

# Living with Prostate Cancer

A guide for survivors, by survivors



	Diagnosis	Decision-Making	Survivorship	
Questions	<ul style="list-style-type: none"> <li>• Why me?</li> <li>• How is this going to change my life?</li> <li>• Who do I talk to and what do I need to know?</li> </ul>	<ul style="list-style-type: none"> <li>• What are my choices?</li> <li>• What are the potential side effects of treatments?</li> <li>• How do I make a decision?</li> </ul>	<ul style="list-style-type: none"> <li>• Did I make the right decision?</li> <li>• What are the odds of recurrence?</li> <li>• What supports do I need now?</li> </ul>	Questions
Challenges	<ul style="list-style-type: none"> <li>• So much information</li> <li>• Not knowing where to go</li> <li>• Uncertainty about the future</li> </ul>	<ul style="list-style-type: none"> <li>• Finding unbiased, clear information</li> <li>• Wait times and access to specialists</li> <li>• No definitive answers</li> </ul>	<ul style="list-style-type: none"> <li>• Adapting to life with prostate cancer</li> <li>• Lack of coordination and communication in prostate cancer care</li> <li>• Determining what supports you need</li> </ul>	Challenges

disbelief  
anxiety  
overwhelmed  
afraid  
shocked  
angry



uncertainty  
reflective  
determined  
hope  
celebration  
strong  
gratitude

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## Nurse Navigator: Start Here

If you've just received your diagnosis, this is the place to turn first.

IPC's Registered Nurse is always there to offer you information and support, discuss your choices, and answer your questions. Together, you can map a prostate health plan and explore the steps, supports and services that are right for you. *Available in-person, or virtually.*

IPC programs & services are always free – no referral required.

Online resources & videos

Survivor peer support group

Support for spouses & family members

Cancer Recovery Exercise Program



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Other Supports

### Medical Professionals

Know how to find and ask for what you need.



### Family & Friends

Ask them for support and help sorting through information and choices.



### Community Supports

Explore what is available – such as nutrition support, counselling, exercise and support groups.

Other Supports



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