

# Moving Forward after Cancer Treatment

## Follow-Up Care Plan

### ► Part 2 of 3

Information for prostate cancer patients in Manitoba after completion of treatment.

## So what comes next?

After radiation treatment you may experience side effects that continue for months or even years. It is important to tell your primary care provider about these so appropriate referrals can be made where needed. These are the most common side effects that you might experience:

1. **Fatigue** – many men are surprised when the tiredness they had during treatment doesn't go away. Fatigue can persist for many months after treatment is over. It is important to get regular exercise as this can help combat fatigue.
2. **Urinary** – if you have problems passing urine or have leakage, blood in the urine or pain in the bladder or if you find that you continue to need to urinate frequently, tell your primary care provider.
3. **Bowel** – and changes in your bowel habit, bleeding or pain the rectum, you need to tell your primary care provider.
4. **Erectile problems** – many men will notice a decrease in their erections about one to two years after treatment; this is normal. Your primary care provider may offer you medication for this but they may not work. Help is available from the sexuality counselor at CancerCare Manitoba by calling Dr. Anne Katz at **204 787 4495**.
5. **Loss of interest in sex** – this will occur if you have been treated with 'hormone therapy' and may also happen in response to problems with erections. If this bothers you, Dr. Anne Katz may be able to provide advice.
6. **If you feel depressed or sad**, talk to your primary care provider. It can be difficult to return to your usual activities after treatment is over and help is available to deal with this.

