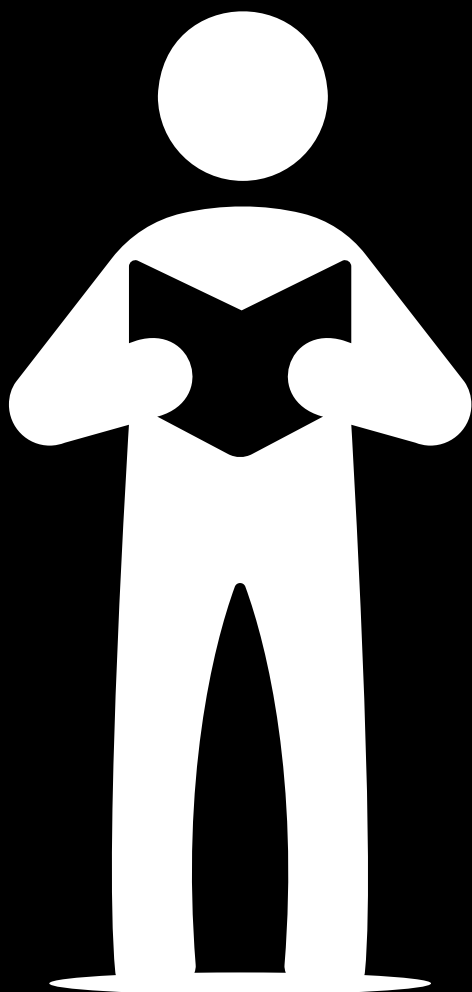


# **Publications catalogue**



**PROSTATE  
CANCER UK**

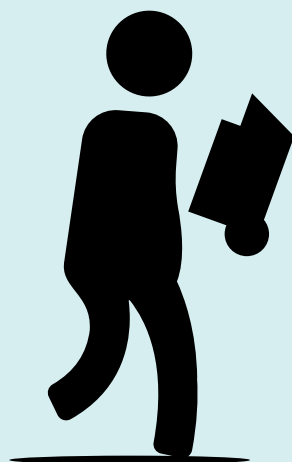
# Welcome to our publications catalogue

We provide free up-to-date information, reviewed by health professionals, about prostate cancer and other prostate problems to help answer any questions you may have.

We hope you find our information helpful and use it, along with the medical advice from your doctor or nurse, to help you make decisions about your treatment and care.

If you have any questions about prostate problems you can call our Specialist Nurses on 0800 074 8383, or chat to them online at [prostatecanceruk.org/get-support](https://prostatecanceruk.org/get-support)

The information in this catalogue can be viewed, downloaded and ordered free of charge at [prostatecanceruk.org](https://prostatecanceruk.org)

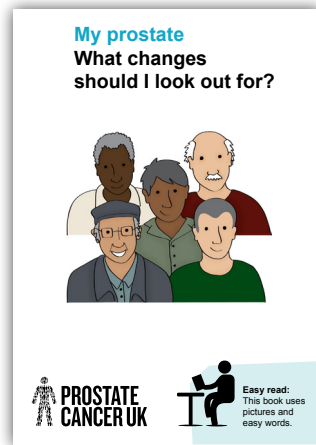
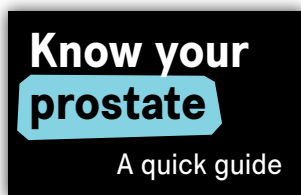
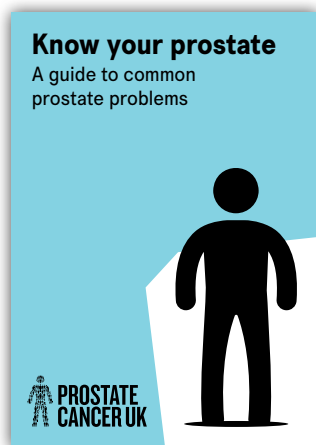


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# Concerned about prostate problems?

Introductory information about the prostate, prostate cancer and other prostate problems.



## Know your prostate: A guide to common prostate problems

This booklet explains what the prostate is, what it does and what can go wrong with it. It explains who is at risk, what changes to look out for, and what to do if you're worried.

## Know your prostate: A quick guide

This wallet-sized leaflet gives basic information on the three most common prostate problems. Order a single leaflet, or a display box of 40.

## My prostate: What changes should I look out for?

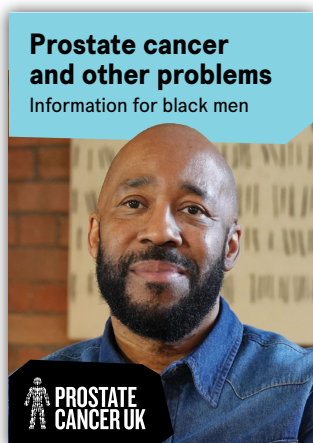
This easy read booklet uses simple words and pictures to explain how to spot a prostate problem and what to expect at the GP surgery.

**EASY READ**



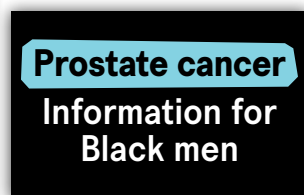
## Diet, physical activity and your risk of prostate cancer

This leaflet is for anyone who wants to eat more healthily and possibly lower their risk of getting prostate cancer. It provides tips on healthy eating and exercise.



## Prostate cancer and other prostate problems: Information for Black men

This leaflet is for Black men, their partners and families. It gives information on the risk factors for prostate cancer and possible symptoms to look out for.



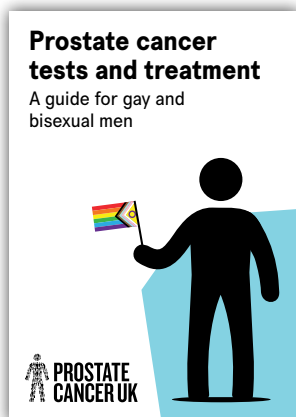
## Prostate cancer: Information for Black men

This pocket guide provides information about Black men's risk of prostate cancer.



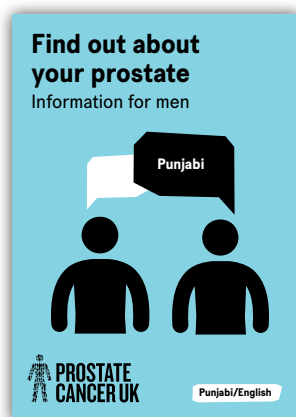
## Understanding the PSA blood test: A guide for anyone concerned about prostate cancer

This booklet gives information on the prostate specific antigen (PSA) blood test and explains how it can help to diagnose prostate cancer.



## Prostate cancer tests and treatment: A guide for gay and bisexual men

This booklet is for gay or bisexual men who are having tests or treatment for prostate cancer.



## Find out about your prostate

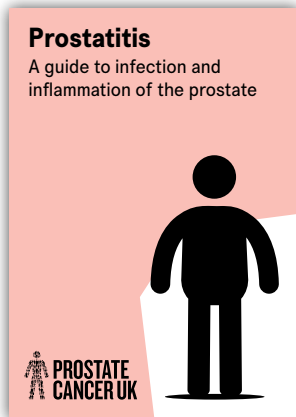
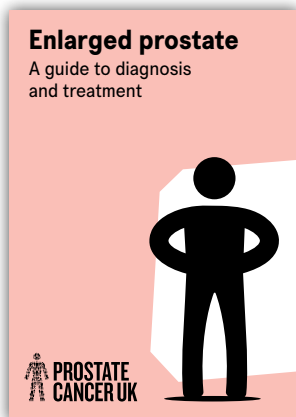
These leaflets give information about prostate problems.

### Available in:

- Bengali
- Gujarati
- Polish
- Punjabi
- Somali
- Tamil
- Urdu

# Non-cancerous prostate problems

Information on the diagnosis and treatment of an enlarged prostate and prostatitis.



## Enlarged prostate: A guide to diagnosis and treatment

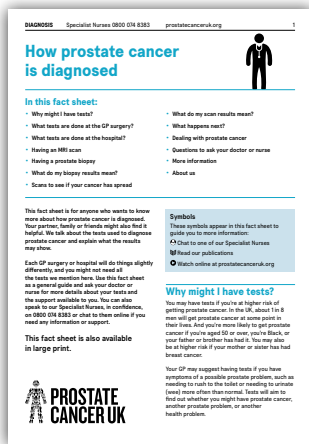
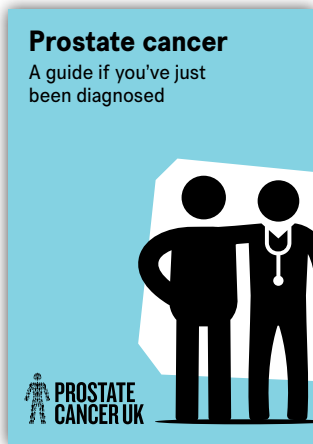
This booklet gives information about the symptoms, diagnosis and treatment of an enlarged prostate, a common prostate problem.

## Prostatitis: A guide to infection and inflammation of the prostate

This booklet gives information about the symptoms, diagnosis and treatment of the main types of prostatitis.

# Diagnosis

Detailed information on how prostate cancer is diagnosed and the available treatments.



## Prostate cancer: A guide if you've just been diagnosed

This booklet is for anyone who has recently been diagnosed with prostate cancer.

Available in large print on our website

## How prostate cancer is diagnosed

This fact sheet is for anyone who wants to know how prostate cancer is diagnosed. It describes the tests and what the results may show. **Included in the Tool Kit.**

Available in large print on our website


## Localised prostate cancer

This fact sheet is for anyone who has been diagnosed with localised prostate cancer – cancer that hasn't spread outside the prostate. It explains what localised prostate cancer is, what your test results mean, and the monitoring and treatment options available.



LIFESTYLESpecialist Nurses 0800 074 8383prostatecanceruk.org1

## Locally advanced prostate cancer




**In this fact sheet:**

- What is locally advanced prostate cancer?
- How is locally advanced prostate cancer diagnosed?
- What do my test results mean?
- What are my treatment options?
- Choosing a treatment
- What will happen after my treatment?
- What is my outlook?
- Dealing with prostate cancer
- Questions to ask your doctor or nurse
- More information
- About us

This fact sheet is for anyone who has been diagnosed with locally advanced prostate cancer – cancer that's spread to the area just outside the prostate gland. We explain what locally advanced prostate cancer is, what your test results mean, and the treatment options available. Your partner, family or friends might also find this information helpful.

If you want to find out about localized prostate cancer (cancer that hasn't spread out of the prostate) or advanced prostate cancer (cancer that has spread to other parts of the body), read our fact sheets, Locally advanced prostate cancer and Advanced prostate cancer.

Each hospital will do things slightly differently. Use this fact sheet as a general guide and ask your doctor or nurse for more information. You can also speak to our Specialist Nurses, in confidence, on 0800 074 8383, or chat to them online.

**PROSTATE  
CANCER UK**

**Symbols**

These symbols appear in this fact sheet to guide you to more information:

- Chat to one of our Specialist Nurses
- 📖 Read our publications

**What is locally advanced prostate cancer?**

Locally advanced prostate cancer is cancer that has started to break out of the prostate, or has spread to the area just outside the prostate. You may hear it called stage T3 or T4 prostate cancer. It may have spread to your:

- prostate capsule, which is the outer layer of the prostate
- seminal vesicles, which are two glands that all behind your prostate and store and release some of the fluid in semen (the fluid that carries sperm)
- lymph nodes near your prostate, which are part of your immune system
- bladder, which is the part of the body where urine (wee) is stored

## Locally advanced prostate cancer

This fact sheet is for anyone who has been diagnosed with locally advanced prostate cancer – cancer that's spread to the area just outside the prostate. It explains what locally advanced prostate cancer is, what your test results mean, and the treatments available.

LIFESTYLESpecialist Nurses 0800 074 8383prostatecanceruk.org1

## Advanced prostate cancer



**In this fact sheet:**

- What is advanced prostate cancer?
- How is advanced prostate cancer diagnosed?
- What do my test results mean?
- What treatments are available?
- Before you start treatment
- How will my cancer be monitored?
- What happens if my cancer starts to 'grow' again?
- Treatments to help manage symptoms
- What is my outlook?
- Dealing with advanced prostate cancer
- Questions to ask your doctor or nurse
- More information
- About us

This fact sheet is for anyone who has been diagnosed with advanced (metastatic) prostate cancer – cancer that has spread from the prostate to other parts of the body. We explain what advanced prostate cancer is, what your test results mean, and the treatments available. Your partner, family or friends might also find this information helpful.

If your cancer hasn't spread to other parts of your body, read our fact sheets, Locally advanced prostate cancer or Locally advanced prostate cancer.

Each hospital will do things slightly differently. Use this fact sheet as a general guide and ask your doctor or nurse for more information. You can also speak to our Specialist Nurses, in confidence, on 0800 074 8383, or chat to them online.

**PROSTATE  
CANCER UK**

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- 📖 Read our publications

**What is advanced prostate cancer?**

Advanced prostate cancer is cancer that has spread from the prostate to other parts of the body. It develops when prostate cancer cells move through the blood stream or lymphatic system.

You might hear cancer that has spread described as metastatic prostate cancer, secondary prostate cancer, secondary, metastatic or meta. It is still prostate cancer, wherever it is in the body.

Prostate cancer can spread to any part of the body, but most commonly to the bones and lymph nodes. Lymph nodes (sometimes called lymph glands) are part of your lymphatic system, which is part of the body's immune system.

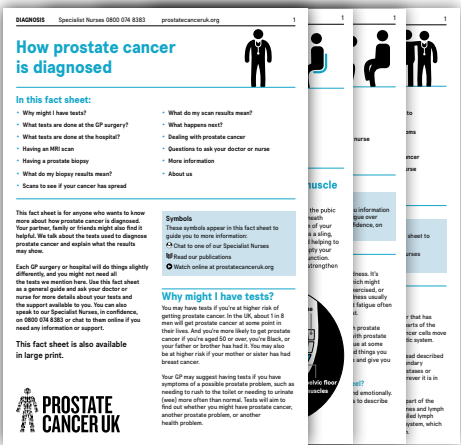
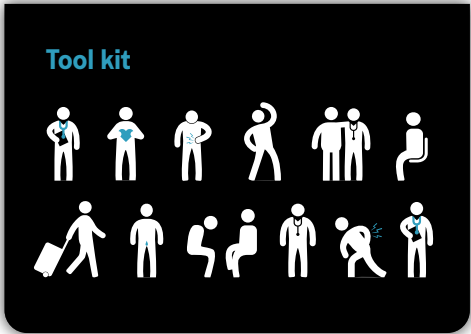
## Advanced prostate cancer

This fact sheet is for anyone who has been diagnosed with advanced (metastatic) prostate cancer – cancer that's spread from the prostate to other parts of the body. It explains what advanced prostate cancer is, what your test results mean, and the treatments available.

# The Tool Kit

The Tool Kit is for anyone who has been diagnosed with prostate cancer. It is a folder containing fact sheets on how prostate cancer is diagnosed, how it is treated, and lifestyle issues.

If you don't want to order the entire Tool Kit, you can also order any of these fact sheets individually.



## What's in the Tool Kit?

Our standard Tool Kit includes the following fact sheets:

<b>Diagnosis</b>	How prostate cancer is diagnosed
<b>Treatment</b>	Surgery: radical prostatectomy External beam radiotherapy Permanent seed brachytherapy Active surveillance Watchful waiting Hormone therapy

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<b>Lifestyle</b>	Diet and physical activity for men with prostate cancer Urinary problems after prostate cancer treatment Pelvic floor muscle exercises Sex and prostate cancer Fatigue and prostate cancer
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## Personalise your Tool Kit

You can also add the following fact sheets to your Tool Kit:

<b>Diagnosis</b>	Localised prostate cancer Locally advanced prostate cancer Advanced prostate cancer
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<b>Treatment</b>	High dose-rate brachytherapy Treatment options after your first hormone therapy Chemotherapy High-intensity focused ultrasound (HIFU) Bisphosphonates for advanced prostate cancer Radiotherapy for advanced prostate cancer	Download only Download only
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<b>Lifestyle</b>	Managing pain in advanced prostate cancer Travel and prostate cancer	Download only
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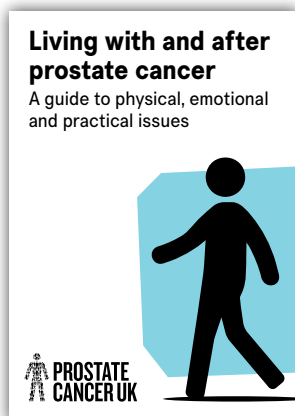
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We want to make sure you get all the information you need, so call our **Specialist Nurses** on **0800 074 8383** to order a personally tailored copy of the Tool Kit.

All of our fact sheets can also be downloaded or ordered free of charge on our website at **[prostatecanceruk.org/publications](http://prostatecanceruk.org/publications)**

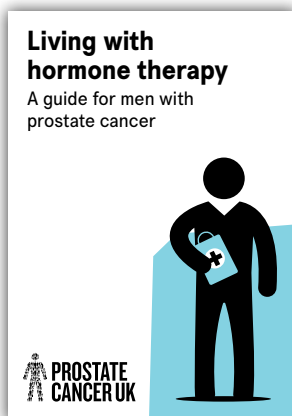
# Living with prostate cancer

More information about living with prostate cancer.



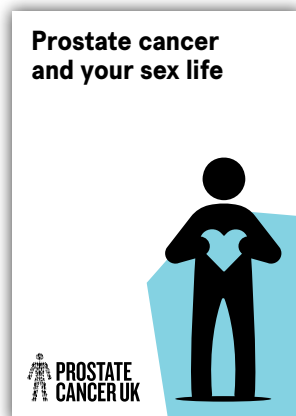
## Living with and after prostate cancer: A guide to physical, emotional and practical issues

This booklet has information on dealing with the physical, emotional and practical impact of prostate cancer and its treatment.



## Living with hormone therapy: A guide for men with prostate cancer

This booklet is for anyone who is having hormone therapy for prostate cancer. It includes information on the possible side effects and ways to help manage these.



## Prostate cancer and your sex life

This booklet describes how prostate cancer and its treatment can affect your sex life and relationships, and where to get help and support.

**Follow-up after prostate cancer treatment**

What happens next?

**When you're close to someone with prostate cancer**

A guide for partners and family

**Advanced prostate cancer**

Managing symptoms and getting support

**Follow-up after prostate cancer treatment: What happens next?**

This booklet is for anyone who has finished treatment that aimed to cure their cancer. It describes the care and support you can expect after your treatment has ended. It has space to fill in details about your treatment, follow-up plan and appointments.

**When you're close to someone with prostate cancer: A guide for partners and family**

This booklet is for partners, family members or friends of someone with prostate cancer. It looks at ways to support someone with prostate cancer, and how loved ones can look after themselves.

**Advanced prostate cancer: Managing symptoms and getting support**

This booklet is a guide to managing symptoms of advanced prostate cancer. It includes information about emotional, practical and physical support.

LIFESTYLE Specialist Nurses 0800 014 8383 prostatecanceruk.org

### Diet and physical activity for men with prostate cancer



**In this fact sheet:**

- Why is a healthy lifestyle important?
- How can I eat more healthily?
- Where can I find healthy recipes?
- Can any foods help with my prostate cancer?
- Are there any foods I should eat less of?
- Should I use supplements or herbal remedies?
- What physical activity should I do?
- How can a healthy lifestyle help with the side effects of treatment?
- Dealing with prostate cancer
- Questions to ask your doctor or nurse
- More information
- About us

**Symbols**

These symbols appear in this fact sheet to guide you to more information.

 Click to see all of our Specialist Nurses

 Read our publications

**Why is a healthy lifestyle important?**

A healthy lifestyle can give you more control over your health and help you to improve it. Lots of things can affect your health, including:

- your weight
- diet
- physical activity
- alcohol
- smoking

**Body weight**


Staying a healthy weight is one of the best things you can do for your overall health. It can lower your risk of many health problems, including heart disease, type 2 diabetes and some cancers. It may also be important for men with prostate cancer as there is strong evidence that being overweight raises the risk of aggressive or advanced prostate cancer.



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### Urinary problems after prostate cancer treatment



**In this fact sheet:**

- Why might I get urinary problems after treatment?
- Problems after cryotherapy
- Dealing with urinary problems
- Questions to ask your doctor or nurse
- More information
- About us
- Problems after radiotherapy
- Problems after surgery (radical prostatectomy)
- Problems after radiotherapy
- Problems after high-intensity focused ultrasound (HIFU)


**Why might I get urinary problems after treatment?**


Normally your bladder, muscles and nerves work together to let you control when you urinate (wee). Prostate cancer treatment can damage these muscles and nerves, causing problems such as leaking urine (urinary incontinence), and difficulty urinating (urine retention).

Even though a GP surgeon will do things slightly differently, use this fact sheet as a general guide and ask your doctor or nurse for more information. You can also speak to our Specialist Nurses. In confidence, on 0800 014 8383 or chat to them online.


**Symbols**

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**Prostate cancer treatment can sometimes damage these muscles and your bladder (see diagram on next page).**



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LIFESTYLE Specialist Nurses 0800 014 8383 prostatecanceruk.org

### Pelvic floor muscle exercises



**In this fact sheet:**

- How do pelvic floor muscle exercises help?
- When should I start these exercises?
- How do I find my pelvic floor muscles?
- How do I do the exercises?
- What else can help?
- More information
- About us


**How do pelvic floor muscle exercises help?**


The pelvic floor muscles stretch from the pubic bone at the front of your body, underneath your bladder and bowel, to the bottom of your spine (see diagram below). They act as a sling, supporting the bladder and bowel and helping to control when you urinate (wee) or empty your bowels. They also help with erectile function. Pelvic floor muscle exercises help to strengthen these muscles.

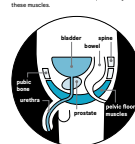
**For more information on urinary problems after treatment for prostate cancer, read our fact sheet, Urinary problems after prostate cancer treatment. For information on erection problems after treatment for prostate cancer, read our booklet, Prostate cancer and your sex life. You can also speak to our Specialist Nurses. In confidence, on 0800 014 8383, or chat to them online.**


**Symbols**

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# Diet and physical activity for men with prostate cancer

This fact sheet is for anyone with prostate cancer who wants to improve their general health. It describes how a healthy diet and regular exercise may help you manage the effects of prostate cancer and its treatment. **Included in the Tool Kit.**

# Urinary problems after prostate cancer treatment

This fact sheet has information about urinary problems after treatment for prostate cancer. It describes the different problems that treatments can cause, and ways to manage them. **Included in the Tool Kit.**

# Pelvic floor muscle exercises

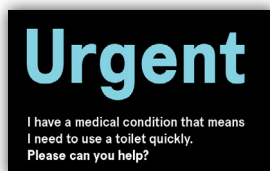
This fact sheet is for anyone who wants to know more about pelvic floor muscle exercises. These exercises can help with some urinary problems, such as leaking urine. **This fact sheet is included with the Urinary problems after prostate cancer treatment fact sheet.**



## Fatigue and prostate cancer

Information on ways to manage extreme tiredness caused by prostate cancer or its treatment.

**Included in the Tool Kit.**

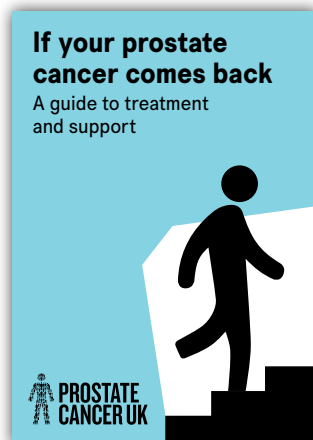


## Urgent toilet card

A wallet-sized card for anyone who may need urgent access to a toilet.

## PSA record card

A card to record your PSA test results.



## If your prostate cancer comes back: A guide to treatment and support

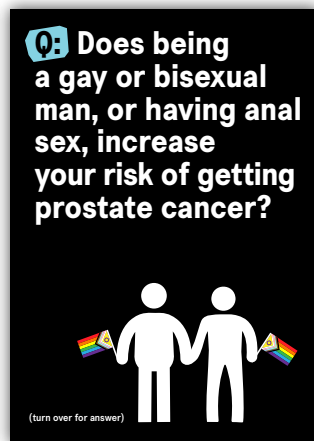
Information if your cancer has come back after treatment that aimed to cure it (recurrent prostate cancer).

## Online information for men approaching the end of their life

We have information for men who are coming to the end of their life, including personal stories from men and family members.

Find it at [prostatecanceruk.org/dying-from-prostate-cancer](https://prostatecanceruk.org/dying-from-prostate-cancer)

Please help promote our services and raise awareness by ordering the following items to give out to anyone affected by prostate cancer, including family, friends and colleagues.



Available in A4 and A3.

Available in A4 and A3.

Ideal for displays,  
events and waiting  
rooms.



## Awareness cards

These are postcards that highlight key risk factors for prostate cancer and include a QR code to go to our online risk checker.



## Awareness event cards

100 copies of four different postcard designs (25 of each design). Ideal for displays and being handed out at events. **Display stands are also available.**



## Black men awareness event cards

75 copies of three different postcard designs (25 of each design). These postcards are ideal for displays and events held by Black community groups and organisations. **Display stands are also available.**

# Our support services



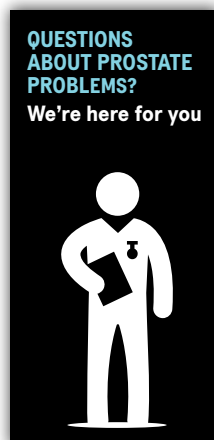
## Support service card

A wallet-sized card giving telephone and email contact details for our confidential Specialist Nurse support service.



## One-to-One Peer Support service card

A postcard highlighting our One-to-One Peer Support service and how to access the service.



## Support services leaflet

A leaflet describing the support available to anyone with possible prostate problems, their loved ones and friends.

# How to order

- Call us on **0800 074 83830**
- Visit our website at: [\*\*prostatecanceruk.org/publications\*\*](http://prostatecanceruk.org/publications)

## Chat to one of our Specialist Nurses

If you want to talk about prostate cancer or other prostate problems, call our Specialist Nurses in confidence. You can also text **NURSE** to **70004**, or you can email or chat online with our nurses on our website. Visit [\*\*prostatecanceruk.org/get-support\*\*](http://prostatecanceruk.org/get-support)

# About us

We're Prostate Cancer UK. We're striving for a world where no one dies from prostate cancer.

We work to give everyone the power to navigate prostate cancer, by providing up-to-date, unbiased and accurate information about prostate diseases. But we're not here to replace your doctor. Always get advice from a healthcare professional to help you make decisions that are right for you.

## Tell us what you think

If you have any comments about our publications, you can email: [\*\*yourfeedback@prostatecanceruk.org\*\*](mailto:yourfeedback@prostatecanceruk.org)

# Donate today – help others like you

Every year over 52,000 men get the life-changing news that they have prostate cancer. But thanks to our generous supporters, we're there to help men when they need us most. You can help more men get free, unbiased, confidential support by donating to us today:

- £10 could fund a call with one of our Specialist Nurses.
- £20 could give 40 men vital information through our handy

 **Know your prostate: a quick guide.**

To donate, visit [prostatecanceruk.org/donate](https://prostatecanceruk.org/donate) or call **0800 082 1616** or text **PROSTATE** to **70004**†. And for other ways to support us, head to [prostatecanceruk.org/get-involved](https://prostatecanceruk.org/get-involved)

† You can donate up to £10 via SMS and we will receive 100% of your donation. Texts are charged at your standard rate. For full terms and conditions and more information, please visit [prostatecanceruk.org/terms](https://prostatecanceruk.org/terms)



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**Chat to one of our  
Specialist Nurses  
0800 074 8383\*  
[prostatecanceruk.org](https://prostatecanceruk.org)**

**Trusted  
Information  
Creator**



*Patient Information Forum*

 **@Prostate Cancer UK**  **@ProstateUK**  **@ProstateCancerUK**

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**Call our Specialist Nurses from Monday to Friday 9am – 5pm, Wednesday 10am – 5pm**

\* Calls are recorded for training purposes only.

Confidentiality is maintained between callers and Prostate Cancer UK.

Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company number 02653887.

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