



How to prepare if you have terminal prostate cancer



PROSTATE PROGNOSIS



Prostate Cancer UK
0800 0748383



prostateprognosis.org

Being diagnosed with terminal prostate cancer is a difficult experience, both for the individual facing the diagnosis and their loved ones. There is clearly no 'one-size-fits-all' approach to preparing for a terminal diagnosis, but here are some steps and considerations that may help you during this challenging time:

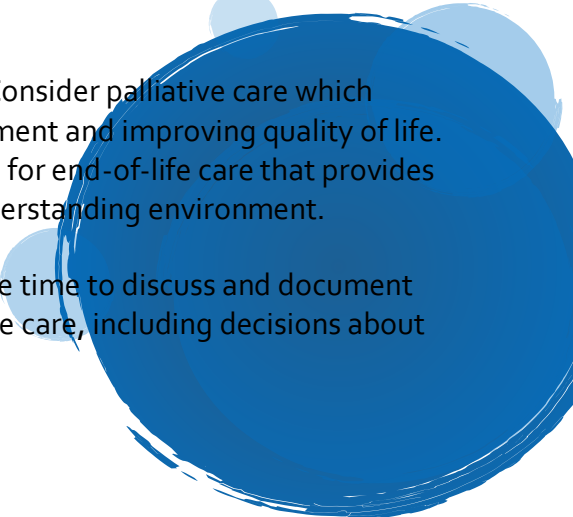
Talk openly; Engage in honest discussions with your healthcare team, including oncologists and end-of-life (palliative care) specialists. Ask questions about your diagnosis, possible treatments, procedures to follow such as DNR (Do Not Resuscitate) and ask what to expect in the future.

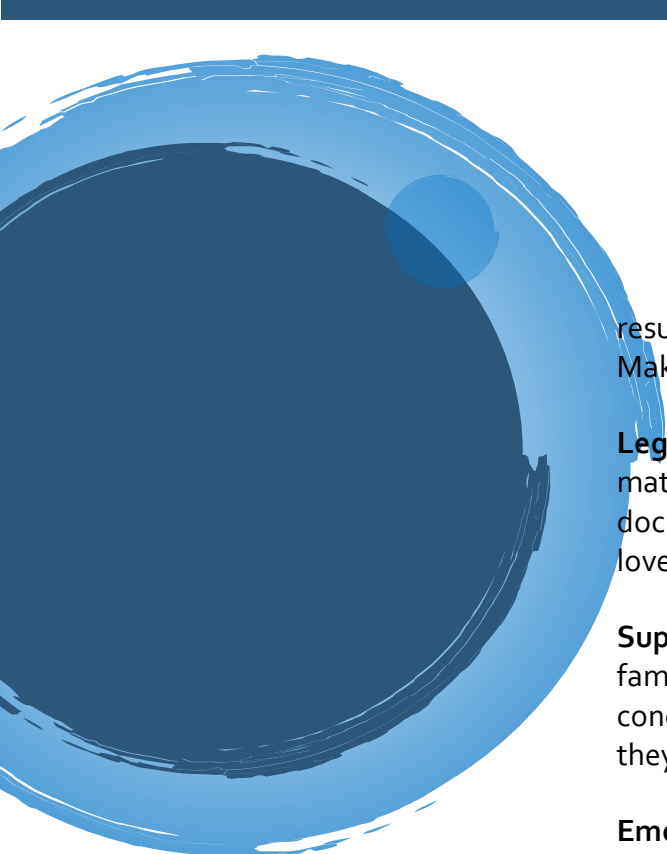
Understand the goals of care; specifically, whether they focus on extending life or enhancing the quality of life.

Explore treatment options; Discuss treatment options that may help manage symptoms or improve your quality of life. This may include pain management, targeted therapies, or clinical trials. Weigh the potential benefits and side effects of treatments carefully.

Palliative and hospice care; Consider palliative care which focuses on symptom management and improving quality of life. Hospice care is another option for end-of-life care that provides support and comfort in an understanding environment.

Advanced care planning; Take time to discuss and document your preferences for end-of-life care, including decisions about





resuscitation, life-sustaining treatments, and organ donation. Make your wishes known to carers and power of attorney.

Legal and financial affairs; Review your legal and financial matters. Ensure that your will and any estate planning documents are up to date. Discuss your financial situation with loved ones and consider setting up a financial power of attorney.

Support network; Surround yourself with a support network of family and friends. Communicate your needs, preferences and concerns with them. Reassure them and let them know how they can help during this time.

Emotional wellbeing; Take care of your emotional and psychological wellbeing. Consider talking to a counsellor or support groups that specialise in helping individuals with terminal illnesses and their families.

Quality of life; Focus on maintaining the best possible quality of life. Engage in activities that bring you joy and spend time with loved ones to make meaningful memories.

Be open to complementary therapies; Some individuals find comfort and symptom relief through complementary therapies such as massage, acupuncture or meditation.

Discuss funeral and end-of-life plans; If you are comfortable doing so, discuss your funeral and end-of-life arrangements with your loved ones or prearrange these details, so your loved ones don't have to manage these decisions during their grief.

Say your goodbyes; Take the time to say your goodbyes, express your love and appreciation to your loved ones and create a sense of closure.

Your healthcare team and support network are there to help guide you through this challenging time and being open to access their support can make the process more manageable. 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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