

THE PROSTATE CANCER SUPPORTIVE CARE PROGRAM



INTRODUCTION TO PROSTATE CANCER & PRIMARY TREATMENT OPTIONS

A 2-hour group information session for newly diagnosed prostate cancer patients, jointly presented by a urologist and a radiation oncologist. Diagnosis, treatment options and side effects are discussed, as well as how the PCSC Program can support you before, during and after treatment.

MANAGING THE IMPACT OF PROSTATE CANCER TREATMENT ON SEXUAL FUNCTION AND INTIMACY

A 1.5-hour group information session that focuses on the sexual side effects of prostate cancer treatment and the importance of sexual rehabilitation. One-on-one clinical appointments with our sexual health clinicians are also available.



LIFESTYLE MANAGEMENT: EXERCISE & NUTRITION

Two separate 1.5-hour group information sessions offered on the topics of exercise and nutrition & why they are important when living with a prostate cancer diagnosis. A nutrition clinic led by a registered dietitian is available for patients wishing to optimize their eating habits. An exercise clinic led by an exercise physiologist is available for patients wishing to increase their energy and activity levels.

RECOGNITION & MANAGEMENT OF TREATMENT RELATED SIDE EFFECTS OF ANDROGEN DEPRIVATION THERAPY (ADT)

A 1.5-hour group information session for prostate cancer patients who are starting or are currently on hormone therapy. A registered nurse explains how ADT works and presents the possible side effects and ways to manage these side effects. In-person and telephone consults are also available with a nurse practitioner.



PELVIC FLOOR PHYSIOTHERAPY FOR BLADDER CONCERNS

A 1.5-hour group information session for patients both pre and post-prostate cancer treatment to understand ways to reduce the effects of surgery and radiation therapy on bladder function. Our physiotherapist offers three complimentary one-on-one clinical appointments for patients experiencing bladder concerns 12 weeks post-treatment.

COUNSELLING SERVICES

We offer private, confidential appointments for prostate cancer patients and their family members, either separately or together, with our registered clinical counsellor. Counsellors can help explore how to cope with difficult emotions as well as provide practical assistance.



ADVANCED DISEASE MANAGEMENT

Two separate 1.5-hour group information sessions for patients with metastatic prostate cancer. The topics of these sessions include an overview and treatment options for both types of metastatic disease: castration sensitive and castration resistant.

FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT THE SITE NEAREST TO YOU:

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VISIT OUR WEBSITE: WWW.PCSCPROGRAM.CA