LOOK AFTER YOURSELF
Talk to others
Eating well & exercise helps.
Check out www.pcf.org/guide/health-and-wellness-living-with-prostate-cancer/

CANCER SPEAK
CAN BE CONFUSING AND SCARY
- Always take family/whānau with you to doctors visits.
- Take time to work out what the treatment means and possible side issues.

GET IN THE DRIVERS SEAT AND GO!!

STOP DON’T RUSH

FOR MORE INFORMATION
phone the Cancer Information Helpline 0800 CANCER (226 237)

Some good websites to check out
www.cancer.org.nz
www.prostate.org.nz
www.getthetools.org.nz

JOIN A SUPPORT GROUP AND TALK TO GUYS WHO’VE BEEN THERE.

WHAT DON’T YOU UNDERSTAND?
WHAT ABOUT THE SIDE EFFECTS?
WHAT ABOUT YOUR SEX LIFE?

CANCER IS NOT A DEATH SENTENCE THERE IS HOPE!

FOR MORE INFORMATION phone the Cancer Information Helpline 0800 CANCER (226 237)

Some good websites to check out
www.cancer.org.nz
www.prostate.org.nz
www.getthetools.org.nz

GET READY ASK THE DOC

LOOK AFTER YOURSELF
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TIPS FROM GUYS WHO HAVE BEEN THERE

GOING DOWN THE PROSTATE CANCER ROAD

Have you been checked yet? for further info go to www.kupe.net.nz
STOP
JUST GET RID OF IT!
That’s usually your first thought and rightly so!
We know stuff goes over your head so for this reason ...
Slow things down, BREATHE and take time to find out more.
Take someone with you to doctor visits.
Find information on prostate cancer, treatment and managing side effects. You can read these in the Cancer Society book: Prostate Cancer Matepukupuku Repeure.
Treatments can affect your sexlife. This worries some men more than others. But there are ways to manage this.
Talk to other guys in a Men’s Support Group. You can find these at: www.prostate.org.nz/support-groups
Be careful with Dr Google. Some websites are better than others. We recommend these ones for information about treatments and side effects.
www.cancer.org.nz/prostatecancer
www.prostate.org.nz
www.kupe.net.nz

THINK
WHAT HAPPENS NEXT?
Talk about it - talk to your friends and family about how you feel. Find the people who can help you understand what’s going on.
Nurses are really good at filling the gaps when you need to ask again. Sometimes you just want to know simple stuff like where do I get pads from? Or what’s the difference between oncology and urology? Ask them!
The physio helps shorten your journey to recovery. You will learn about the importance of pelvic floor exercises to prevent problems later with incontinence (peeing yourself).
www.continence.org.nz
Remember that your mental health is as important as your physical health.
Exercise, mindfulness programmes, relaxation, and mediation are all helpful things to try when you are feeling low.
Talk to a trained counsellor about how you are feeling.
Contact the Depression Helpline on 0800 111 757.

ACT
YOU’LL FEEL BETTER
... if you have a bit of control over what’s happening to you.
Take charge by:
Talking to people.
Get into exercising, it helps in all kinds of ways, you don’t need to run a marathon and anything is better than nothing.
Nutrition ... Have a think about what you can change in your diet to stay well.
ASK FOR HELP!
This is big stuff and there’s no prizes for struggling along on your own. Talk to others about how you feel to help with feelings of anxiety and fear.
Cancer Connect offers you the chance to talk to other men who’ve been through the same thing. Ring the Cancer Information Helpline on 0800 226 237 to be connected with someone.

*Adapted from the Whanganui prostate group pamphlet