

# PROSTATE CANCER SUPPORTIVE CARE PROGRAM



## INTRODUCTION TO PROSTATE CANCER & PRIMARY TREATMENT OPTIONS

A 1.5-hour virtual 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 virtual group education session that focuses on the sexual consequences of prostate cancer treatments and how to optimize the sexual adaptation process, which includes both sexual and penile optimization. One-on-one appointments are also available with our sexual health clinician which includes a telephone consult with our sexual medicine urologist.



## EXERCISE FOR PROSTATE CANCER PATIENTS

A 1.5-hour virtual group education session for patients wishing to increase their physical activity levels and to improve overall health with a long-term behavior change. One-on-one appointments are also available with our exercise physiologist.

## RECOGNITION & MANAGEMENT OF TREATMENT RELATED SIDE EFFECTS OF ANDROGEN DEPRIVATION THERAPY (ADT)

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



## PELVIC FLOOR PHYSIOTHERAPY FOR BLADDER & BOWEL CONCERNS

A 1.5-hour virtual group education session for patients pre and post-prostate cancer treatment to understand ways to reduce the effects of surgery and radiation therapy on bladder and bowel function. Our physiotherapist offers three complimentary one-on-one appointments for patients experiencing bladder and bowel concerns 12 weeks post-treatment.

## COUNSELLING SERVICES

Six private, confidential appointments for prostate cancer patients 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 virtual 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.

## NUTRITION ADVICE FOR PROSTATE CANCER PATIENTS

A 1.5-hour virtual group education session for patients to learn how to use their diet to help reduce the risk of recurrence or progression of prostate cancer, manage treatment-related side effects and plan for a healthy future. One-on-one appointments are also available with our registered dietitian.



FOR MORE INFORMATION OR TO REGISTER, PLEASE CONTACT:



PCSC PROGRAM COORDINATOR

PH: (604) 875-4485

E: PCSC@VCH.CA

VISIT OUR WEBSITE: WWW.PCSCPROGRAM.CA

\*clinical appointments are delivered virtually, in-person, or by telephone \*