

Coping with a diagnosis of prostate cancer



Cancer Support Services

The generosity of Queenslanders makes this service possible

The Queensland Cancer Fund is an independent, community-based charity and is not government funded

For information and support contact our Cancer Helpline on 13 11 20, Monday to Friday 8am to 8pm



Queensland
Cancer Fund



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The Queensland Cancer Fund is a non profit, non-government organisation that provides information and support free of charge for people with cancer, their families and friends throughout Queensland. These services are made possible through the generous donations of Queenslanders and we thank them for their continued support. If you would like to know more about the information and support services provided by the Queensland Cancer Fund call the **Cancer Helpline** on **13 11 20**, (toll free).

Each year in Queensland over 2500 men are diagnosed with prostate cancer. For many men and their families this will be a challenging time as they come to terms with the diagnosis, make choices about medical treatments and face the future. There are a number of booklets and videos available free of charge that provide information about prostate cancer, treatment options and the possible effects of these treatments. Copies of this material can be obtained by contacting the Queensland Cancer Fund's **Cancer Helpline** on **13 11 20** (toll free) 8am to 8pm, Monday to Friday.

This booklet explains some of the common reactions you may experience after being diagnosed with prostate cancer, and discusses strategies that you may find helpful at this time.

It is important to remember that each man will have his own way of managing difficult situations and that no one way is right or wrong.

to finding out you have prostate cancer

Being told that you have prostate cancer is generally a shock and this can be a difficult time for many men. Cancer poses a threat to a man in two ways. First, cancer is potentially a threat to survival and one of the first things many men think when they hear the word cancer is, "How serious is this? Am I going to die?" Cancer can also be a threat to your way of life, so men may wonder, "How will this affect my life? Will I be the same person as I was before? Will I be able to do the things I usually do? How will my relationships change?"

"After I found out about the cancer, I was just in shock. I would find myself walking around the shops not even knowing what I was looking for. It really took a few weeks before I stopped thinking that this couldn't really be happening to me."



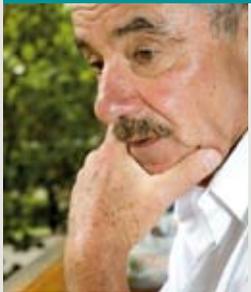
Bill, aged 60 years.



At this time men may experience a range of different emotions and feelings. They may not have felt this way before and it can be a difficult and unsettling time. Many men describe feeling in shock or numb when their doctor told them the news about their cancer. Other common reactions include feeling anxious or nervous, and sometimes sad and teary. Some men find they feel confused, particularly when trying to understand about medical treatments that often sound complicated. Other men feel angry. They may feel that it is unfair for them to get cancer at this time in their lives (why me?) or wish that they had found out about the cancer earlier. Experiencing strong emotions such as these can lead to feelings of loss of control over your life, and sometimes men even say, “I felt like I was going crazy.”

If you have these feelings, it is important to understand that you aren't 'going crazy' and you aren't 'weak'; you are having a normal reaction to a challenging situation. Understanding your reaction can help you to identify ways to manage these feelings so they don't overwhelm you.

In some ways finding out you have cancer is as stressful as other challenges such as facing a divorce or losing a job. It is a fact of life that the longer we live, the more likely we are to have to face challenges or difficulties that we never expected. Most people find that if they look back over their life they can remember difficult times that they faced and came through. Remembering these times can remind you of your strengths, and the ways of coping that have worked well for you in the past.



John, aged 63 years.

“I felt really angry, like how could it be that there is so much uncertainty about the best ways to treat prostate cancer? In fact, I still feel annoyed about it and I think a lot more needs to be done, but I am more focussed now on getting well and back to the things I enjoy. Learning to make prostate cancer less of a focus in my life has been helpful.”

Most men find that with time their anxiety or worry about the cancer gets less, and that although their life has changed in some ways, in other ways life goes back to its usual pattern. However, some men find that feelings of intense worry or upset continue. If you feel you are not managing your worry about the cancer very well, or that your upset feelings are interfering with your life, it is important to talk to your doctor about seeking some extra help. You can also call the Queensland Cancer Fund's **Cancer Helpline** on **13 11 20** (toll free) 8am to 8pm, Monday to Friday to find out about the support available to you.



Max, aged 65 years.

“When I was first diagnosed, some mornings I would wake up feeling like I didn’t even want to get out of bed, that kind of ‘down in the dumps’ feeling. But once I got started, that feeling would kind of lift and things would seem ok. As time passes it does feel like these negative feelings are getting less.”

At the time of meeting with specialist doctors to discuss treatment, men are often surprised to find that there is a choice to be made about the type of treatment they might have, and that the doctors want to involve them in making this decision. For example, for localised prostate cancer a man might be asked to consider surgery, radiation therapy, or ‘watchful waiting’ as possible treatments. If a man has prostate cancer that has extended outside the prostate gland the doctor may suggest a range of different hormonal manipulation treatments, which might include surgery, injections or tablets. Making decisions about these treatments can be difficult for men for a range of reasons.

First, the idea that ‘watchful waiting’ or careful monitoring of the cancer is one of the options available, goes against the messages we usually hear about the early detection and treatment of cancer. Many people are used to doctors advising one particular form of treatment as the best option, so finding out there is no single right way to manage prostate cancer can be confusing and a bit of a shock. The side effects of treatments for prostate cancer such as incontinence and loss of erections are a concern for most men, and so making a decision about treatment can be difficult. When you are trying to consider a lot of new and complex information it can be difficult to identify the bits that are most relevant to you personally.

Second, feeling anxious is a common reaction to finding out you have cancer. When people are anxious their ability to think problems through can be affected. One way of explaining this is to see your mind as your thinking ‘work bench’ or ‘desk’ where all your thoughts are laid out. Being anxious can make it harder to organise the thoughts and this makes it more difficult to reach a decision. When there is uncertainty about the consequences or side effects that a man might experience after treatment, this can also make it harder to make a decision.



Bob, aged 76 years.

“For a while I was just going round in circles. First, I would think surgery was the way to go. Then I would start to wonder if it would be better to have radiation therapy. Underneath it all I think I was wishing it would just go away. So it took me a while to make a decision and writing down the options and talking it over with my partner really helped. But in the end it was down to me.”

There are some strategies men can use to help themselves in their decision making. You may have tried some of these and others may be new to you.

- 1 **Take your time.** Usually there is no hurry with the decision about treatment. Ask your doctor about this for your situation.
- 2 Before you visit your doctor, **write down your questions** (in case in the rush of the consultation you forget). Also write down the answers your doctor provides. This will help you get the best use out of your time with your doctor. Some doctors will tape the consultation for you to listen to later.
- 3 Take a close friend, family member or partner with you when you visit the doctor. **Two sets of ears are better than one**, and having someone with you can help you feel better supported. Your support person can remind you later of things the doctor said that you may have forgotten or misunderstood.

- 4 Ask your doctor to tell you what aspects of your cancer diagnosis you need to consider most carefully. For example, for some men it may be important for them to **closely consider** their pre-existing health problems, for other men the most important thing might be that they have a high grade cancer. Getting clear about this will help you concentrate on the key points. Some men find it helpful to see their doctor more than once to talk over the options before deciding.
- 5 **Seek credible information.** There is a large amount of information about prostate cancer on the internet, in popular books, magazines and from different health organisations across the world. Some of this will be inaccurate, not available in Australia or not relevant to you. Check with your doctor and call the Queensland Cancer Fund’s **Cancer Helpline** on **13 11 20** (toll free) 8am to 8pm Monday to Friday to get information that is credible and locally relevant. If your doctor provides you with medical information such as booklets, ask which parts are most important for you.
- 6 **Break the decision down** into smaller steps. For example, the first thing to consider may be whether you and your doctor believe that your prostate cancer needs active treatment at this time. Once you have an idea about the answer to this question, then move on to the treatment choices.
- 7 Some people find it helpful to write down a list of the **pros and cons** of each possible treatment option. This helps to get your thoughts in order (because at times it can feel like you are going round in circles). When looking at the list, underline the points that matter to you most, and then see what option seems to be most favourable to you. Try talking the options through with someone close to you, like your wife or partner or a close friend. Make an appointment with your GP or specialist doctor and discuss your options with them. Take your list of pros and cons with you as a guide.

- 8 For some men, talking to others who have had prostate cancer helps them get an idea of what life after treatment might be like. There are a number of prostate cancer support groups around the state where men and their partners can come together to talk about their experiences and to learn more about prostate cancer and its treatment. The Queensland Cancer Fund's Cancer Connect program also provides an opportunity for men to talk one on one over the telephone to volunteers who have been through treatment for prostate cancer. Call the Queensland Cancer Fund's **Cancer Helpline** on **13 11 20** (toll free) 8am to 8pm, Monday to Friday for more information.



Most men see their doctor as the first person to turn to for information and support about prostate cancer. For this reason, it is helpful to be able to talk with your doctor openly and confidently about your concerns. Men vary in how much involvement they would like from their doctor when making decisions about treatment, and also in how much information they would like the doctor to give.

For example, some men want to know all the details good and bad, while others prefer to just know the main points. Similarly, while many men prefer to share the decision equally with their doctor, others prefer to think the decision through on their own or in discussion with their partner, family or close friend after listening to their doctor's advice. Your doctor will be working closely with you for some time managing or coordinating your care. It can be helpful to be clear about how much information you want and how you prefer to make decisions about your treatment.

If for some reason you feel that your doctor is not right for you or if you are unsure about the treatments being offered, then ask for a second opinion. This is quite acceptable and most doctors will be happy to arrange this for you. Getting a second opinion may help you decide more confidently about your treatment.



Matthew, aged 59 years.

“I took my time with my decision, read up about it on the internet, talked to lots of people and narrowed down the options with my doctor. By the time I made my decision I thought to myself, I know as much as I ever will so it is time to choose. I do feel that you come to a point when you just need to decide.”

It can be helpful to look at your journey through cancer diagnosis and treatment as more than just one stressful event. Most often, it is a series of different events that happen over time. The demands of each situation will change as you move through treatment and then start to get back to your usual life. For example, feelings of distress (such as feeling anxious, sad or angry) are usually highest around the time of diagnosis. This distress generally settles over time, but may increase at different points particularly when things change, for example, starting treatment or having a follow-up PSA test. It can be helpful to remember this at times when you may find yourself getting distressed, for example, before a check up with your doctor. Rather than being hard on yourself and thinking "I should be over this", you can recognise that the visit is a trigger for thinking about your cancer, and this can be stressful for many people.

This raises two important points. First, recognise that it is normal to feel more anxious from time to time and so you should not feel bad or worried about your reaction. Second, if you can identify times that are stressful, you can prepare for them and learn ways to manage and reduce your anxiety. This is the aim of stress management; not to eliminate stress but to 'manage' and use stress in a helpful way rather than letting stress overwhelm or control you.

"I think it is important to remember that in the end the decision you make is the best one you can. No one can foresee the future, you just have to hear the options, consider the pros and cons and make your best choice based on what matters to you."



John, aged 47 years.

When people are faced with a difficult situation, they will do a range of things to help themselves cope or manage, usually without giving it much thought. Most of us have a particular way of responding to difficult situations. We learn and practise these approaches to problems as we go through life and meet challenges, like raising children or managing work stress. For example, some people find that getting information and seeking advice helps them to feel more in control. Others find that talking about the problem with friends or their partner helps reduce feelings of tension. Some people prefer to distract themselves from thinking about the situation by getting busy with work or hobbies. Religious faith can also be a source of strength and comfort.

There is no one single best or right way of coping. The key question to ask yourself is, "Is my usual way of coping helping?" If it is, then keep it up. If it isn't helping as much as you would like then the next question is, "How could I change my way of coping to help myself better?".

Sometimes relying on just one way of coping and not being flexible about your approach can be a problem. Think of your ways of coping as tools in your toolbox. If one tool doesn't fit the job, you need to be able to try another one. Different jobs generally need different tools, so in the same way, the more strategies you have to try out in coping with cancer, the better. For example, if you are having a medical test done that is unpleasant, distracting yourself from what is happening by thinking about something else or even imagining you are somewhere else, can be a helpful way of coping. However, using this strategy when the doctor is explaining treatment is not likely to be helpful. You may not understand or remember what is being said. Breathing techniques can be done any time, anywhere and may be more helpful in this situation.



Sam, aged 44 years.

“I didn't hesitate for one minute. I knew what I was going to do as soon as I heard the options, that's just me I suppose.”

Helpful strategies to try:

- Some men find that getting information and seeking advice helps them to feel more in control. Look for credible sources of information and remember that your urologist or radiation oncologist is available to advise you, as is your GP.
- Don't try to block out or fight unpleasant thoughts or feelings. Talking about the problem with friends, your wife or partner, can help reduce feelings of tension. If you don't have anyone that you feel you can talk to, contact your nearest prostate cancer support group. There are also men who have had prostate cancer who are available to talk to you on a one to one basis by telephone. Call the Queensland Cancer Fund's **Cancer Helpline** on **13 11 20** (toll free) 8am to 8pm Monday to Friday for information about these services.
- Sometimes you may just need time out from thinking about cancer. Keeping up hobbies or doing pleasant activities like having a game of golf or visiting friends can help.
- Take good care of yourself. Maintaining a good diet and regular exercise will help you to cope better with the challenges ahead. This also helps with feelings of tiredness. If you are thinking about changing your diet or usual pattern of exercise, talk with your doctor about this first.
- Go easy on yourself. Having cancer is tough. Give yourself permission to feel upset about it and don't think that asking for help or support means you are weak.
- It can be helpful to observe how you are thinking about your cancer and to learn new ways to relax. Later sections in this booklet talk about these strategies in more detail.

Helpful thinking

Some thoughts are likely to help you feel and cope better, while other thoughts or ways of thinking may cause you to be more distressed and prevent you from coping effectively. The thoughts that occur to you in a stressful situation are often 'automatic'. That is, they occur quickly without any effort, and you may not even be aware of having them. At times, these automatic thoughts may be distorted or unbalanced. They may be overly negative, may overestimate your problems or your degree of responsibility, may underestimate your abilities and may not be based on any evidence. The result of this type of thinking is that you can feel more upset and find it even harder to cope with an already difficult situation. People are more prone to these unhelpful thoughts when they feel overwhelmed by a problem.

Reducing unhelpful thoughts helps you to get your problems into perspective so you can then begin to deal with them, rather than just worry about them. The first step is to become more aware of your thinking and identify any unhelpful thoughts.

Identifying your thoughts is not always easy. This is because they are quick and automatic, and because we are not used to stopping to consider how we are thinking. The best approach is to notice whenever you are feeling upset and to ask yourself, "What has triggered this feeling? What am I thinking that might be adding to my distress?" Then, write down the thoughts you have identified. Writing these down is helpful in several ways. First, because putting thoughts down on paper makes it easier to check your thinking and to change this if needed. Writing thoughts down can also help put fears and concerns into perspective.



Once you have written down the thought that has been worrying you, the next step is to check whether this is a thought that is helping you, or is one that is making you feel more upset. Ask yourself:

- What is the evidence that this thought or view is 100 per cent true and correct?
- Is this a realistic thought? Is this really likely to happen?
- Is thinking in this way helpful for me?

If the answer to any of these questions is 'no', then replacing the thought with a more helpful one might assist you to feel calmer and less worried. However, in order for the replacement thought to be helpful it must be realistic, balanced and believable. It is not useful to deny that cancer is serious or frightening, and trying to think overly positive thoughts and putting on a brave face all the time can be an emotional drain. You need to encourage or 'coach' yourself through difficulties, rather than be critical and undermine yourself. In this sense, you need to learn to be a good mate to yourself. For example, ask yourself, "If a good mate of mine was thinking this way, what would I say to him? How would I help him to challenge this thought?".

What about my partner?

An example of identifying and challenging unhelpful thoughts is described below.

Identify feelings: Feeling upset and guilty

Identify unhelpful thoughts: I have let my family down by getting cancer. They are upset and it is my fault.

Challenge the thought: Is this really true? Is it helping me to think in this way? If my best mate was thinking this way, what would I say to him or her to challenge this thought?

Replace the thought: Think in a way that is balanced and realistic. It is natural for my family to be upset that I have cancer. I would be upset if it happened to any of them. Feeling concerned about each other at a time like this is part of normal family life. I would not blame them and think it was their fault if they had cancer. Getting cancer is not anybody's fault and blaming myself makes it harder for all of us. The important thing is to support each other through this.

“I still struggle a bit when it comes to sex. It's getting better but it is not the same, that's a loss. But my partner and I work at it, and in some ways we are even closer now.”



Max, aged 71 years.

If you have a partner, you may have questions about ways to support each other through this experience. Sometimes men find that their partner seems more upset than they are themselves. This is common. Watching while someone you love goes through a challenging experience, like cancer diagnosis and treatment, can be difficult, especially if you are not sure how best to support them. Partners may have their own fears and worries. They may be concerned about losing you and may be afraid to talk about this in case it makes you more upset. There are some things that couples can do to help and support each other.

- Talk to each other. If you both have a clear understanding about what is happening then it will be easier to support each other through treatment, and your partner will feel included in your care. Be careful not to 'read each other's minds'. The only way you can really know what another person is thinking or feeling is to ask them. However, don't feel you have to talk about the cancer all the time, it is important to not lose touch with the positive aspects of your life and the things that are fun and enjoyable to you both.

- Let your partner know how you would like to be supported during this time and what things you would find helpful. Next, find out what you could do to help your partner feel less worried.
- Treatments for prostate cancer often affect a man's ability to have sex, and this can be difficult to talk about. Some men may fear that their partner will find them less attractive or love them less if they are not able to function the same way sexually. This is not likely to be true, especially for couples who have been together for a long time and have a shared life together with family, friends and common interests. Talking to your partner about this concern can help allay your fears. Also, remember that hugs and kisses go a long way in showing love and closeness.



Bill, aged 50 years.

“Even though you don’t spend all that much time actually having sex before treatment, you spend more time thinking about it than you realise. Well, the hormone treatment really knocked off my interest in sex. What has helped me to cope is to focus on other parts of my life that matter to me, my family for example. My wife and I have really talked it over and decided that we are ok and we will get through this together.”

Treatments for prostate cancer can affect a man's ability to have an erection and at times, his interest in having sex. This has an obvious effect on a man's sex life. For some men, worry about getting an erection is their biggest concern after treatment. Your doctor can advise about aids to help with erections and books that give more detailed information about this subject are listed on the last page of this booklet. These books describe medical treatments and practical aids that can help with erections. There is also information to help you and your partner enjoy a satisfying, intimate relationship with less focus on erections and penetration. Your doctor can also refer you and your partner to other health professionals who specialise in the management of sexual problems. Sex after treatment will be different. However, with the right advice and some patience and effort, it is possible for couples to find ways to continue a satisfying sex life.

There is a psychological side to this as well. An erection is something that many men take for granted and so it can be hard to imagine what life might be like without having sex. Sex can also mean different things to different men. For example, for some men sex may be mostly about pleasure and excitement. For others, sex is a way to relax and reduce tension. Every man feels differently depending on what matters most to him, whether he has a partner and his current relationship with his partner. So, while some men find that a change in their ability to have sex does not worry them a lot, other men find it a big problem. Men who feel that being able to have an erection is an important part of being a man may feel that without this they are weak and less of a man. This can lead to very strong feelings of loss.

There is no easy answer to this. It can be helpful to first think of all the things that others appreciate about you, things that don't depend on your ability to have sex. For example, being a caring partner or good father, a dependable work mate, a good friend and an interesting or fun person to be with. Next, remind yourself of the things you are good at or have achieved in your life. By now you should be seeing a more complete picture of yourself. This exercise will help you to know and accept that there is a lot more to 'you' than your ability to get an erection. Getting a balanced view about this is also likely to help you in your intimate relationships because the less you worry about sexual performance, the more likely it is to happen.

Call the Queensland Cancer Fund's **Cancer Helpline** on **13 11 20** (toll free) 8am to 8pm, Monday to Friday for a copy of the booklet 'Sex after treatment – prostate cancer'.



Kim, aged 72 years.

“Even though I couldn't get an erection after treatment, I still wanted to have one and found that I could still have an orgasm (that was a surprise!). So I used the injections for a while and it worked quite well, although the sex was different to before. Funnily enough, after I had kind of proved to myself that I could still 'do it', it didn't seem to bother me so much and became less of an issue.”

Have you noticed that at different times, like when you visit your doctor for test results, or when you have been thinking a lot about your cancer, you get physical symptoms like a sick feeling in your stomach or feeling tense or jumpy? These are most likely to be the physical symptoms of stress. You will feel these changes because of the way our bodies are designed to deal with a threat. This stress reaction is sometimes called the 'flight or fight' response. When our mind becomes aware of a threat, a series of hormonal and chemical reactions lead to a physical response. This prepares your body to deal with the threat by either running or fighting. Your blood pressure and heart rate go up, breathing becomes more shallow and rapid, palms get sweaty and your mouth gets dry. If these are feelings you think you could do without then you might want to try managing your stress with some relaxation techniques.

Relaxation is the practice of techniques that calm the mind and body, and these can be as simple as a deep breathing exercise. It involves skills that need to be learnt and practised like any other (for example, driving or riding a bike). Relaxation can increase your sense of control in a situation, reduce anxiety and tension, calm you down, and provide some protection from the physical effects of stress. With practice, you will be able to enter a relaxed state quickly and automatically any time you feel stressed. Relaxation techniques can be used to cope with a range of emotions in a variety of situations, for example, to calm yourself before a visit to your doctor or to reduce tension and worry before going to sleep. It is not mystical or magical and the only secret is regular practice and finding the right type of relaxation to suit your personality and lifestyle.

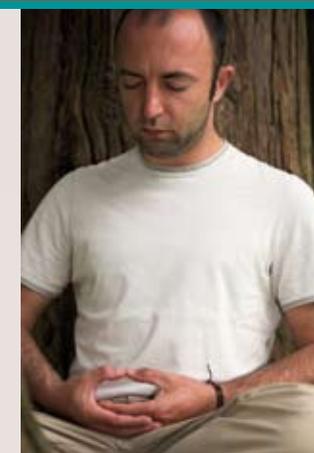
Relaxation needs to be practised in a quiet place, free from distractions (but not in bed unless you are using it to get to sleep), at regular times (not immediately after food or exercise) and in a comfortable sitting or lying position. There are many different ways to relax. Meditation and self-hypnosis are special forms of relaxation that require regular practice to be effective. Easier and more common types of relaxation are:

- **Slow Breathing:** helps you to become aware of your breathing and to relax by taking slow, deep breaths. By regulating your breathing, you can begin to manage emotional reactions and produce a calming effect. Slow breathing by itself is an effective way to relax quickly in a difficult situation. It can also be used with other techniques to enhance the relaxation effect;
- **Muscle Relaxation:** involves systematic, progressive relaxation of the muscles in the body. This can be done by consciously letting go of tension in the muscles or by gently tensing each muscle first before letting go. By relieving muscle tension in this way, the body becomes limp, relaxed and comfortable. Stretching is another quick and effective way of relieving muscle tension;

- **Mental Relaxation (imagery):** is the use of concentration and imagination to visualise relaxing images. It is like day-dreaming, only more deliberate. The aim is to use all your senses (sight, hearing, smell and touch) to create as vivid and powerful an image as possible. The principle behind imagery is that your body responds to mental images in the same way as it does to real events. By using pleasant images, you can help your body feel calm and relaxed. The image you use can be anything that is pleasant and relaxing. Examples include the beach or a rainforest, a holiday destination or pleasant memories. Mental relaxation can also be used as positive imagery, to see yourself coping successfully in any situation you choose. For example, you might picture yourself feeling calm and confident and then visualise the outcome you would like to happen.

Call the Queensland Cancer Fund's **Cancer Helpline** on **13 11 20** (toll free) 8am to 8pm, Monday to Friday to find out more about relaxation and to obtain a copy of the booklet, CD or cassette.

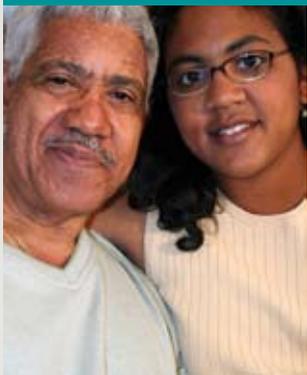
“I found meditation and slow breathing useful in helping me cope with the anxiety.”



Rory, aged 43 years.

One of the challenges people often face after having had cancer, is learning to live with feelings of uncertainty about the future. Sometimes, it can be hard not to think that every little twinge or ache is a sign that the cancer has come back. It can be tempting to have your PSA levels checked more frequently than is necessary or advised by your doctor, however, this can distract you from getting on with life.

You may find your life is different after treatment and adjusting to changes such as incontinence or fatigue takes time. It can be helpful to develop a plan and to set some goals for yourself as you begin to move on with your life. Start with one or two short term goals, such as going for regular walks or getting back to activities you enjoy. Next, start to think about longer term goals, like a holiday you have been meaning to take or a challenge you always wanted to try. This approach can lead you to experience life in a new way and focus on the positive aspects of each day. Life does change after cancer; it can be good again and perhaps in some ways, even better.



Graham, aged 60 years.

“I think having prostate cancer has been one of the hardest things I have had to face. Even though I am several years down the track now, there are still times when I feel worried, or when I have to put some effort into sorting out a problem. But you know, overall I think my life is great. I have learnt to appreciate my family and friends more and to enjoy life. I do think that after cancer the goal posts change, and you get more focussed on the things that really matter. That’s one choice I do have.”



The Cancer Helpline is a service of The Queensland Cancer Fund. The Helpline is a telephone information and support service for people affected by cancer. It is a confidential service where you can talk about your concerns and needs with specially trained staff.

The staff can also send you written information and can put you in touch with appropriate services in your own area. The *Sex after Treatment: Prostate Cancer* booklet is produced by the Queensland Cancer Fund and is available through the Cancer Helpline or from the website: www.qldcancer.com.au.

The Cancer Helpline can also refer you to the Queensland Cancer Fund Cancer Counselling Service which is a free and confidential cancer counselling service that is available to all people in Queensland who would like help coping with cancer, either by telephone or face-to-face in Brisbane.

The **Cancer Helpline** can be contacted on **13 11 20** (toll free) 8am to 8pm, Monday to Friday from anywhere in the state.

Other Helpful Books available from Bookstores

Men, Women, and Prostate Cancer, A Medical and Psychological Guide for Women and the Men They Love, Barbara Rubin Wainrib, Ed.D, Sandra Haber Ph.D, New Harbinger Publications, USA.

The Lovin' Ain't Over, The Couple's Guide to Better Sex after Prostate Disease, Ralph & Barbara Alterowitz, Health Education Literary Publisher, Westbury, NY.

Conquering Incontinence, A New and Physical Approach to a Freer Lifestyle, Peter Dornan, Allen & Unwin, Crows Nest NSW.

His prostate and Me: A Couple Deals with Prostate Cancer, by Desiree Lyon Howe, Winedale Publishing, Houston.

A Gay Man's Guide to Prostate Cancer, edited by Gerald Perlman, Ph.D. and Jack Drescher, MD, The Haworth Medical Press.



Queensland Cancer Fund's Cancer Helpline, phone 13 11 20 (toll free) 8am to 8pm, Monday to Friday.

Queensland Cancer Fund Offices

Brisbane

553 Gregory Terrace
Fortitude Valley Qld 4006
Ph: (07) 3258 2200

Cairns

169 Aumuller Street
Bungalow Qld 4870
Ph: (07) 4031 1555

Townsville

24 Warburton Street
North Ward Qld 4810
Ph: (07) 4721 1644

Rockhampton

43 Upper Dawson Road
Rockhampton Qld 4700
Ph: (07) 4927 7088

Sunshine Coast

Shop 4, Credit Union Australia
Plaza
Corner Maroochydore Road and
Baden Powell Street
Maroochydore Qld 4558
Ph: (07) 5443 6300

Gold Coast

Corner Bay and Davenport
streets
Southport Qld 4215
Ph: (07) 5591 1500

Toowoomba

137 Herries Street
Toowoomba Qld 4350
Ph: (07) 4638 4799

