

Welcome to the Prostate Cancer Supportive Care (PCSC) Program in British Columbia. The PCSC Program is a comprehensive survivorship program developed at the Vancouver Prostate Centre for prostate cancer patients, their partners, and family from the time of initial diagnosis onwards. The PCSC Program is composed of seven modules:

1. Introduction to Prostate Cancer & Primary Treatment Options
2. Managing the Impact of Prostate Cancer Treatments on Sexual Function & Intimacy
3. Lifestyle Management: Exercise & Nutrition
4. Recognition & Management of Treatment Related Side Effects of Androgen Deprivation Therapy
5. Pelvic Floor Physiotherapy for Bladder and Bowel Concerns
6. Counselling Services
7. Metastatic Disease Management

For more information on the PCSC Program and services that you can access, please visit www.pcscprogram.ca.

Our Sexual Health Clinic within PCSC, is comprised of sexual health nurse clinicians as well as a subspecialized urologic surgeon. Our goal is to help manage your sexual side effects and symptoms related to your cancer diagnosis and treatment. These symptoms may include:

- Erectile dysfunction
- Changes to orgasm
- Challenges with sexual intimacy
- Leakage of urine during sexual activity
- Changes to sexual identity and masculinity

Our management is centered around education and resources. Medical and device therapies may also be required to help you rehabilitate and adapt following your treatment. A monthly educational session is available to all patients upon enrollment in our program. Our program provides 3 different options for your clinical experience:

1. **Classic in-person clinic or virtual appointments.** Here, you will see a sexual health RN clinician and a subspecialized urologist every 3 to 6 months which can include up to 7 clinic appointments to address your personalized care needs.
2. **Online clinic (TrueNTH SHAReClinic).** Here, you will have access to an online developed clinic platform personalized for you. Educational information and video tutorials will walk you through your sexual health management. A health coach will be available online and via telephone or video calls to provide personalized care at similar time points as the in-person clinic. For more information, please check *sharec.truenth.ca*.
3. **Hybrid online and in-person clinic.** Here, you will have access to all of the online educational materials, and you will maintain your in-person sexual health clinician visits and telehealth visits with a subspecialized urologist.



Prostate Cancer
Supportive Care

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Prior to each clinic visit, you will be required to answer specific questionnaires to help our clinicians provide a personalized management plan for you. If you have any questions pertaining to scheduling, please contact our Program Coordinator at (604) 875-4485 or via email at pcsc@vch.ca.