



ask the DOCTOR

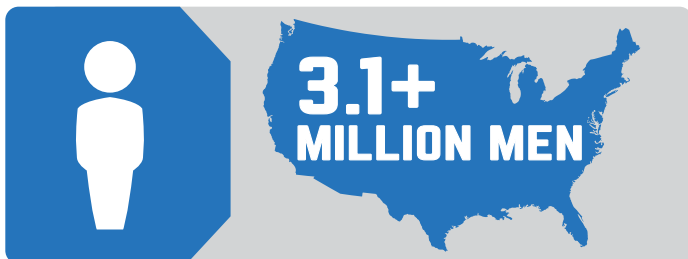
ZERO[®]
PROSTATE CANCER



Living with Prostate Cancer

What does it mean to “live” with prostate cancer? Well, for most men it means continuous and routine screening, learning ways to manage side effects of treatments, and discovering new ways to adapt to life after diagnosis. After a prostate cancer diagnosis, priorities regarding relationships, careers, or lifestyle may change.

There are more than three million prostate cancer survivors in the United States and each of them are on an individual journey to navigate their life with this disease.



LIVING WITH PROSTATE CANCER

What is Survivorship?

Survivorship focuses on the health and well-being of a person with cancer from the time of diagnosis until the end of life. This includes the physical, mental, emotional, social, and financial effects of cancer.

All patients who have completed primary cancer treatment should receive a comprehensive care summary and follow-up plan. The plan will inform you and your treatment team of the long-term effects of prostate cancer and its treatment, identify support resources in the community, and provide guidance on follow-up care, early detection, and health maintenance.

Survivorship Care Plan

- Should be provided to every cancer survivor after primary treatment
- Serves as a comprehensive care summary
- Provides a record of treatments and follow-up plan
- Acts as a roadmap to life after prostate cancer treatment

Below are tips that may help you maximize your quality of life after a prostate cancer diagnosis:

- Join a prostate cancer support group
- Connect with a prostate cancer advocacy organization
- Stay current on prostate cancer diagnosis and treatment advances
- Speak with a sexual health specialist
- Make time for what you really want
- Find ways to relax



- Exercise regularly
- Maintain a healthy weight
- Eat a healthy diet

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