

PROSTATE CANCER SUPPORTIVE CARE PROGRAM



INTRODUCTION TO PROSTATE CANCER & PRIMARY TREATMENT OPTIONS

A 1.5-hour group education 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 TREATMENTS ON SEXUAL FUNCTION AND INTIMACY

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



LIFESTYLE MANAGEMENT: EXERCISE & NUTRITION

Two separate 1.5-hour group education 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 education session for prostate cancer patients who are starting or are currently on hormone therapy. A nurse practitioner explains how ADT works and presents the possible side effects and ways to manage these side effects. One-on-one clinical appointments are also available with our nurse practitioner.



PELVIC FLOOR PHYSIOTHERAPY FOR BLADDER & BOWEL CONCERNS

A 1.5-hour group education 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 partners with our registered clinical counsellor. Counsellors can help explore how to cope with difficult emotions and provide information about group programs and community resources.



METASTATIC DISEASE MANAGEMENT

A 1.5-hour group education session for patients with metastatic prostate cancer. The topics of this session include an overview and treatment options for both types of metastatic disease: hormone sensitive and castrate resistant.

FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT:



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VISIT OUR WEBSITE: WWW.PCSCPROGRAM.CA