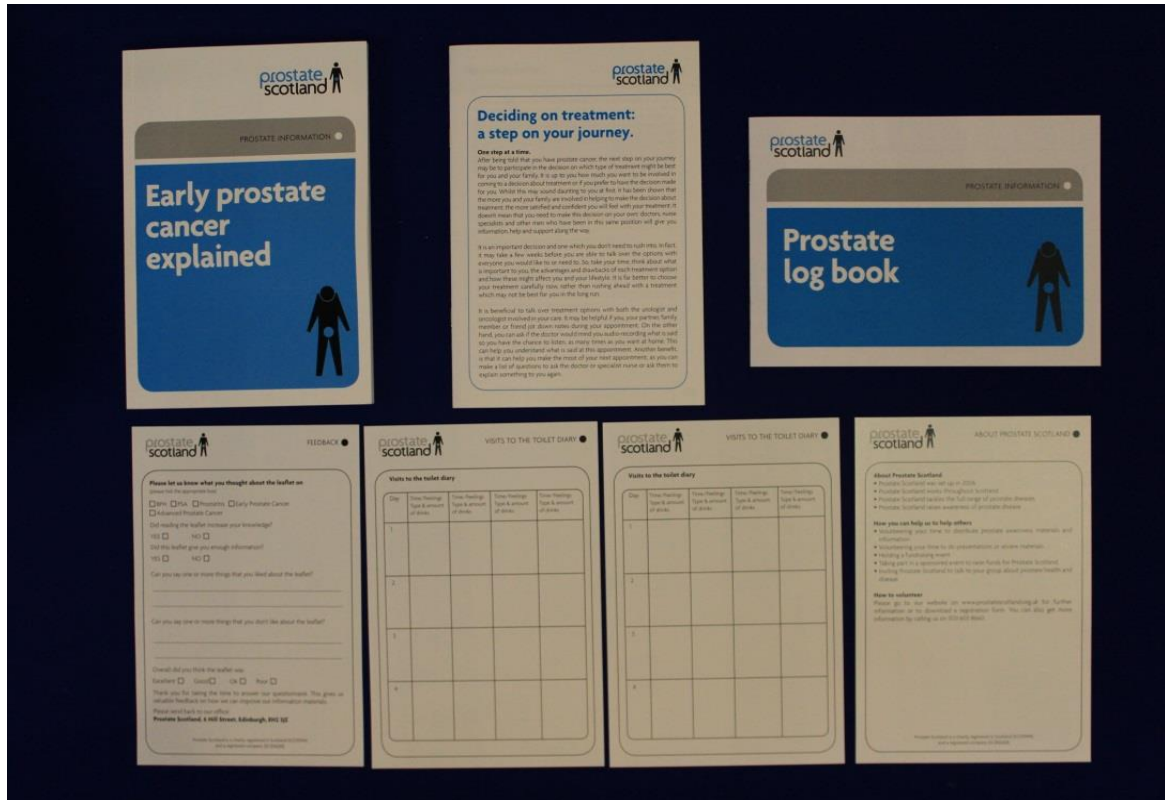


# Inform/Support – Explanatory guides

## Early prostate cancer explained

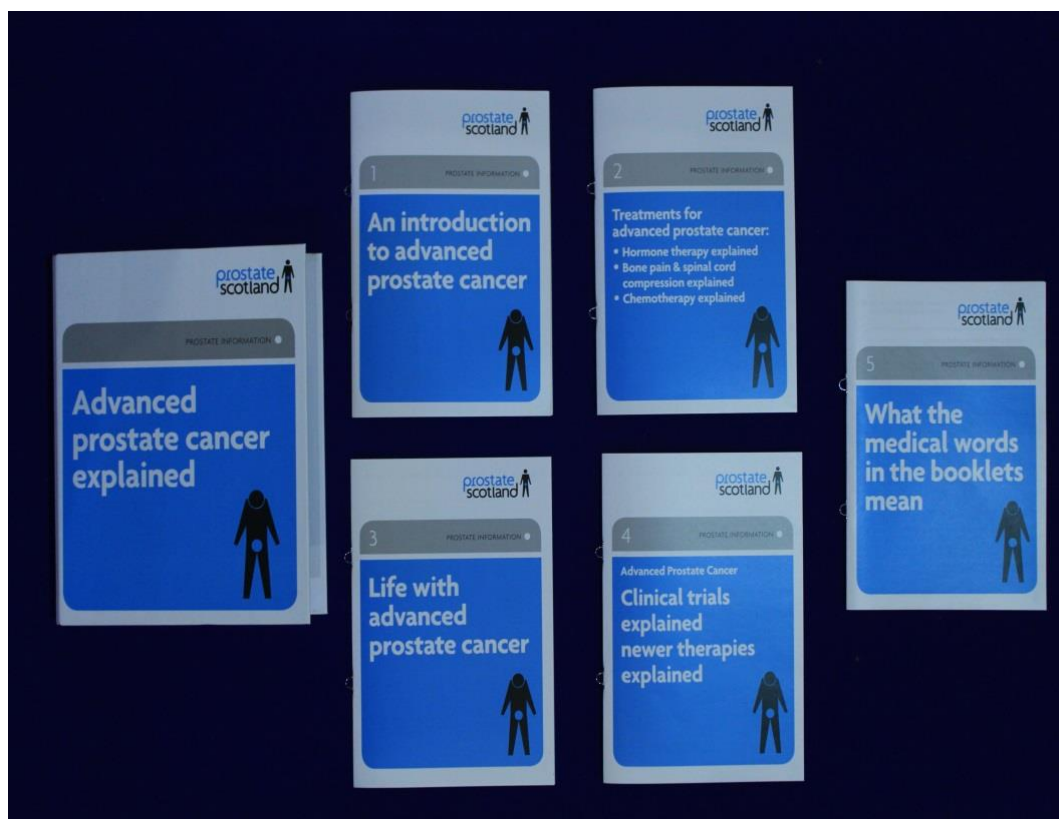
The aim of the 'Explanatory guide' series is two-fold:

- **Information** for the man and his family when the man has been diagnosed with prostate cancer or a specific prostate disease. (There was an identified absence of Scotland specific materials);
- **Support** for clinicians, CNS or GPs to be able to provide to the man and his family as a back-up information given during the consultation;
- **Support** for man and his family to make treatment decision choices;
- Quality assured through our advisory group, **PAGES**, made up of consultant urologists, oncologists, CNS, GP, patients, specialist interest eg physio, radiographers;
- Fourth edition coming soon!



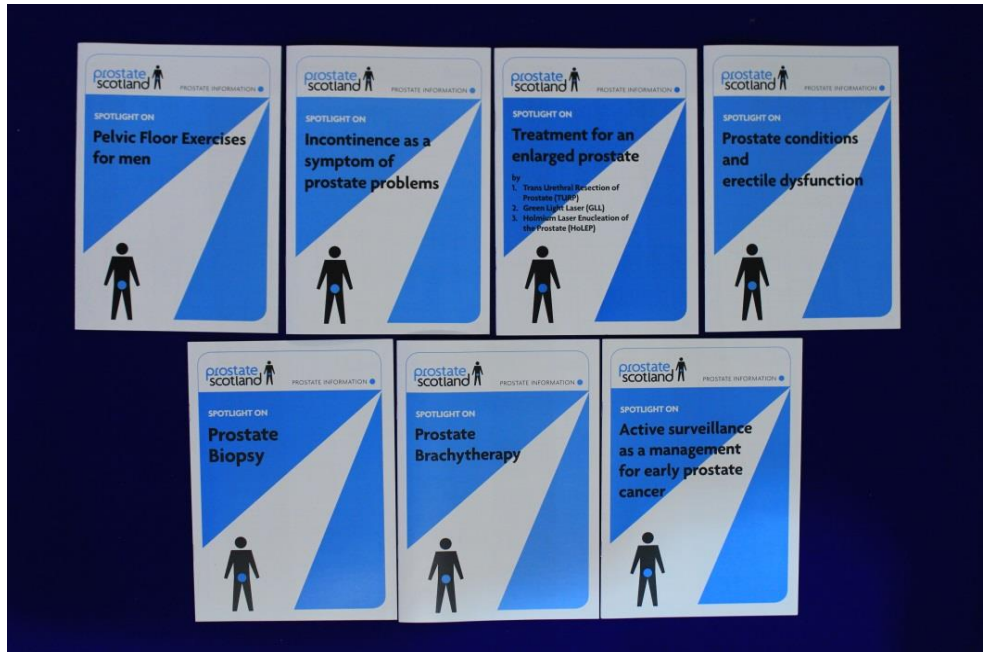
# Inform/Support – Explanatory guides

## Advanced prostate cancer explained



- Purposely designed as an A5 ring binder, this contained 5 individual booklets with the intention that the clinician or CNS can individualise the information to suit the man's needs.
- Because of changes in treatment pathways and more treatments becoming available Book 2 has been replaced with:
  - Book 1 Hormone therapy
  - Book 2 Chemotherapy
  - Book 3 Bone pain and spinal cord compression
- Intention to revise 'Life with advanced prostate cancer' soon;

# Inform/Support – ‘Spotlight on’ guides



## In addition:

Minimal access surgery  
Watchful waiting  
External beam radiotherapy  
Caring for your catheter  
Hormone therapy

- **Information.** More in depth booklets looking at specific tests (eg biopsy), treatments (eg minimal access radical prostatectomy or care issues eg caring for your indwelling catheter)
- **Support.** For clinicians, CNS or GPs to provide to the man and his family to back-up information given during the consultation
- Some of the booklets have been co-branded with NHS Health Boards







# Support – Workplace Toolkit

## ToolBox Workshops



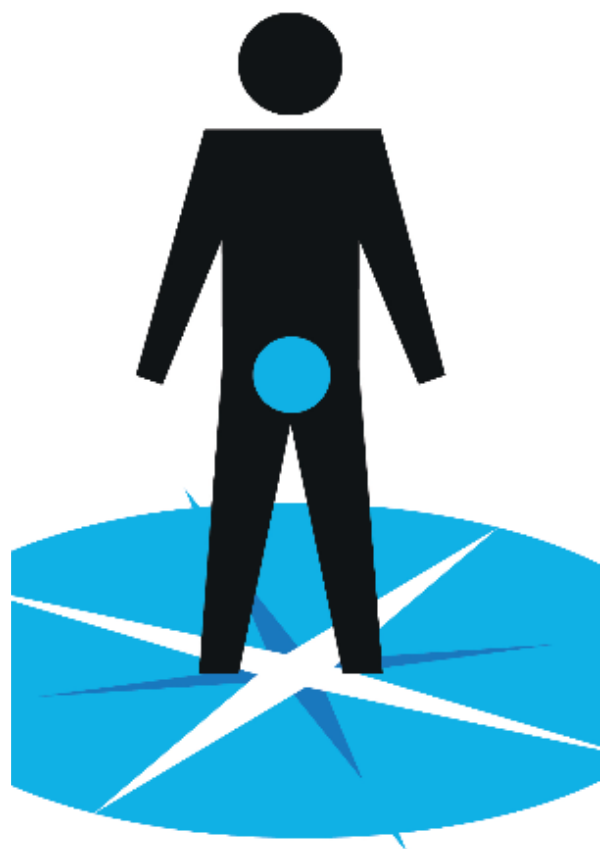
### ToolBox Workshop

- Take the awareness workshops to all the employees on the site, office, factory, depot;
- About 30 minutes with a quiz, information and short film;
- Aimed at men over 50 but younger men and women are encouraged to come along;
- Small pack information to take away.





# Prostate cancer?



## Join a Living Well with Prostate Cancer Course

Hear from experts about managing side effects, the practicalities of living with prostate cancer, finances and what you can do to live well. Meet others and pick up tips to reduce the impact on your life.

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

## 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.

Visit us in the Maggie's Centre, or we can speak on the phone or by video call.

Prostate Scotland and Maggie's Edinburgh have teamed up to make sure there is help available when you need it most. Just call or email us to arrange a time to visit, to speak on the phone or by video call, or to join our next course.

Phone: 0131 537 3131

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

# Prostate cancer?

Talk Through  
Your Diagnosis

Chat About the  
Impact on Your Life

Discuss Your  
Treatment Options

Talk About Your  
Side Effects

If you or someone you care about has been  
diagnosed with prostate cancer, we're here to help

Prostate Scotland and Maggie's Highlands have teamed up to make sure there is help available when you need it most.  
Just call or email us to arrange a time to visit, to speak on the phone or by video call/online.  
Phone: 01463 706306  
Email: [highlands@maggies.org](mailto:highlands@maggies.org)  
Visit us at: Maggie's Highlands, Old Perth Road, Raigmore Hospital, Inverness, IV2 3FL  
Find out more: [prostatescotland.org.uk/help-and-support-for-you](http://prostatescotland.org.uk/help-and-support-for-you)