

‘How to manage’ guides

Helping men to self-manage symptoms and side effects of prostate cancer and treatment



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CANCER UK**

Objectives

The objectives are that men:

- know more about how to manage the possible symptoms and side effects of prostate disease
- try new ways to manage their symptoms and the side effects of prostate disease
- feel more confident talking to their doctor or nurse about their condition and to ask for support

How to manage...

- Sex and relationships
- Fatigue
- Urinary problems
- Symptoms and side effects of advanced prostate cancer
- Chronic prostatitis

Self-management and behaviour change

- People learn better when information is presented in **segments** rather than one continuous unit.
- People learn better from **words and pictures** than from words alone.
- Men benefit from hearing stories of **somebody who's been in a similar position** to them.
- **Setting goals** or targets can help change behaviour.
- **Learning from others** is valuable.

'How to manage' guides

If you have symptoms or side effects from prostate cancer, prostatitis or their treatments, then our 'How to manage' guides will give you the tools to help you take control.

The guides are interactive – we'll ask you to think about your own situation and select what you want to know about. Watch films of real life stories, read tips from those who have been through similar experiences and learn new ways to manage your symptoms and side effects.

How you use these guides is up to you. You can read through a guide from start to finish or you can pick from various topics and choose those that apply to you.

▼ How to manage sex and relationships

Prostate cancer and its treatment can affect your sex life. Find ways to deal with those changes and discover what treatments and support are available.

▼ How to manage fatigue

Fatigue is a common side effect of prostate cancer or its treatment. Get tips on how to adapt your life at home and at work.

▼ How to manage urinary problems

Urinary problems can be a side effect of prostate cancer treatment. Get practical tips to manage urinary problems and get on with your life.

▼ How to manage symptoms and side effects of advanced prostate cancer

Find out how to manage symptoms of prostate cancer that's spread to other parts of the body and deal with side effects from treatment.

▼ How to manage your chronic prostatitis

Prostatitis is a common problem and often means problems peeing and pain. Find out how to manage chronic, or long term, prostatitis.

▲ How to manage sex and relationships

Prostate cancer and its treatment can affect your sex life. Find ways to deal with those changes and discover what treatments and support are available.



Having sex after prostate cancer

How treatment can affect your sex life and when it's safe to have sex.



How to use treatments for erection problems

Treatments for erection problems and how to use them.



Pelvic floor muscle exercises

Pelvic floor muscle exercises could help improve your erections.



Getting help and treatment

How to talk to health professionals and who else can help you.



How to stay close to your partner

Tips for talking to your partner about sex and different ways of having sex.

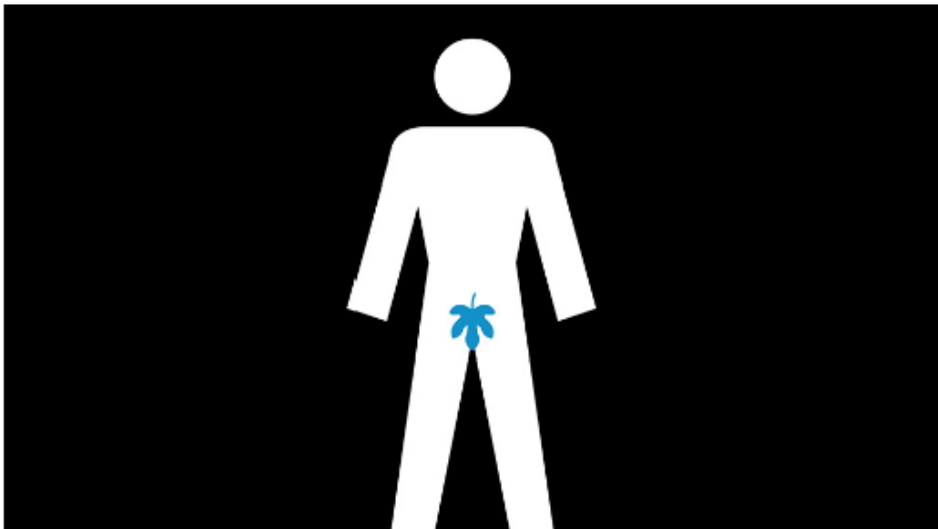


If your desire for sex has changed

Work out why your sex drive has been affected and find support.



How to use treatments for erection problems



Some treatments for prostate cancer can cause you problems getting or keeping an erection, but there are lots of treatments to help you.

Find out about the treatment options available for erection problems and how to use them. This will help you choose the right treatment for you.

[What causes erection problems?](#)

[Getting treatment](#)

[How to use tablets for erection problems](#)

How to manage sex and relationships

[Having sex after prostate cancer](#)

[How to use treatments for erection problems](#)

[Pelvic floor muscle exercises](#)

[Getting help and treatment](#)

[If your desire for sex has changed](#)

[How to stay close to your partner](#)

[Other changes to your sex life](#)

[How a healthy lifestyle can help](#)

[Sex if you're gay, bisexual or have sex with men](#)

[Support for partners](#)

[Time for action](#)

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Slideshow

Ten steps to eating well

Take a look through the image gallery to read tips on how to eat well - use the arrows or select 'switch to a list view' to see everything on one page.

[Switch to a list view](#)



3. Eat plenty of fruits and vegetables

You should try to eat at least five portions of a variety of fruits and vegetables each day. One portion is roughly one handful, or 80g in weight.

Quiz – personalising the experience

How to choose the best incontinence product for you

There are many different types of products to help manage urinary incontinence. For more information about these products visit the [Continence product advisor](#) website. Select any of the statements that best describe your leakage to work out which products might be best for you.

I have light leakage during the day and night (does not usually leak past my underwear)

I have moderate leakage during the day (it leaks past my underwear)

I have heavy leakage (it leaks past my outer clothing and onto chairs)

I have moderate or heavy leakage during the night (it leaks past my outer clothing and onto bedsheets)



- Small or lighter pads
- Disposable absorbent pants
- Urinary sheaths
- Body worn urinal



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Image quiz - personalisation



Tips from other men

Select each image to read tips from other men on how to manage fatigue.



Stay active

"Try a brisk walk in the fresh air if you are up to it."

"I always sleep better when I stay active."

"I found exercise the best thing to combat tiredness. It also motivates me, keeps my spirits up and stress levels down."

How to manage fatigue

Planning your day

Tips from other men



Peter's story: How I manage fatigue

Nigel's story: How I manage fatigue

Your fatigue diary

Interactive word cloud

Fatigue and family life

There are many ways that you can deal with fatigue together as a family. Select any of the tips on this page to find out more.

Learn about fatigue together

Talk about how you feel

Ask for help

Make time for family

Develop a wider support network

Make changes together



Read our publications and
talk to our Specialist Nurses.
Talk to health professionals,
talk to people with similar
experiences.

Track your progress



My healthy lifestyle goals

Having a healthy lifestyle, in particular making sure you are physically active, might help you if you have sexual problems. Set yourself goals and see if they help your sex life. Goals could include doing more **physical activity**, having a **healthier diet** or drinking less alcohol.



My goal	What will I do?	When will I do it by?	What is my aim?	How did it go?
<i>Example: do more physical activity.</i>	<i>Example: try to do at least 30 minutes of physical activity each day.</i>	<i>Example: try to do this for three months.</i>	<i>Example: to lose x amount of weight and improve my erections.</i>	<i>Example: I've lost x amount of weight, and feel more energetic. My erections have improved a bit but I still don't have a full erection.</i>

Animation

What is an internal sling?

It is a small piece of material that presses gently on your urethra to keep it closed and stop urine leaking. The sling should be tight enough to stop urine leaking out, but loose enough to let you urinate when you want to.

Watch the video below to find out more about how the internal male sling works.



Online feedback questionnaires

- 107 of 118 (91%) said that they had a greater understanding of the subject after reading a section.
- 104 of 118 (88%) said that they felt more confident about doing something to manage their symptoms or side effects after reading a section.
- 102 of 120 (85%) said they would talk to their doctor or nurse or make a change as a result of reading the information.

Feedback – personalisation

“I think that the format is very, very good and easy to navigate. I liked the ‘select a button’ approach I felt in charge of my information request. I liked how this resource allowed me to dig deeper for more information.”

“I enjoyed the way the guide is sectionalised, allowing readers to dip in or leave out sections as appropriate.”

“The button approach gave me a feeling of me being in control of the information I wanted to look at and it gave me the information in bite-size chunks.”

“I found the organisation of the sections and the information in them extremely helpful and clear.”



Feedback – behaviour change

“The information was helpful to me and has encouraged me to consult my oncologist about my ongoing treatment.”

“I do live quite healthily, taking regular exercise and eating sensibly, but the guide clarified for me improvements I can make.”

“I was already aware of what I can do to overcome erection problems but reading the guide encouraged me to be more organised in this.”

My bicalutamide dosage has recently been increased, leading to breast pain and swelling. The guide offered information on methods of treating this, which I am taking up with my oncologist.”

<https://prostatecanceruk.org/guides>

Thank you for listening. Any questions?

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