

what HAPPENS now

Follow up Care for
Prostate
Cancer Patients

**Living
Beyond
Cancer**

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What is Follow up Care?

Follow up care is the care you receive after completing active treatment and it is part of your recovery.

The goals of follow up care are to:

- **Provide support.** Follow up care visits allow you to discuss how you are doing and any problems you have, such as dealing with the side effects of your cancer treatments, fear of recurrence, or sexual side effects.
- **Check for return of your cancer or a new cancer.** Early detection of a new cancer or return of your prostate cancer is important. Treatment is more likely to be successful at an early stage.

Follow up care for prostate cancer involves:

- **Regular visits** with your health care provider. These visits can be very important to assess and talk about how you are doing and your current health. Your surgeon may also be involved in providing your follow up care.
- **PSA** is a prostate-specific antigen blood test used to help monitor your recovery. While a single elevated test does not mean your cancer has returned, a rising trend over time might.
- **Other tests** may be recommended depending on how you are doing.

Everyone in follow up care will not have exactly the same care because your follow up plan is based on your individual needs and challenges.

Notes and Questions

Cancer Screening and Other Tests

Just as for men who have not had prostate cancer, it is important to continue with routine screening for cancer and other diseases. Some examples are given below but others may be needed depending on your family history. Talk with your health care provider about cancer screening and other tests.

Colon Cancer Screening: All Nova Scotian women and men, who are between 50 and 74 years old and are registered with MSI (have a Nova Scotia Health Card), will automatically get a colon cancer home screening test in the mail every two years from the Nova Scotia Colon Cancer Prevention Program. Colon cancer screening works best when you take the test when you are feeling good – before you have any symptoms or warning signs.

Talk with a doctor or health care provider if you have concerns about colon cancer or are having long-lasting changes in your bowel habit. To learn more about the colon cancer home screening test call the Nova Scotia Cancer Care Program: **1-866-599-2267** or visit **www.nscancercare.ca**.

Diabetes Screening: Starting at age 40, you should have a Fasting Plasma Glucose (FPG) test every three years. For those at high risk (family history, overweight, Aboriginal, African Nova Scotian; have a history of pre-diabetes, heart disease, increased cholesterol, increased blood pressure), more frequent and/or earlier testing should be considered. To learn more, call the Canadian Diabetes Association, **1-800-226-8464**, or visit **www.diabetes.ca**.

Cholesterol Screening: You should have a cholesterol test at age 40. Start at a younger age if you have diabetes, heart disease, if you smoke or are overweight. Talk with your health care provider about how often you should have this test.

Blood Pressure Checks: Get your blood pressure checked regularly by your health care provider.

Other Ways to Protect Your Health

Immunization: You should have a flu shot every fall. If you are 65 or older, or have diabetes, heart or lung problems, you should have a pneumonia vaccine. Ask your health care provider about the benefits and risks of getting a shingles vaccination.

Protect your skin: Having chemotherapy or radiation can make you more sensitive to harm from the sun and other sources of ultraviolet (UV) rays. Some prescription and over-the-counter medications can also make skin very sensitive to the sun. Protect yourself by being informed and using good sun protection practices at work, in your community and on vacation. Check the UV Index daily and practice sun safety as recommended. The higher the UV Index, the more protection is required. Plan activities in the shade, cover up with clothing and a wide-brimmed hat, wear sunglasses and use a broad spectrum sunscreen with a Sun Protection Factor (SPF) of 30 or higher. Avoid use of tanning beds.

Stop smoking: Smoking may affect your recovery from treatment, increase the risk of your cancer returning or getting another cancer. **Talk to your health care provider or call 811 for help to quit.** Avoid exposure to second hand smoke.

Limit or avoid alcohol: Discuss risks associated with alcohol use with your health care provider. Drinking alcohol increases your risk for several types of cancer. Risk increases for some kinds of cancer with as little as one drink per day. The more you drink, the more your risk increases. The risk of cancer increases regardless of what type of alcohol you drink (beer, wine, cider, spirits or liqueur).

If you do drink alcohol, it is recommended that you follow the Canadian low risk drinking guidelines. If you do not drink alcohol, it is recommended that you don't start. Combining smoking with alcohol increases cancer risks even greater than the cancer risks that come from drinking alcohol or smoking on their own.

Dental health: Chemotherapy can cause dental problems. It is important that you have regular dental check-ups. It is recommended you let your dentist know that you have been treated for cancer and the type of treatments you received. Brushing with a soft tooth brush and using toothpaste for sensitive teeth is recommended.

Talking about your prostate cancer: It is recommended that you talk with your family members about your prostate cancer as they may be at risk for prostate cancer. Your family members are advised to talk to their health care provider about having a close relative with prostate cancer.

What to Expect after Cancer Treatment

You may have some side effects after your surgery and/or cancer treatment. Side effects can start right away or can take months to begin. Some side-effects improve with time, while others may go on for many years. These side effects may be physical or emotional.

If any of these side effects are a problem for you, talk to your health care provider. If there is a cancer patient navigator in your area, they can also help. Call **1-866-524-1234**.

Your health care provider or cancer patient navigator may be able to provide you with support, connect you with other services and give you information about local resources.

Possible Late- and Long-term Effects That Someone With This Type of Cancer and Treatment May Experience

- Decrease/loss of sexual interest and/or drive
- Enlarging breast tissue
- Changes in getting or keeping an erection
- Fatigue
- Hair loss
- Hot flashes (normal)
- Incontinence
- Increased body fat
- Loss of muscle mass
- Metabolic syndrome (increased blood pressure, blood sugar, cholesterol)
- Pain with ejaculation (cum)
- Fertility changes
- Mood swings
- Osteoporosis
- Painful urination
- Rectal Pain
- Shortening of the penis
- Skin irritation or darkening
- Sterility
- Tiredness
- Trouble voiding or passing urine (urinary retention)
- Urinary frequency
- Other: change in size of penis

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What to Expect after Cancer Treatment (*continued*)

Some Common Side Effects from Prostate Cancer Treatment

Common Hormonal Treatment Side Effects:

Acute/Early Side Effects:

- Fatigue (common)
- Sweats, hot flashes (common)
- Loss of libido (interest in sex); erectile dysfunction

Side Effects with Long Term Use (more than 6 months):

- Loss of muscle mass
- Osteoporosis (soft bones)
- Anemia (low blood)
- Cognitive changes (difficulty thinking)
- Blood lipid profile changes
- Gynecomastia (breast enlargement)/nipple tenderness

Other Side Effects of Non-Steroidal Anti-androgen Agents:

- Diarrhea
- Liver dysfunction (with Flutamide)
- Night blindness (with Nilutamide)
- Alcohol intolerance (with Nilutamide)
- Interstitial pneumonitis (rarely with Nilutamide)

Side Effects with Chemotherapy:

- Myelosuppression, neutropenia (low white blood cell count and risk of infection) (during treatment)
- Mouth sores (during treatment)
- Nausea, vomiting, diarrhea (during treatment)
- Loss of appetite (during treatment)
- Fatigue
- Nerve/sensation effects, hair loss, fluid retention, joint aches/discomfort (with Docetaxel)
- Congestive heart failure (rarely with Mitoxantrone)

Side Effects with Prednisone:

- High blood sugar
- Stomach irritation
- Fluid retention
- Mood changes
- Decreased ability to sleep
- Skin fragility/easy bruising
- Osteoporosis (soft bones) (with long term use)
- Loss of muscle mass (with long term use)

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What to Expect after Cancer Treatment (*continued*)

Your health care provider may be able to help with many of the common side effects listed below.

Cancer related fatigue/excessive tiredness: Fatigue or excessive tiredness is common after prostate cancer treatment and is a side effect that can last a long time. Your doctor will try to determine the cause of your fatigue and see if there is a specific reason and treatment for you. Regular physical activity is one of the most successful ways to decrease your fatigue.

Aches and pains: You may experience general body aching as a side effect of your treatments. This may last for a time after your therapy is completed. Usually acetaminophen, heat or warm baths and gentle exercise will help. If your aches and pains continue to interfere with your ability to enjoy yourself, your health care provider can suggest other options.

Trouble sleeping, anxiety, mood swings: It is not uncommon to have emotional distress after your cancer treatment.

Sexual problems: You may have decreased or loss of sexual interest, decreased ability to become sexually aroused or relationship difficulties.

Erectile Dysfunction: Ask your health care provider about a referral to the Erectile Dysfunction Clinic.

Urinary Incontinence: This is uncontrolled leaking of urine. Please ask your health care provider about referral to the Nurse Incontinence Advisor (QEII Health Sciences Centre) or a community physio therapist who specializes in this issue.

Depression: Depression is common after cancer treatment. Continuing to be active with your family, and in your community, can help you deal with depression. Physical activity and hobbies are also helpful. The Depression Hurts website has information you may find helpful, www.depressionhurts.ca. (See Programs for Cancer Survivors on page 12).

Work: Many men experience distress at the idea of returning to work after treatment. When you do go back, you may find your work more challenging than before your cancer treatment. This may be because of the side effects of your treatment or just feeling unsure of how much to share with colleagues about your illness. Talk with your employer and your workplace's employee health staff about how to deal with your work related concerns.

Healthy Living

Healthy living is especially important after cancer treatment to decrease the risk of your cancer returning and to increase your ability to enjoy life.

Eating Well:

Men with prostate cancer are recommended to follow Eating Well with Canada's Food Guide which can be found at www.healthcanada.gc.ca/foodguide. It outlines the recommended number of servings from each of the four groups, based on gender and age. This plan is flexible and offers a wide range of choices within each of the food groups.

Eating Well with Canada's Food Guide provides specific advice for overall health and for men at different ages. The need for vitamin D increases after the age of 50. In addition to following

Eating Well with Canada's Food Guide everyone over the age of 50 should take a daily vitamin D supplement of 400 IU. Include a small amount – 30 to 45 ml (2-3 Tbsp) – of unsaturated fat each day.

Bone loss and Osteoporosis:

Men on long-term hormone therapy may experience bone loss and with time this could develop into osteoporosis. Calcium and vitamin D are essential for strong bones. Men with prostate cancer up to 50 years are recommended to consume 1000 mg of calcium daily and men over 50 need 1200 mg. This includes calcium found in a variety of regular and fortified foods in the diet and from supplements. Calcium intake from all sources should not exceed 2000 mg per day for men over 51 years of age and not exceed 2500 mg per day for men 19-50 years of age. Some calcium supplements also include vitamin D (check the label for the exact amount). A standard multivitamin and mineral supplement provides approximately 175 mg of calcium and 400 IU of vitamin D and other nutrients.

Caffeine and Salt: Caffeine and too much salt can have detrimental effects on bone. Caffeine is found in coffee and also tea, chocolate (cocoa) and some soft drinks. For optimal bone health limit coffee to 4 cups per day (or equivalent).

If you would like to talk with a clinical dietician:

For the QEII Cancer Care Program please call the clinical dietitian at **902-473-3972**.

For the Cape Breton Cancer Centre please call the clinical dietitian at **902-567-8552**.

Call your cancer patient navigator (**1-866-524-1234**) for referral to a dietician in your community.

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Healthy Living (*continued*)

Physical Activity:

Whether you are getting back to activities you enjoy or starting new ones, being active after treatment for cancer is important. Physical activity can help improve appetite, energy level, sleep and sexuality. Physical activity can also help reduce risk of cancer coming back, fatigue and anxiety. Men with prostate cancer are recommended to follow the Canadian Physical Activity Guidelines which can be found at www.csep.ca.

The guidelines recommend accumulating at least 150 minutes of moderate to vigorous intensity aerobic physical activity per week, in bouts of 10 minutes or more. Aerobic activity is any activity that involves the repeated movement of the large muscles of the body, especially in the legs. Examples include walking, swimming, and bike riding. Yard work and lawn mowing also count.

It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. More physical activity provides greater health benefits. In men with prostate cancer regular physical activity can increase overall wellbeing and quality of life. It may also help to minimize the side effects of prostate cancer treatments such as hormone therapy, improve bone health, prevent or minimize loss of muscle mass and help to maintain a healthy body weight. Evidence is beginning to emerge that physical activity may also decrease risk of recurrence.

Notes and Questions

Returning Cancer: Signs to Watch For

One of the biggest concerns for cancer patients is that the cancer may return some day. If your cancer does return, it is usually in the first three to five years after diagnosis. This is why the follow up care is so important. After five years, the chance of cancer returning drops year after year.

If your cancer returns, it is usually because cancer cells have spread to your bones, adrenal glands, liver or lungs. There is also a small risk of the cancer coming back in the prostate where the surgery was done. It is possible to treat the cancer successfully if it is found early. If it cannot be cured further treatment can greatly extend your life.

Know the signs to watch for. Please see your health care provider if you have any changes in your health and talk with them if you experience any of the following signs or symptoms:

- Discomfort in pelvic area
- Swelling of your legs
- Blood in your urine
- Blood in your semen
- Bone pain
- Cough lasting longer than one week
- Pain that will not go away or is getting worse
- Shortness of breath
- Loss of appetite
- Weight loss without trying
- Big change in your energy level or ability to be active

Notes and Questions

Programs for Cancer Survivors

Life After Prostate Cancer Treatment

Living with ADT

ADT (Androgen Deprivation Therapy) often referred to as “Hormone Therapy” for prostate cancer is an important part of your prostate cancer management. Educational classes are available online where common side effects of ADT are discussed along with helpful management suggestions. These include hot flashes, weight gain, fatigue, weaker bones, diabetes risk, body hair loss, sexual problems, breast growth and anemia. Please go to www.lifeonadt.com to find out more on how to join these classes as well as other important information. Please note that the in-person sessions are no longer being offered. Registration for online classes is open.

Group Learning Sessions for Cancer Patients and Families

Some cancer patients and survivors experience treatment related side effects. There are a number of group teaching sessions which focus on the most common ones.

These sessions are not support groups, but participants have the opportunity to ask questions. Each session is 2 hours. Available resources and supports are discussed. Family and friends are also welcome to attend. For the date, time and location of upcoming sessions, please call **902-473-7031** or **1-866-599-2267**. To view online visit: library.nshealth.ca/cancer and click on Cancer Patient Education Videos.

Managing Your Cancer-related Fatigue: Cancer-related fatigue (tiredness) is one of the most common side effects of cancer treatment. The sessions provide practical information about cancer-related fatigue and helpful management strategies.

Coping with Your Cancer-related Pain: Not everyone with cancer experiences pain but many people do. Pain can be caused by the cancer itself or your treatments. This session focuses on understanding cancer-related pain and management strategies such as medication, managing energy and relaxation. This session is available online only.

Taking Control of Your Cancer-related Worry and Anxiety: Most people with cancer have some level of anxiety. This session provides practical information about cancer related anxiety and helpful coping strategies (such as deep breathing relaxation).

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Programs for Cancer Survivors (*continued*)

Group Learning Sessions for Cancer Patients and Families (*continued*)

Taking Control of Your Cancer-related Sadness and Depression: Many people with cancer experience depression. This session provides practical information about cancer-related sadness and depression and helpful coping strategies.

Coping With Cancer-related Brain Fog: Some cancer patients and survivors notice changes in their thinking and cognitive abilities during or after treatment. This is known as cancer-related brain fog. This session focuses on understanding cancer-related brain fog and management strategies.

Cancer Transitions

The Cape Breton Cancer Centre offers a free six week program, *Cancer Transitions*, to help cancer survivors adjust to life after cancer.

Cancer Transitions covers these topics:

- Get Back to Wellness
- Emotional Health
- Eating Well
- Exercise for Wellness
- Medical Care After Cancer

For more information and to register:
Cape Breton Cancer Centre call **902-567-8074**

Living Beyond Cancer: What Happens Next?

The QEII Cancer Care Program offers a two and a half hour session that focuses on some of the key issues cancer survivors face in the months following active treatment. You may attend in person at the VG site or via telehealth, at the Regional Hospital in your area.

Topics include:

- What is Follow up Care
- What to Expect after Cancer Treatment
- Eating Well After Cancer
- Emotional and Practical Support
- Physical Activity

For more information and to register call toll free **1-866-599-2267** and select option 3, or to register online please go to **www.nscancercare.ca** and click on I am a Cancer Survivor.

We now have Living Beyond Cancer video segments available to watch online. These can be found by visiting **library.nshealth.ca/cancer** and clicking on Cancer Patient Education Videos.

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Support & Resources

Cancer affects more than your body. It has an impact on your whole life. Many people who have had cancer find that talking with a professional counselor or therapist can be very helpful. Health care providers are the experts in treating cancer, but you are the expert in the way cancer affects your life. Counselling can help you to find strength and meaning. It can also help you cope, adjust, and find solutions to problems. You can go to counselling on your own or with members of your family.

The QEII Cancer Care Program has a psychosocial cancer team for people who have been diagnosed and treated for prostate cancer anywhere in the province of Nova Scotia. The team provides counselling to prostate cancer patients & their families. Team members include psychologists, psychiatrists, social workers, advanced practice nurses, and spiritual care providers.

Support can be provided to you by phone or in person. If you are having difficulty coping, you can ask your health care provider, your cancer doctor or another member of your cancer team to make a referral to a member of the psychosocial cancer team (QEII Cancer Care Program).

If you live in Sydney, please call the social worker at the Cape Breton Cancer Centre at **902-567-8551**. If you live outside Halifax and Sydney, check with your cancer patient navigator, social worker or health care provider to find out about services in your district. To reach your local cancer patient navigator please call **1-866-524-1234**.

Cancer Connection – Canadian Cancer Society

The Canadian Cancer Society can connect patients or caregivers with fully screened and trained volunteers who've had cancer or cared for someone with cancer. Volunteers listen; provide hope, offer encouragement, and share ideas for coping – all from their unique perspective as “someone who has been there”. Call **1-888-939-3333** to get connected or logon at **www.cancerconnection.ca**.

Private Medical Insurance and Employee Assistance Programs

Counseling is also covered under some private insurance plans (i.e. Blue Cross). There may be a yearly maximum as to how much your plan will pay. Contact your insurer for the details specific to your plan.

As well, many employers offer Employee Assistance Plans which offer a limited number of free counseling sessions. Please contact your Human Resources Department for information.

Support & Resources *(continued)*

Support Groups

A support group is a group of people with similar problems or concerns. Support groups meet on a regular basis. There are many different cancer support groups. Some are for the patients. Others are for the family and/or friends of the patient. Others are open to anyone. Groups may be led by a health care professional or made up completely of peers. You can find support groups that meet face-to-face or online.

It may help to talk with the person running the group to see if the group offers what you need. You may want to check out a few different groups to find one that works best for you. It is hard to know if a support group will be right for you without going to at least two meetings. Once you have gone to a couple of meetings, ask yourself:

- Does this group help me to learn better ways of coping with my (or someone else's) illness?
- Does it increase my sense of hope?
- Do I feel supported by other group members?
- Do I feel like I am in a safe and open place?
- Does it offer me helpful information (for example, good books, or ideas about how to manage problems)?
- Has it helped me learn more about my (or someone else's) illness?
- Are the other group members encouraging?

A support group should make you feel comfortable enough to talk about what you think and feel. If it does not, speak with the facilitator privately. You may decide it is best not to continue going. Remember that it may take time to find a group that fits.

There are several ways to find a support group in your area:

- Prostate Cancer Canada at www.prostatecancer.ca and click on About Us to find the NS information.
- Life on ADT: www.lifeonadt.com
- Contact the Canadian Cancer Society at **1-800-639-0222** or visit www.cancer.ca
- QEII Cancer Care Program in Halifax: **902-473-6067**
- Social Worker at the Cape Breton Cancer Centre, Sydney: **902-567-8551**
- Cancer Patient Navigators: **1-866-524-1234**
- Check for posters or advertisements around your cancer treatment centre.
- Ask people you know who have gone through, or who are currently dealing with cancer themselves.

Support & Resources (continued)

Support Groups (continued)

Many people choose online support groups. These groups help people who may not wish to attend a face-to-face group. Be careful when looking for an online group. Anyone with internet access can create an online group, even if they do not have any real experience.

If you are interested in online groups, contact “Cancer Chat Canada” by visiting their website at cancerchatcanada.ca. Canadian cancer care professionals lead these groups. Most are available in any province or territory.

In Nova Scotia, we also have **211** for identifying resources. On the web: <http://ns.211.ca/>.

Books

Most of these helpful books are available in your local library or bookstore:

After You Ring the Bell...10 Challenges for Cancer Survivor. Anne Katz. Oncology Nursing Society. 2012.

Androgen Deprivation Therapy – An Essential Guide for Prostate Cancer Patients and their Loved Ones. Richard Wassersug, Lauren Walker and John Robinson.

Cancer is a Word Not a Sentence by Dr. Robert Buckman.

Life after Cancer. A guide for cancer survivors. Canadian Cancer Society, 2008. Visit the CCS website: www.cancer.ca or call **1-888-939-3333**.

Life After Cancer Treatment. Facing Forward Series. U.S. Department of Health and Human Services. National Institutes of Health. 2004.

Living Well after Cancer. A guide for cancer survivors, their families and friends. The Cancer Council New South Wales, February, 2010.

Men Cancer Sex. Anne Katz. 2010. Oncology Nursing Society.

Picking Up the Pieces. Moving Forward after Surviving Cancer. Sherri Magee and Kathy Scalzo. Raincoast Books, Rutgers University Press. 2007.

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Support & Resources *(continued)*

Books *(continued)*

- The Essential Cancer Treatment Nutrition Guide and Cookbook** by Jean Lamantia.
- The Healing Journey: Overcoming the Crisis of Cancer.** Alastair J Cunningham. 2010.
- The Healing Circle** by Dr. Timothy Walker and Dr. Rob Rutledge. 2011.
- The Places that Scare You: A Guide to Fearlessness in Difficult Times** by Pema Chodron.
- When someone You Love Has Completed Cancer Treatment.** U.S. Department of Health and Human Services. National Institutes of Health. May, 2010.
- When a Parent is Sick: Helping Parents Explain Serious Illness to Children.**
Joan Hamilton, Clinical Nurse Specialist, Cancer Care, QEII, Halifax.

Websites

The web is a great source of information about moving forward after cancer, but it is also full of misinformation. These websites are ones you can rely on.

For Prostate Cancer Survivorship information, visit:

- Nova Scotia Cancer Care Program: www.nscancercare.ca
- American Society of Clinical Oncology (ASCO) Patient Site: www.cancer.net
- British Columbia Cancer Agency: bccancer.bc.ca
- Princess Margaret Hospital: The Prostate Centre: prostatecentre.ca
- Challenging Prostate Cancer:
http://prostatecentre.ca/images/downloads/challenging_prostate_cancer.pdf
- Canadian Cancer Society: www.cancer.ca <click on> **Nova Scotia** or call **1-888-939-3333**
- Prostate Cancer Canada: www.prostatecancer.ca
- Healing and Cancer: www.healingandcancer.org
- Living Beyond Cancer: www.nscancercare.ca <click on> **I am a Cancer Survivor**
- National Cancer Institute (USA): www.cancer.gov;
<http://www.cancer.gov/cancertopics/types/prostate>
- National Comprehensive Cancer Network: www.nccn.org/patients/resources/life_after_cancer
- National LGBT Cancer Network: www.cancer-network.org
- Rainbow Health Ontario: www.rainbowhealthontario.ca

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Support & Resources (continued)

For Physical Activity information, visit:

- Canadian Cancer Society, Physical Activity After Treatment:
www.cancer.ca/en/cancer-information/cancer-journey/life-after-cancer/your-wellness-plan/physical-activity-after-treatment/?region=on
- The Canadian Society for Exercise Physiology (CSEP):
www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_adults_en.pdf

For Fatigue information, visit:

- Canadian Cancer Society: www.cancer.ca <click on> **Cancer Information** <click on> **diagnosis and treatment** <click on> **managing side effects** <click on> **fatigue**
- American Cancer Society: <https://www.cancer.org/treatment/survivorship-during-and-after-treatment/staying-active/nutrition/nutrition-during-treatment/fatigue.html>?
- www.youtube.com/watch?v=YTFPMYGe86s&feature=youtu.be

For Sexual Health information, visit:

- Canadian Cancer Society: www.cancer.ca <click on> **cancer information** <click on> **diagnosis and treatment** <click on> **managing side effects** <click on> **sexual health**
- American Cancer Society: www.cancer.org <click on> **treatment** <click on> **treatments and side effects** <click on> **physical side effects** <click on> **sexual side effects in men**
- Australian Cancer Council: www.cancercouncil.com.au <click on> **patients families friends** <click on> **understanding cancer** <click on> **coping with cancer and recovery** <click on> **sexuality, intimacy and cancer**

For information on other ways to protect your health:

- Weather Network UV Index Nova Scotia:
<https://www.theweathernetwork.com/ca/forecasts/uv/nova-scotia/halifax>
- Government of Canada:
<https://www.canada.ca/en/health-canada/services/publications/healthy-living/sun-safety-infographic.html>
- Canadian Dermatology Association Sun Safety:
<https://dermatology.ca/public-patients/sun-protection/sun-safety-every-day/>
- Nova Scotia Department of Health and Wellness: <http://novascotia.ca/dhw/addictions>
- Canada's Low Risk Drinking Guidelines:
<https://novascotia.ca/dhw/addictions/alcohol-drinking-guidelines.asp>
- Fact sheet on alcohol and chronic disease:
https://novascotia.ca/dhw/addictions/documents/Alcohol_Chronic_Disease.pdf

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Support & Resources (*continued*)

For Information in Languages other than English

There are a number of reputable sources of cancer information in languages other than English. We suggest the following Canadian resources:

- British Columbia Cancer Agency: bccancer.bc.ca
- Canadian Cancer Society: www.cancer.ca or call **1-888-939-3333**
- Cancer Care Manitoba: www.cancercare.mb.ca
- Cancer Council New South Wales: www.cancercouncil.com.au
- Vancouver Coastal Health: <http://vch.eduhealth.ca>

Get Involved

Cancer patients, families, and friends have unique, valuable perspectives to share about cancer care. It is important to hear from people who have experience with the cancer system in order to see what can be changed to better meet people's needs.

As a cancer survivor you may want to get involved with the Cancer Patient Family Network (CPFN). The CPFN is a program of Nova Scotia Cancer Care Program that connects cancer patients, survivors, family members, and friends with opportunities to improve the cancer system. As a member of the CPFN you will have opportunities to participate in focus groups and committees, complete surveys, and review patient education resources.

Contact the Nova Scotia Cancer Care Program by calling toll-free **1-866-599-2267**, emailing cancercareinfo@nshealth.ca, or visiting www.nscancercare.ca. For more information about the Cancer Patient Family Network, please contact the Patient Engagement Coordinator at **902-473-2637** or email CPFN@nshealth.ca.

Follow up Care Schedule

You can use this chart to keep track of your follow up care.

	Year 1	Year 2	Year 3	Year 4	Year 5
Family Doctor/Nurse Practitioner Appointment Every 3 to 6 months during Years 1-3; Every 6 months during Years 4 to 5.	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD
	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD		
	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD
	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD		

	Year 1	Year 2	Year 3	Year 4	Year 5
PSA test every 6 to 12 months.	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD
	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD	YYYY/MM/DD

Notes and Questions

References

American Society of Clinical Oncology, Patient and Survivor Care and Prostate Cancer Survivorship Care Guideline Endorsement.

Heber D, Freedland SJ, Jones LW, Nelson WG nd. Nutrition, exercise and prostate cancer. Prostate Cancer Foundation.

Horwich A, Parker C, Bangma C et al. 2010. Prostate cancer: ESMO clinical practice guidelines for diagnosis, treatment and follow-up. Ann Oncol (suppl 5) 21:v129-v133.

McIntosh HM, Neal RD, Rose P et al. 2009. Follow-up care for men with prostate cancer and the role of primary care: a systematic review of international guidelines. Brit J Cancer 100:1852-1860.

Stakeholder Consultations with:

Cape Breton Cancer Program
QEII Cancer Care Program

Notes and Questions

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Cancer Patients

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**Living
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Cancer**

Follow up Care for
Prostate
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