



# Physical and mental side effects of having advanced prostate cancer

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PROSTATE PROGNOSIS



Prostate Cancer UK  
0800 0748383



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

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Advanced prostate cancer, also known as metastatic prostate cancer, is a stage of the disease where cancer cells have spread beyond the prostate gland to other parts of the body. This stage of prostate cancer can bring both physical and mental challenges. Common traits of having advanced prostate cancer and their loved ones include;


## Mental Health Aspects:

**Anxiety:** The fear of cancer progression and the uncertainty of the future can lead to increased anxiety. Managing anxiety may require counselling or medication.

**Depression:** A prostate cancer diagnosis can lead to feelings of sadness, hopelessness and despair. Depression is understandably frequent in individuals with advanced cancer and may require mental health support. You should not hesitate to seek help.

**Stress:** Coping with the physical and emotional hurdles of having or having someone close to you affected by advanced prostate cancer can lead to high levels of stress, and can impact your overall wellbeing.

**Social and emotional isolation:** Advanced cancer can lead to feelings of isolation, especially if individuals have difficulty discussing their diagnosis and its impact on their life with



friends and family. It is not always easy for friends and loved ones to know what to say to someone with advanced prostate cancer, through fear of making you feel worse, so approaching the subject openly can reduce the impact.

**Loss of self-esteem:** Changes in physical appearance, body function, and self-image can negatively affect self-esteem and confidence.

**Financial concerns:** Managing the costs associated with advanced cancer treatment can be a significant source of stress and anxiety.

### **Physical Side Effects:**

**Persistent Pain:** Metastatic (advanced) prostate cancer can cause pain, particularly if it has spread to bones. This pain may require pain management and medication, UK pain clinics can be helpful.

**Fatigue:** Cancer related tiredness is a common side effect that can be debilitating, impacting daily activities.

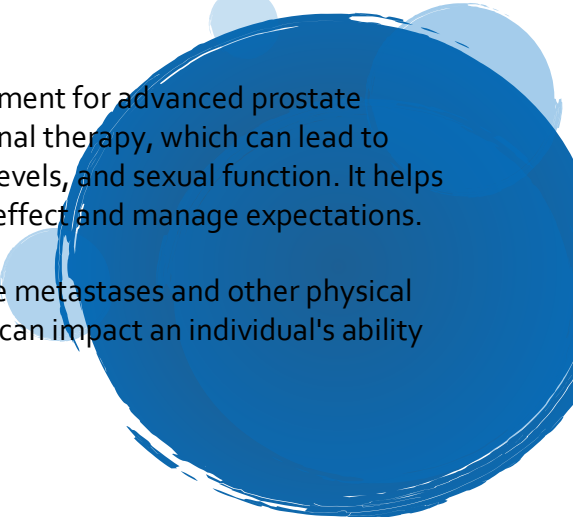
**Continence problems:** Advanced prostate cancer can lead to urinary difficulties, incontinence, and bowel issues.

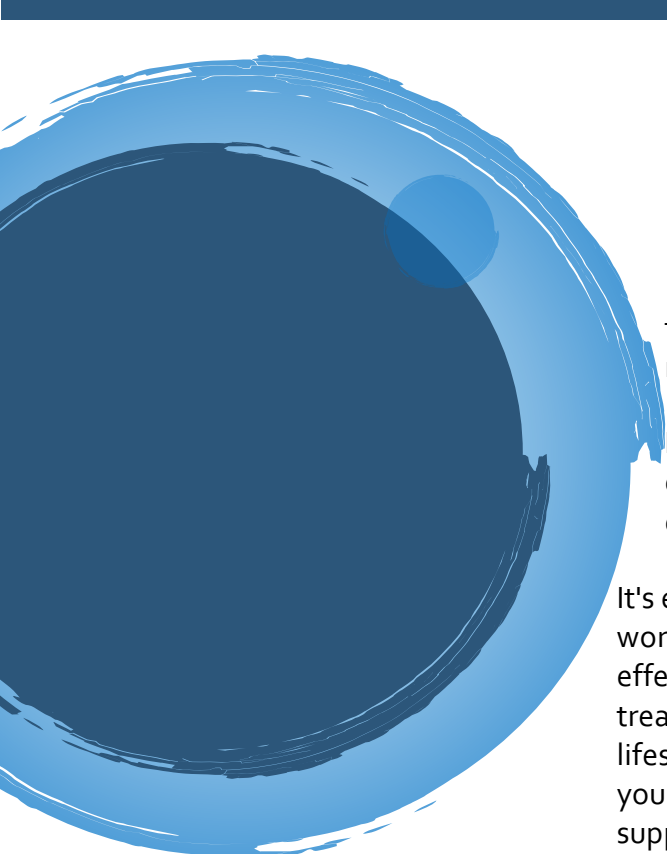
**Sexual dysfunction:** Metastatic prostate cancer and its treatments can significantly impact sexual function, including erectile dysfunction and reduced libido. Remember, its not just about medication its about the mental aspects as well.

**Weight loss:** Unintended weight loss is common in advanced cancer and can contribute to physical weakness and fatigue. This can leave clothes feeling baggy and reinforcing the problem.

**Hormonal changes:** Treatment for advanced prostate cancer may involve hormonal therapy, which can lead to changes in mood, energy levels, and sexual function. It helps to know this is a common effect and manage expectations.

**Changes in mobility:** Bone metastases and other physical symptoms such as nausea can impact an individual's ability





to move and engage in regular activities, exacerbating mental health issues.

**Digestive problems:** Cancer and its treatment can affect the digestive system, leading to issues such as constipation, diarrhoea and difficulty swallowing.

It's essential for individuals with advanced prostate cancer to work closely with their healthcare team to manage these side effects effectively. This may involve a combination of medical treatments, pain management, psychological support, and lifestyle adjustments. Remember you are NOT ALONE you and your loved one's quality of life can be improved with the right support and care, and it's crucial for patients and their carers to talk openly with their healthcare providers about their symptoms and concerns.

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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