

Patient Resource Sheet

Prostate Cancer

When a doctor first tells you that you have prostate cancer, it is understandable that you may be shocked and concerned. The following information will provide you with a list of reliable resources and contact details to help you learn more about your condition and allow you to gain additional support.

General information

Prostate Cancer Foundation of Australia is a peak body for prostate cancer in Australia, and has a wide variety of resources available on its website. You can also contact the foundation to obtain a series of booklets exploring all aspects of diagnosis, treatment, side effects and well-being including detailed information on sexual issues, urinary and bowel issues following treatment.

Visit www.prostate.org.au or free call **1800 22 00 99**.

Cancer Council works across every area of every cancer, from research to prevention and support. For detailed information on prostate cancer including information sheets and booklets visit www.cancer.org.au or call **13 11 20**.

To contact *Cancer Council Victoria* visit www.cancervic.org.au.

Andrology Australia (The Australian Centre of Excellence in Male Reproductive Health) provides health information resources on male reproductive disorders including prostate problems and information on erectile dysfunction.

www.andrologyaustralia.org or call **1300 303 878**.

Support

The Cancer Council also offers a range of services to support anyone affected by cancer. The Cancer Council Support Line gives you access to a general confidential telephone support and counselling service (cost of a local call), call **13 11 20**.

Cancer Connect is a free and confidential telephone peer support service that connects someone who has cancer with a specially trained volunteer who has had a similar cancer experience. For more information call Cancer Council **13 11 20**.

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Support continued

Prostate Cancer Support Groups are made up of individuals who have been affected by prostate cancer. They are often either dealing with a current diagnosis of cancer or are survivors of cancer. They meet on a regular basis to help each other, discuss shared experiences, and learn more about the disease and how to manage it. www.prostate.org.au/support/ or free call: **1800 22 00 99**.

Resources in other languages

Both the Cancer Council Victoria and Prostate Cancer Foundation of Australia websites have a number of resources in languages other than English.

www.cancervic.org.au/languages and www.prostate.org.au/multilingual-resources

You can also call the Cancer Council in your own language on **13 14 50**.

Other useful resources

continence.org.au

Continence Foundation of Australia promotes bladder and bowel health.

bladderbowel.gov.au

Information to assist with the prevention and management of bladder and bowel problems.

eviq.org.au

Cancer information for patients and carers.

prostmate.org.au

This online tool provides men with personalised, specialist support and a private portal where they can track their progress before and after treatment.

eatforhealth.gov.au

Advice about the amount and kinds of foods that we need to eat for health and wellbeing.

Further reading

Facing the Tiger: A Guide for Men with Prostate Cancer and the People Who Love Them by Professor Suzanne Chambers; Australian Academic Press, Independent publication- recommended by practitioners.



SMICS
Southern Melbourne
Integrated Cancer Service

SMICS is a joint initiative of Alfred Health, Cabrini Health, Peninsula Health and Monash Health. It was established to improve the delivery of cancer services across southern Melbourne.