



# What to say to someone with prostate cancer?

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Talking to someone with prostate cancer can be a sensitive and supportive process. Here are some tips on how to approach a conversation with someone who has been diagnosed with prostate cancer:



PROSTATE PROGNOSIS



Prostate Cancer UK  
0800 0748383



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

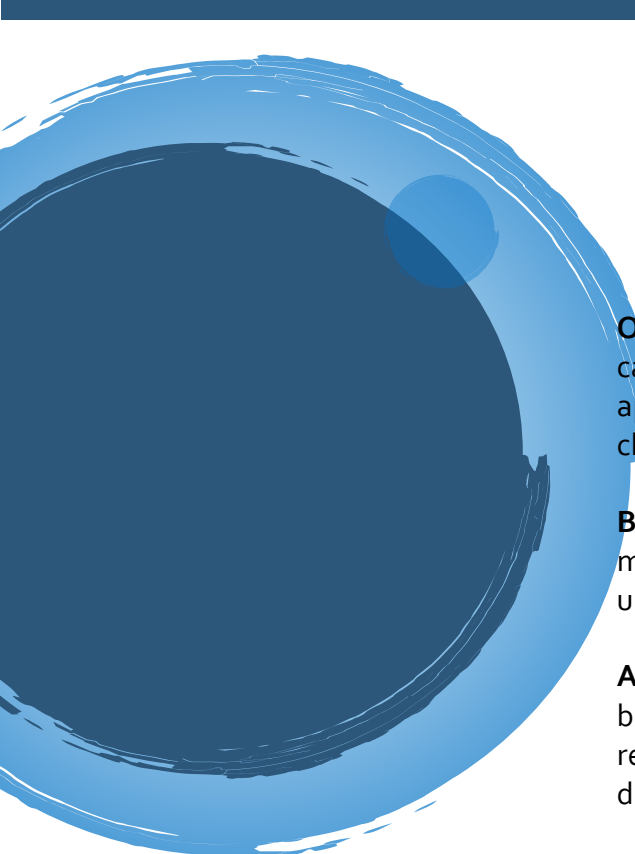
**Choose the right time and place;** Find a quiet, comfortable space where you can talk without distractions. Make sure the person is in a relaxed and in a receptive state of mind.

**Be empathetic;** Try to understand the emotions the person may be experiencing, such as fear, anxiety or uncertainty. Try to imagine what your thoughts and worries would be before you plan to start the conversation. Be a good listener and offer emotional support.

**Ask open ended questions;** Encourage the person to express their feelings and concerns by asking open ended questions. This allows them to talk at their own pace and share what's on their mind.

**Respect their privacy;** Some individuals may be hesitant to discuss their cancer diagnosis, don't push them if they're not ready, but let them know you're receptive to talking about anything.

**Provide information;** Offer to help the person research and gather information about prostate cancer, potential treatments and support resources available to them. This can empower them to make informed decisions.



**Offer practical assistance;** Ask if there's anything specific you can do to support them, such as accompanying them to medical appointments, preparing meals or assisting with household chores.

**Be patient;** The person with prostate cancer commonly has mood swings or emotional ups and downs. Be patient and understanding and don't take any negative reactions personally.

**Avoid offering unsolicited advice;** While your intentions may be good, be cautious about offering unsolicited advice or recommending unproven treatments. Instead, guide them to discuss treatment options with their healthcare team.

**Respect their choices;** Ultimately, the person with prostate cancer will make decisions about their own treatment and care. Support their choices even if they differ from what you might have chosen for yourself.

**Be a source of positivity;** Offer words of encouragement and hope, this will make them more receptive to you on their journey. A positive outlook can make an immense difference in how the person copes with their diagnosis and treatment.

**Keep in touch;** Prostate cancer treatment can be a lengthy process. Continue to stay in touch, phone, text message, use social media and visit to show support. They might not respond at times, but they will take notice, showing that they are not facing this challenge alone.

**Encourage them to seek professional help;** If the person is struggling with their emotions or finding it hard to cope with their diagnosis, suggest that they talk to a mental health professional or counsellor.

Remember that your role is to provide emotional support, information and understanding. Be there for them and let them know that you care and are available to help in any way you can. 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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