



Fears and worries when you have prostate cancer

The main worry for individuals who are diagnosed with prostate cancer can vary from person to person and is often influenced by factors such as the stage, the grade of the cancer, individual and personal circumstances. However, there are several common worries that many people share when faced with a prostate cancer diagnosis:



PROSTATE PROGNOSIS



Prostate Cancer UK
0800 0748383



prostateprognosis.org

Fear and survival; A primary concern for many is the fear of death or worry about how the cancer will affect their life expectancy. Prostate cancer can range from slow growing and manageable to more aggressive and life-threatening and the prognosis can be a significant source of concern.

Treatment decisions; Choosing the most appropriate treatment for prostate cancer can be complex. Patients often worry about making the right treatment decisions, considering factors such as the potential side effects, success rates and the impact on their quality of life.

Quality of life; Concerns about how prostate cancer and treatment will affect one's quality of life. Worries may include the impact on sexual function, urinary and bowel function and overall physical and emotional wellbeing.

Treatment side effects; Many individuals worry about the possible side effects of treatment,



particularly sexual dysfunction and incontinence, which are common with prostate cancer treatments.

Emotional wellbeing; The emotional toll of a cancer diagnosis can be significant. Patients often worry about managing anxiety, depression and the overall emotional impact of the diagnosis.

Impact on relationships; Prostate cancer can affect relationships, particularly intimate ones. Patients worry about the impact on their partner and quite naturally, the potential strain on their relationship.

Fear of recurrence; The fear that cancer may come back or progress despite treatment can be a persistent nagging concern in the back of your mind. This can hinder the ability to move forward with life.

Financial considerations; The cost of cancer treatment and the potential loss of income due to the disease can create financial stress and worry.

Family and loved ones: Concerns about how prostate cancer affects family and loved ones, particularly with any children can weigh heavily on a person's mind.

Healthcare access and support: Access to healthcare, treatment waiting times, such as those occurring within the NHS, private health insurance and access to support resources can be worrying.

Remember It is important to remember that these worries are completely normal and valid issues. Each person's experience with prostate cancer is unique and specific concerns may evolve over time. Seeking support from healthcare professionals, prostate cancer support groups and loved ones, as well as talking openly and honestly can help address and alleviate these worries.

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 provides details of assessments, prostate cancer treatment, news, events, forums, help and support leaflets and details of local support groups.

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