



Just been diagnosed with prostate cancer?

Being diagnosed with prostate cancer is without a doubt a challenging and emotional experience. While there's no “one-size-fits-all” approach to coping with the news, the following suggestions may help you think about and manage the situation in a more constructive way.



PROSTATE PROGNOSIS



Prostate Cancer UK
0800 0748383



prostateprognosis.org

First, take a deep breath; It's natural to feel overwhelmed and anxious upon receiving a cancer diagnosis. Begin by taking a deep breath and allowing yourself some time to absorb the information.

Educate yourself; Understand the stage and grade of your cancer, the available treatment options, and potential outcomes. Knowledge can empower you to make informed decisions. You can find information from reputable online resources, leaflets in hospital, charities such as Prostate Cancer UK, ProstatePrognosis.org, Macmillan and local prostate cancer support groups.

Visit healthcare professionals; Talk to your healthcare team, including your urologist or oncologist. Ask questions about your diagnosis, prognosis, and treatment options. Don't hesitate to seek a second opinion if you feel uncertain.

Create a support system; Talk openly with family and friends for emotional support. Consider joining a cancer



support group where you can connect with others who are going through similar experiences, this is invaluable.

Express how you truly feel; It's essential to talk about your feelings and fears. Share your thoughts and concerns with a trusted friend, family member or counsellor. Bottling up your emotions IS detrimental to your mental wellbeing.

Stay positive; Maintaining a positive outlook can be difficult but it can significantly impact your overall wellbeing. Surround yourself with positivity, practice mindfulness, try CBT and focus on the things that bring you joy. Don't be hard on yourself, it's natural to feel low.

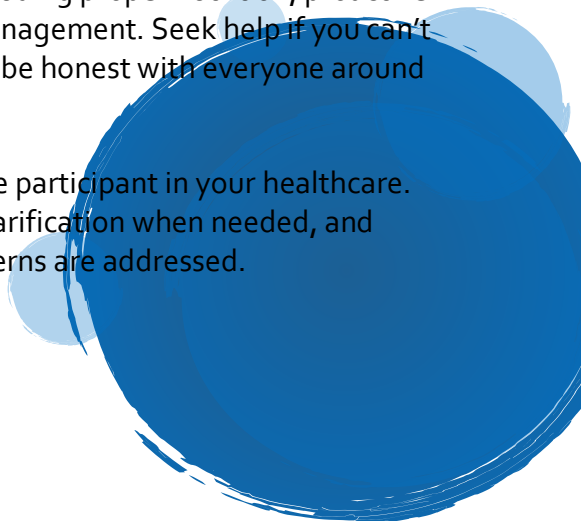
Focus on your goals and priorities; Reflect on what matters most to you. Define your goals and priorities for the future, whether they involve treatment decisions, lifestyle changes, or personal aspirations.


Consider your treatment options; Research and discuss the pros and cons of various treatment options with your healthcare team. Each person's situation is unique and your treatment should align with your individual needs and preferences.

Involve your support network; Be sure to involve your partner or family members in the process. Their support and understanding can be invaluable and help guide you in a direction that's right for you.

Don't neglect yourself; It may sound ridiculous but it's quite common to give up. You must look after your physical and emotional wellbeing. Focus on maintaining a healthy lifestyle, including proper nutrition, proactive exercise and stress management. Seek help if you can't motivate yourself and be honest with everyone around you.

Speak up! Be an active participant in your healthcare. Ask questions, seek clarification when needed, and ensure that your concerns are addressed.





Remember everyone copes with a prostate cancer diagnosis differently. It's OK to experience a range of emotions, from fear and sadness to hope and determination. Reach out for support and rely on your healthcare team for guidance as you navigate this life challenge.

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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