



Worries for partners of someone with prostate cancer



PROSTATE PROGNOSIS



Prostate Cancer UK
0800 0748383



prostateprognosis.org

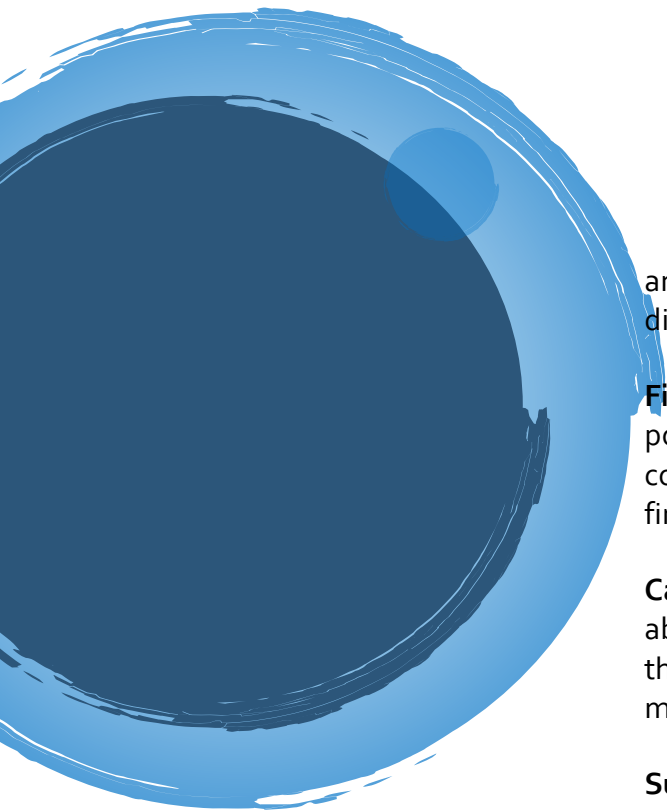
Partners of individuals with prostate cancer often have numerous worries and concerns, but one of the most significant worries is usually the physical and mental wellbeing of their loved one and coping with the unexpected change of priorities in your life. Specific concerns obviously vary from person to person, but here are some common worries that partners may experience:

Health and survival; Partners often worry about the health and survival of the person with prostate cancer. They may fear the progression of the disease, the potential for complications or the risk of recurrence.

Treatment outcomes; Partners may be concerned about the effectiveness of the chosen treatment and its potential side effects. They may worry about how treatment will impact their loved one's quality of life.

Emotional wellbeing; The emotional impact of a prostate cancer diagnosis can at times be naturally overwhelming. Partners may worry about their loved one's mental and emotional wellbeing, including the risk of prolonged depression, anxiety and emotional distress.

Impact on the relationship; Prostate cancer can affect the dynamics of a relationship, particularly in terms of intimacy



and communication. Partners may worry about how the disease will change their connection and emotional support.

Financial burden; The cost of private cancer treatment and potential loss of income due to the illness can be a significant concern. Partners may worry about how to manage the financial aspects of cancer care.

Caregiving responsibilities; Partners may have concerns about the physical and emotional demands of looking after their loved one. This can include worries about their own mental and physical wellbeing and ability to provide care.

Support and resources; Partners may worry about finding the right support network and resources to help them and their loved one cope with prostate cancer effectively.

Life changes; Partners may worry about how their own life may need to change because of the cancer diagnosis, including possible alterations to daily routines, work and a how they thought their life would play out.

Children and family; If there are children in the family, partners may worry about how to support and communicate with them about the situation and how the prostate cancer diagnosis may affect the family dynamics.

Self-care; Partners frequently neglect their own needs and wellbeing while caring for their loved one. They may worry about their ability to take care of themselves and maintain their own physical and emotional health.

Open and honest communication with their loved one and proactively asking for help and advice from healthcare professionals, support groups and counsellors can address concerns and help navigate the challenges that come with prostate cancer. Remember that while prostate cancer can be a difficult journey, it can also bring partners closer and lead to increased support within the relationship.

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](https://www.prostateprognosis.org) provides details of assessments, prostate cancer treatment, news, events, forums, help and support leaflets and details of local support groups.

✉ [Click here to email this leaflet to a friend](#)