

The ROYAL MARSDEN

NHS Foundation Trust

Empower Prostate

Your guide to follow-up after treatment for
prostate cancer

Urology Unit

Patient Information



NHS

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What is the Empower Prostate service?

Empower Prostate is a patient led follow up pathway at The Royal Marsden Hospital. It puts you in control of your recovery. The monitoring of your cancer stays the same, but there is a greater focus on **your** recovery, **your** wider health and **your** wellbeing. Your clinic visits will look slightly different, and you won't need to see us unless you need to.

Your Empower team includes an Advanced Nurse Practitioner (ANP), a Clinical Nurse Specialist (CNS), a GP with a special interest in prostate cancer, and a Pathway Coordinator. The team works closely with your hospital Consultant and GP.

With extra help available when you need it, our goal is to help you to feel confident in managing your own symptoms and get back to feeling like yourself as smoothly as possible.

How is Empower Prostate different?

- Correspondence and results will be sent directly to you via MyMarsden, so you get access to your results more quickly.
- You can message your team directly using MyMarsden for support if you notice any problems.
- Telephone or face to face appointments are only needed if you, or we, think that it is needed (for example, if you are having problems).
- We will ask you to complete regular, short questionnaires to help you to think about your symptoms and wellbeing to help you to flag your needs to the team.
- You will have access to self-management resources on the The Royal Marsden Patient Information Library – links to videos and further support can be found at the end of this booklet.

Getting started

Once you are enrolled onto the Empower Prostate pathway your first appointment will be for a blood test and phone appointment.

This will take place at the time of your next planned review. This normally happens three to six months after your last appointment with your treatment team.

A typical monitoring schedule based on the type of treatment you have had, can be seen in section *What does follow up involve?* on page 2.

Before your first phone appointment, you will receive three questionnaires to complete. These allow you to explore and highlight any concerns you may have around side effects of treatment.

Unless you highlight any specific mental or physical concerns, subsequent appointments will only require a blood test to monitor your cancer, and a quick 'check-in' questionnaire to help you to think about your needs. Results will be sent to you via MyMarsden, with a comment from us about the result.

What do we ask of you?

- Please complete tests when they are due.
- Read messages regularly on MyMarsden.
- Tell us about any new or worsening symptoms – either via direct messaging or through the questionnaire.

What does follow up involve?

Routine blood tests

We will ask you to have blood tests regularly, as part of the monitoring of your prostate cancer.

The most common tests are:

- **Prostate Specific Antigen (PSA)**, this is the key marker for monitoring your prostate cancer after treatment.
- **Testosterone**, we will do this if you are on/or have recently finished hormone treatment.

For more information on the role of PSA and testosterone after treatment, follow this link

<https://prostatecanceruk.org/prostate-information-and-support/treatments/follow-up-after-treatment>

- We will organise any other tests if you need them, which could include urine tests for infection, any scans you might need, or more tests depending on your symptoms.

Typical monitoring schedules (your plan may vary)

- After **surgery**: a blood test every three to six months for around two years.
- After **radiotherapy without** hormone treatment: a blood test every six months for around two years.
- After **radiotherapy with a short course** (six months or less) of hormone treatment: a blood test every six months for around two years.
- After **radiotherapy with longer courses** (12–36 months) of hormone treatment: a blood test every six months for up to five years.

Managing common symptoms and side effects after treatment

Lower Urinary Tract Symptoms (LUTS) after surgery

- Leaking, or poor control of your bladder early on is common after surgery. Once the catheter is removed, usually seven to ten days after the operation, many people struggle to control their bladder for a time. This is because surgery can cause damage to the muscles, nerves and other structures that help with bladder control.
- Most people find that this improves over three to six months, and a small number of people will need additional support.
- Some people also experience sudden strong urges to go to the toilet (**urgency**) and/or needing to pass urine more often (**frequency**).

What helps?

- Let us know if you notice these symptoms come on suddenly. If you have any discomfort when passing urine, or are going more often than usual, it is best to check for a urine infection. This test can be done at The Royal Marsden or at your GP.
- You should do pelvic floor muscle exercises up to three times a day. This can help with your bladder control. Try to set reminders or an alarm to remember to do them regularly.
- There is an app available to download, which can help you with exercises. The app is called *Squeezy* and has a small fee.
<https://squeezyapp.com/>
- You can see our Specialist Physiotherapist if you are struggling with pelvic floor muscle exercises, please let us know if you want a referral.
- Stay hydrated! Drink around two litres of fluid per day. Reduce fluids that can irritate your bladder, such as caffeine, fizzy drinks, and alcohol.

- If you need to get up at night to urinate, try to avoid drinking close to bedtime.
- You can try bladder training for symptoms of urgency (the sudden, strong urge to urinate): Delay the urge to urinate in small increments, using distraction techniques like changing your position, breathing exercises or a short activity.
- You can use a bladder diary to help identify patterns and triggers for your symptoms.
- Avoid constipation, maintain a healthy weight, and stop smoking. These can all put pressure on your bladder and make your symptoms worse.
- If you leak and are worried about your symptoms when you go out, plan ahead to give you confidence. Pack a bag with extra pads, check where toilets are and get an urgent toilet card.

Tell us urgently if: You have **blood in your urine**, particularly bright red urine with or without blood clots, **burning, stinging, worsening urine flow, changes to the pattern of the flow**, if you are **not able to pass urine** or are **passing very little urine**.

LUTS after radiotherapy

- Radiotherapy can irritate the bladder and urethra (water pipe). It can also make your prostate swell temporarily, impacting the stream of urine.
- Some people experience symptoms such as strong and sudden urges to pass urine (**urgency**), needing to pass urine more often (**frequency**), getting up at night to pass urine (**nocturia**), difficulty emptying your bladder, leaking and in some cases blood in your urine.
- Most symptoms improve within six to 12 months after treatment.

What helps?

- Let us know if you notice these symptoms come on suddenly. If you have any discomfort when passing urine, or are going more often than usual, it is best to check for a urine infection. This test can be done at The Royal Marsden or at your GP.
- You should do pelvic floor muscle exercises up to three times a day. This can help with your bladder control. Try to set reminders or an alarm to remember to do them regularly.
- There is an app available to download, which can help you with exercises. The app is called *Squeezy* and has a small fee.
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- If you need to get up at night to urinate, try to avoid drinking close to bedtime.
- You can try bladder training for symptoms of urgency (the sudden, strong urge to urinate): Delay the urge to urinate in small increments, using distraction techniques like changing your position, breathing exercises or a short activity.
- You can use a bladder diary to help identify patterns and triggers for your symptoms.
- Avoid constipation, maintain a healthy weight, and stop smoking. These can all put pressure on your bladder and make your symptoms worse.
- Make sure you empty your bladder well: take your time and try changing position from standing to sitting to finish emptying.

- If you leak, or are worried about symptoms when you go out, plan ahead, check where toilets are and get an urgent toilet card. If you are worried about leaking, a small pad can help you to feel more secure.
- Some people need medication alongside lifestyle changes to help with their urinary symptoms.

Tell us urgently if: You have **blood in your urine**, particularly bright red urine with or without blood clots, **burning or stinging, worsening urine flow or changes to the pattern of the flow** or if you are **not able to pass urine** or are **passing very little urine**.

Bowel changes after radiotherapy

- Radiotherapy to your prostate can cause changes to your bowel habits, which usually resolve two to three months after treatment.
- Some people will develop changes to their bowel symptoms months or even years after treatment, it is important you let us know of any changes.
- In the first few months after treatment, you might notice some discomfort in your back passage, needing to open your bowels more often or more urgently, more wind and/or a jelly like mucous from the back passage.
- Sometimes people get diarrhoea that is related to the radiotherapy treatment, this is more common if you have had radiotherapy treatment to your lymph nodes as well as your prostate.

What helps?

- Stay hydrated! Drink around two litres of good fluid per day, reducing the intake of caffeine, fizzy drinks and alcohol as these could worsen your symptoms.
- Generally, a balanced diet with good sources of fibre is beneficial for your gut health. For more information on what foods are high in fibre, follow this link.
www.nhs.uk/live-well/eat-well/digestive-health/how-to-get-more-fibre-into-your-diet/
- Keep a symptom diary to see if you can identify any triggers for your symptoms. Ask us for help if you are concerned.
- If you need help with managing a healthy and well balanced diet, ask for help, and we can signpost you to helpful resources.
- Pelvic floor exercises can help with control and urgency, you can find more information about these in the resources below.
- Avoid straining, adopt a good toilet position with your knees above your hips and relax. This can help you to empty your bowel without having to strain.
- If you are the receptive partner during anal sex, have a look at our erectile dysfunction video for more support. Prostate Cancer UK also has a booklet directed at gay and bisexual men. This will include advice for you, if you are the receptive partner of anal sex in **any** relationship.

Tell us if: You experience unexplained **diarrhoea more than four times per day**, if you have **new bleeding**, a **persistent change** in your bowel habits, **weight loss**, or **pain**.

Fatigue

Fatigue is a feeling of extreme tiredness that does not resolve itself with sleep or rest. Prostate Cancer UK estimates almost three in four people with prostate cancer will, at some point, suffer with fatigue.

What helps?

- Plan, prioritise and pace your day. Balance rest alongside regular, gentle activity.
- Stay active, build up walking and household activity, use short, frequent bouts of activity.
- Manage your sleep routine with consistent sleeping and waking times.
- Sleeping in a cool, dark, quiet room can help.
- Limit caffeine, especially in the afternoon and evening.
- Avoid large meals and alcohol late in the evening.
- Limit screen time in the hour before bed.
- Track your energy levels in a diary to look for patterns, and plan important tasks for your best times.

Tell us if: your fatigue **suddenly becomes worse**. If fatigue arises with unexplained and severe symptoms (such as breathlessness, dizziness or chest pain) then **call the 111 service** or **attend your local A&E department**.

Diet and nutrition

- Having a balanced diet and maintaining a healthy weight comes with a wealth of benefits for your general health and for your cancer recovery.
- General guidance on diet can be found here www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/

You can also find more information in the wider support section at the end of this booklet.

Being overweight can increase your risk of other health problems. Examples of this include diabetes and heart disease. It can put additional pressure on your bladder, making your urinary symptoms worse. It can also impact your bone health and ability to exercise. We can offer some general weight loss advice. You can also speak to your GP if you need more support with this.

- If you are on hormone treatment, or have been on hormone treatment, it is important that you keep fit and healthy to combat some of the effects the treatment can have on your heart and bones.
- If you are on hormone treatment, calcium rich foods can help protect your bones. If you are concerned you are not getting enough nutrients from your food, ask about vitamin D or calcium supplements; avoid adding supplements without asking your team for advice. You can find more information here
<https://www.nhs.uk/conditions/vitamins-and-minerals/>
- Build meals around plants, aim for half your plate to be fruit and vegetables, add in wholegrains and lean proteins such as fish, chicken, eggs, tofu or soya.
- Choose healthy fats: olive, or unrefined rapeseed oils, nuts, and seeds.
- If you can, you should try to reduce your intake of processed foods, especially ultra processed foods. You can find more information about processed foods and cancer here
www.wcrf.org/preventing-cancer/topics/upfs-and-cancer/
- We understand that changing your diet can be daunting and can sometimes feel expensive if you're on a budget. You can speak to the Maggie's centre for more support
www.maggies.org/cancer-support/managing-practically/

- To help with bowel regularity, try incorporating more fibre into your diet, and drinking enough fluids.
- Keep alcohol intake within UK guidance of a maximum of 14 units per week, you can find more information and support here www.nhs.uk/live-well/alcohol-advice/ or contact your GP.
- If you are losing weight unintentionally, you should let us know. If you need help with managing your weight or are struggling to eat well, then please ask us for support. We might need to refer you to a dietician.

Physical activity

- Physical activity has many benefits: It has been proven to help improve your mood, health and wellbeing. It also reduces your risk of other health problems like cardiovascular disease.
- Exercise does not have to mean sport – it can be as simple as walking or gardening, as long as it gets you breathing quicker and your heart rate up.
- The UK Chief Medical Officer guidelines on physical activity state that all adults should aim for at least 150 minutes of moderate cardio exercise per week – that's 30 minutes a day, five times a week.
- Good examples include brisk walking, cycling, or swimming.
- Try to incorporate two sessions of resistance training per week to improve muscle strength.
- Exercise that involves balance, like yoga or Pilates, can also help to keep you moving well into later life.
- Try to reduce the time you spend sitting or being sedentary.
- For the full guidance follow this link www.nhs.uk/live-well/exercise/physical-activity-guidelines-for-adults-aged-19-to-64/

- And for older adults you can view guidance here www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/
- It's important to start somewhere. Build up your activity and keep going until you're meeting the guidelines, or beyond! If you're already active, keep it up, and if you need extra help, please reach out to us for support. We have a great physiotherapy and exercise service at The Royal Marsden, with lots of resources on our website.

Bone health (especially on hormone treatment)

- When you are on hormone treatment, you are at higher risk of developing problems with bone thinning, which can lead to fractures.
- There are things you can do yourself to help to protect your bones.

What helps?

- Do weight bearing and resistance exercise to help to strengthen your bones, this includes things like walking, climbing stairs and dancing.
- Resistance exercise helps to strengthen the muscles surrounding your bones, you could use light elastic resistance bands, lift weights, do gardening or anything that involves using some resistance.
- You should try to include balance exercises such as yoga, tai chi, or Pilates, practicing balance exercises could reduce your risk of falling over.
- There is support on The Royal Marsden Patient Information Library, including exercise programmes you could try or contact the team via MyMarsden for guidance.
- Calcium helps keep your bones strong and you can get calcium from your diet. Sources include dairy products, leafy greens, beans, nuts, and fish where you would eat the bones (like sardines or mackerel).

- Vitamin D works together with calcium to strengthen your bones. You can get this from being out in the sunlight, and from your diet through oily fish, eggs, and fortified foods such as cereals which sometimes carry a label.
- You can think about supplements for calcium and vitamin D, but speak to us or your GP first before starting anything new.
- Try to limit your alcohol consumption, stop smoking, and try to lose weight if you are overweight, this can help reduce your risk of bone problems.

Heart health when you are on, or have had hormone treatment

- When you are on hormone treatment, you are at higher risk of heart problems such as heart attacks or stroke, it is important that you do as much as you can to reduce your risk.
- If you are having hormone treatment we will review your risk of heart disease regularly. We might do additional blood tests for your cholesterol levels and your blood sugar and check your weight and your blood pressure. We will speak to you and your GP if there are any recommendations for changes to your medication that could help to reduce your risk.
- You can increase your physical activity to help to reduce your risk, start slowly and follow the advice in the Physical Activity section above.
- Try to eat a healthy, balanced diet.
- Stop smoking, it is the biggest single step to reduce heart and stroke risk.
- You can access support through the *Support with Living with and Beyond Cancer* pages of the The Royal Marsden website www.royalmarsden.nhs.uk/your-care/support-living-with-and-beyond-cancer

Emergency: Call 999 for chest pain, severe breathlessness or stroke symptoms.

Smoking, why quitting helps with recovery

- Quitting smoking has benefits for everyone, especially after cancer treatment.
- Quitting smoking can improve your: urinary symptoms, erectile function, energy levels, exercise tolerance, bone and heart health and can reduce your risk of second cancers or recurrence.
- Vaping can be a useful tool to stop smoking, but is not completely harmless, you can read more here www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/vaping-to-quit-smoking/
- You are much more likely to succeed with support, ask us, your GP or pharmacist for help. They can help you with nicotine replacement to help you quit.
- There are many support services available online and in person. You can find more information in the wider support section below, and in our video on smoking cessation.

Sex and intimacy after treatment for prostate cancer

After **surgery**:

- Your erectile function will be impacted, you might find that sensations change but pleasure and intimacy is still possible.
- Many people use medications and a Vacuum Erectile Device (VED) after treatment to both start the process of recovering their erections, and to support with erections for sex if that is important to you. This also helps to keep the penile tissue healthy. The use of medication and a VED will be outlined in your recovery plan.

After **radiotherapy**:

- With or without hormones, your erectile function will be impacted. If you are on hormone treatment, your libido (sex drive) may also dip. This can take months to recover.

- If erections are important to you, it is recommended that you start using medication and a Vacuum Erectile Device (VED) early to support the recovery of your erectile function.
- The use of a VED can help to keep your penile tissue healthy after radiotherapy or during hormone treatment. It can also prevent shrinkage of the penis.
- If you enjoy receptive anal sex, the rectal lining may be delicate, make sure you use plenty of lubricant.

General support:

- There are other ways to enjoy intimacy, there is lots of support and advice available through the Prostate Cancer UK and Movember websites linked in the wider support section below.
- If you are having complex problems around sex and relationships that you are struggling to manage, we may be able to refer you for specialist support and counselling.
- Sometimes the treatments we offer at The Royal Marsden may not be enough to help you achieve an erection. If needed we can refer you to specialists in andrology (a team specialising in sexual health).

Mental Health and Wellbeing

- Everyone deals with their diagnosis and treatment differently, there is no right or wrong way. Some days will feel more positive than others. Your thoughts and feelings will change over time.
- Thinking about cancer often can be overwhelming, especially if this comes with thoughts and fears of the future and whether your cancer might come back.
- It is important to understand that everyone reacts differently, your family, friends and loved ones may also react differently to you.

- It is important to communicate with those around you and seek help and support when you need it.
- The Macmillan website has some more information here www.macmillan.org.uk/cancer-information-and-support/treatment/coping-with-treatment/cancer-and-your-emotions
- It is a scientific fact that regular physical activity and exercise can make us feel healthier and happier. www.nhs.uk/every-mind-matters/mental-wellbeing-tips/be-active-for-your-mental-health/
- Think about what you eat and drink – try to stick to a healthy diet and limit your alcohol intake, enjoy things in moderation.
- Try to take some time out for yourself, go for a walk, read, do a hobby, look at some breathing exercises and relaxation techniques – look after yourself in a way that feels good to you.
- The Maggie's centre runs workshops and group support, and there are other support groups available locally and online.
- Have a look at our video on mental wellbeing and the list of online resources linked below, Prostate Cancer UK has information on your emotional wellbeing and also offers support for family and friends.

When to seek help

- Please reach out if you are finding it difficult to get back to your life because of uncertainty about prostate cancer, if you worry often that the prostate cancer is going to come back or are feeling hopeless.
- If you are having problems falling asleep, staying asleep, or are sleeping too much.
- If you have little or no appetite, if you have little or no desire to spend time with other people, if you have little or no interest in carrying on with your normal routine or activities, or if you are having problems concentrating.

Please seek help urgently if you have thoughts of hurting yourself or others.

- NHS 111 – select the mental health option for 24/7 support.
- Samaritans 24/7 helpline – Dial 116 123
- Local support for South West London
<https://swlstg.nhs.uk/urgent-help/>
- We can support with extra information and signpost to services in your local area.
- The Macmillan website has a wealth of resources and support to help you to manage your wellbeing under the *Get help* section of their website
www.macmillan.org.uk/

Symptoms to report and when to seek help

If you experience any of the following symptoms, please let us know:

- Blood in your urine.
- Changes in the flow of urine, or changes to the stream such as forking or spraying.
- Being unable to pass urine or passing very little urine.
- Burning or stinging when you pass urine.
- Blood in your stool (poo), or a change in your bowel habits.
- Diarrhoea more than four times per day.
- Unintentional weight loss or loss of appetite, severe fatigue that stops you from doing your normal activities.
- New or persistent bone or joint pain that does not settle with analgesia.

Call 999 immediately for chest pain, severe breathlessness, or signs of stroke (face drooping, arm weakness, speech difficulty).

Your personalised plan, use this section to write down your plan if you want to

Treatment type

Treatment dates

Hormone treatment duration (if applicable)

Expected follow up schedule (tick)

- ☐ Every 3 months for 1 year, every 6 months until 2 years
- ☐ Every 6 months until 2 years
- ☐ Every 6 months until 5 years

Blood test results

Date						
PSA						
Testosterone						

How to contact us and get support

Non urgent queries

- You can send us a message via MyMarsden
<https://patientinfolibrary.royalmarsden.nhs.uk/mymarsden-patient-app-and-website>

- If you are having difficulties using MyMarsden, you can contact us via

Email rmh-tr.empower@nhs.net

Telephone 07435 629 533

- For help with MyMarsden
www.royalmarsden.nhs.uk/mymarsden/mymarsden-faq
- Please contact us if you require an activation code for MyMarsden.
- We recognise that using digital resources to access your healthcare can be challenging and sometimes daunting, especially if you're not used to using the internet or a 'smart' device. We are here to support you, please let us know if you need additional help.
- You can access some great, free learning materials online to help you to gain skills in using digital and online services through the Good Things Foundation, a national charity which supports inclusion in digital services. You can access their resources, including support with digital health services here
www.learnmyway.com/

Urgent queries

The following services are available 24 hours a day, 7 days a week:

- If you have an urgent clinical issue **related to your cancer treatment**, please call The Royal Marsden Hotline, on 020 8915 6899.

- If you have **severe or urgent symptoms: please call 999** for chest pain, severe breathlessness, or signs of stroke.
- For **urgent mental health help** in England, you can dial NHS 111 and choose the mental health option 24/7. Alternatively go to
<https://swlstg.nhs.uk/urgent-help/>

Wider support

Links to further information on wider prostate cancer support can be found at the end of this booklet.

Video library

Empower Prostate Pathway library page

<https://patientinfolibrary.royalmarsden.nhs.uk/empower-prostate-pathway>

Individual videos

Important signs and symptoms

<https://patientinfolibrary.royalmarsden.nhs.uk/important-signs-and-symptoms-you-need-tell-us-about>

Investigations

<https://patientinfolibrary.royalmarsden.nhs.uk/what-investigations-might-i-have-empower-prostate-pathway>

Urinary surgery and radiotherapy

<https://patientinfolibrary.royalmarsden.nhs.uk/managing-urinary-symptoms-after-surgery-prostate-cancer-part-one>

<https://patientinfolibrary.royalmarsden.nhs.uk/managing-urinary-symptoms-after-surgery-prostate-cancer-part-two>

<https://patientinfolibrary.royalmarsden.nhs.uk/managing-urinary-symptoms-after-radiotherapy-prostate-cancer-part-one>

<https://patientinfolibrary.royalmarsden.nhs.uk/managing-urinary-symptoms-after-radiotherapy-prostate-cancer-part-two>

Sexual function

<https://patientinfolibrary.royalmarsden.nhs.uk/sex-and-intimacy-after-surgery-prostate-cancer>

<https://patientinfolibrary.royalmarsden.nhs.uk/sex-and-intimacy-after-radiotherapy-prostate-cancer>

Bowel

<https://patientinfolibrary.royalmarsden.nhs.uk/managing-bowel-symptoms-after-treatment-prostate-cancer>

Mental wellbeing

<https://patientinfolibrary.royalmarsden.nhs.uk/keys-better-mental-wellbeing-after-treatment-prostate-cancer>

Physical activity

<https://patientinfolibrary.royalmarsden.nhs.uk/move-more-feel-better-live-stronger-after-treatment-prostate-cancer>

Diet

<https://patientinfolibrary.royalmarsden.nhs.uk/diet-and-prostate-cancer>

Fatigue

<https://patientinfolibrary.royalmarsden.nhs.uk/managing-fatigue-after-prostate-cancer-treatment>

Bones

<https://patientinfolibrary.royalmarsden.nhs.uk/looking-after-your-bones-while-hormone-treatment-prostate-cancer>

Heart

<https://patientinfolibrary.royalmarsden.nhs.uk/protecting-your-heart-while-hormone-treatment-prostate-cancer>

Pelvic floor muscle exercises

<https://patientinfolibrary.royalmarsden.nhs.uk/hormone-therapy-prostate-cancer-pelvic-floor-exercises>

Smoking

<https://patientinfolibrary.royalmarsden.nhs.uk/empower-prostate-pathway-smoking-cessation>

Wider support

Bladder and Bowel Community – support with bladder and bowel problems, and support with accessing toilet cards and RADAR keys.

www.bladderandbowel.org/

Disability Rights UK – for RADAR keys available to purchase for a fee.

<https://shop.disabilityrightsuk.org/products/radar-key>

LGBT Walnut – Support group for LGTBQ+ persons affected by prostate cancer.

www.lgbt-walnut.org.uk/

Look good feel better – online and in person support in confidence building for physical changes.

<https://lookgoodfeelbetter.co.uk/support/men/>

Macmillan Cancer Support – information on a wide range of cancer related topics and practical advice and support from money worries to treatment side effects.

www.macmillan.org.uk/

Maggie's at The Royal Marsden Sutton – drop in emotional and practical support.

www.maggies.org/our-centres/maggies-royal-marsden/

NHS quit smoking – advice on quitting smoking and links to local support.

www.nhs.uk/live-well/quit-smoking/

Penny Brohn UK – free online sessions relaxation, movement, nutrition.

<https://pennybrohn.org.uk/>

Prostate Cancer UK Specialist Nurses – confidential advice on side effects and wellbeing.

www.prostatecanceruk.org

Squeezy App – extra help with pelvic floor muscle exercises, £2.99 at time of writing.

<https://squeezyapp.com/>

The Info Pool – large library of patient videos and other resources in regards to managing side effects of treatment.

www.theinfopool.co.uk/

The Royal Marsden Patient Information Library – information on living with and beyond cancer, including support with diet and physical activity

www.royalmarsden.nhs.uk/your-care/support-living-with-and-beyond-cancer

Toilet map – an online map highlighting public toilets in the UK.

www.toiletmap.org.uk/

TrueNorth through Movember – information about prostate cancer, treatment and side effects, with a good section on sex and intimacy.

<https://truenorth.movember.com/>

World Cancer Research Fund – information on diet, weight and physical activity.

www.wcrf.org/

Notes and questions

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References

This booklet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this booklet are available on request from:

The Royal Marsden Help Centre

Telephone: Chelsea 020 7811 8438 / 020 7808 2083

Sutton 020 8661 3759 / 3951

Email: patientcentre@rmh.nhs.uk

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Should you require information in an alternative format, please contact The Royal Marsden Help Centre.

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