



# Common issues when dealing with prostate cancer

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Dealing with prostate cancer can present various challenges, both physically and emotionally. Common problems that individuals with prostate cancer may face include:



PROSTATE PROGNOSIS



Prostate Cancer UK  
0800 0748383



[prostateprognosis.org](http://prostateprognosis.org)

**The shock at diagnosis;** Receiving a cancer diagnosis can be emotionally overwhelming and create feelings of fear, anxiety and uncertainty about the future.

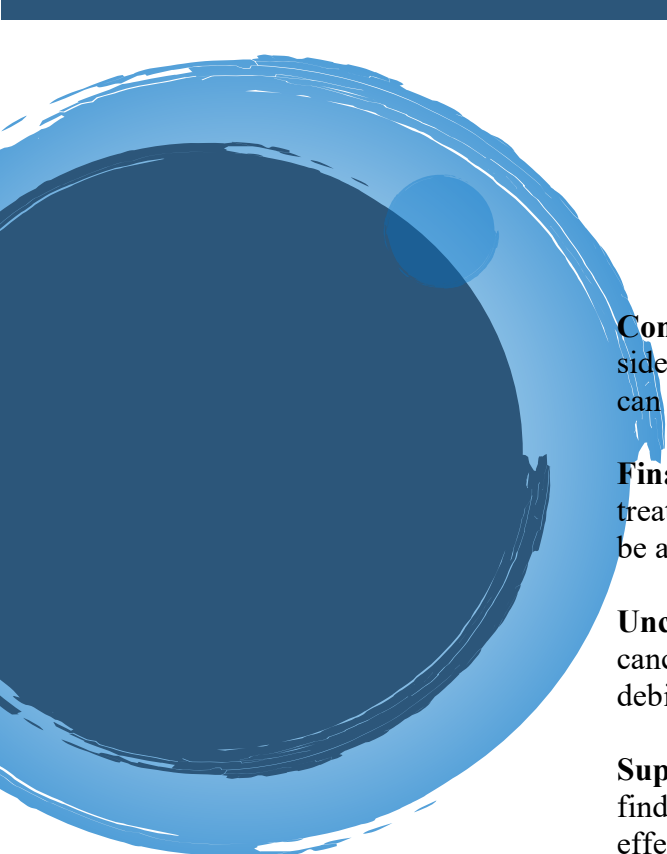
**Treatment options and decisions;** Choosing the most appropriate treatment option, such as surgery, radiotherapy, hormone therapy and active surveillance can be a complex and stressful process.

**Coping with side effects;** Different treatments for prostate cancer can lead to side effects such as incontinence, sexual dysfunction, fatigue and toileting issues. Coping with these side effects can be challenging.

**Stress on personal relationships;** Prostate cancer can put a strain on relationships, particularly those with a partner, due to sexual changes, emotional stress, and changes in the dynamics of receiving care.

**Body image and self-esteem;** Changes in your physical appearance, like weight gain, hair loss or surgical scars, can affect a person's self-esteem and body image.





**Constant tiredness;** Cancer-related fatigue is a very common side effect of both the disease, the stress and the treatments, which can impact a person's ability to carry out daily activities.

**Financial worries;** Medical expenses, loss of income due to treatment or recovery, and costs associated with cancer care can be a significant financial burden.

**Uncertainty about the future;** The unpredictable nature of cancer, including concerns about it coming back can create debilitating long-term stress and worry.

**Support and communication;** Some individuals may struggle to find a support system or communicate their needs and emotions effectively with loved ones, healthcare providers and local support groups.

**Treatment decision regrets;** Some people may second-guess their treatment decisions, leading to feelings of regret or uncertainty about whether they chose the right path. This ruminating or over-thinking can lead to restlessness and anger.

**Emotional impact;** Prostate cancer can affect a person's emotional wellbeing, leading to depression, anxiety and stress. The fear of the cancer coming back can be particularly distressing.

Dealing with a prostate cancer diagnosis often involves a multidisciplinary approach, including medical treatment, psychological support and lifestyle modifications. It's essential for individuals facing prostate cancer to seek support from urologists, mental health professionals, local support groups and their loved ones to help address each of these challenges and navigate their cancer journey effectively. Open communication, emotional support and being proactive can significantly improve the experience of dealing with prostate cancer.

Prostate Cancer UK is a leading charity dedicated to supporting people affected by prostate cancer. They offer a range of resources, including a FREEPHONE helpline **0800 0748383**. If you are struggling, the Samaritans are available 24/7 call free on **116 123** or Lifeline **998** in the USA. [ProstatePrognosis.org](https://www.prostateprognosis.org) provides details of assessments, prostate cancer treatment, news, events, forums, help and support leaflets and details of local support groups.

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