

Frequently asked questions:

- **Does the program cost?** A \$10 fee may be charged for your assessment. There is no cost for the exercise program.
- **How do I access the program?** A referral from your oncologist, GP, prostate cancer nursing team, or other health professional is preferred. You can self refer via the QR code on the back page or by phone call.
- **What do I need to bring?** It is helpful to bring a summary of your medical history, current medications, and your cancer treatment plan. Comfortable exercise clothing and footwear are recommended for the assessment.

Additional Services:

At Swan Hill District Health, we have a range of services available for people living with cancer, including Lymphoedema Physiotherapy, Exercise Physiology, Dietetics, Social Work, Sexual Health Clinics, Cancer Care Coordination, Prostate Cancer Nursing Service, and Occupational Therapy. Referrals to these services discussed at any point throughout your prostate cancer journey. Self referrals can also be made using the QR code on the back page.

FOR MORE INFORMATION CONTACT:

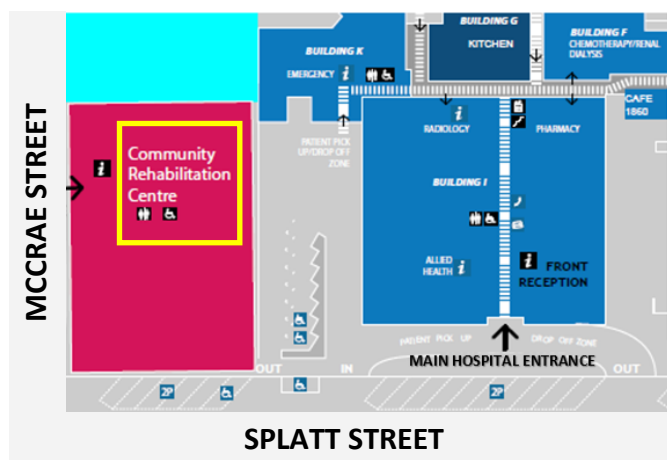
Community Rehabilitation Centre

Address: 58 McCrae Street, Swan Hill

Phone: (03) 5033 9321

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Scan here to
self-refer



Prostate Cancer Exercise Program

A program dedicated to improving the quality of life of men who have prostate cancer, or have previously had prostate cancer.

Prostate Cancer

Prostate cancer is common, with 1 in 6 Australian men diagnosed by their 80th birthday. While survival rates are influenced by the type of disease and stage at diagnosis, 95% of men will be disease free five years after their diagnosis.

However, common treatments for prostate cancer can lead to side effects. Treatments include surgical removal of the cancer, radiation therapy, hormone or androgen deprivation therapy (ADT), chemotherapy, and targeted drug therapies.

The side effects of treatment depend on the extent of surgery and on the dose and type of the other therapies. Possible side effects include:

- Urinary incontinence
- Fatigue
- Muscle and bone loss
- Increased body fat
- Anxiety and depression
- Increased risk of other chronic diseases such as diabetes

Exercise and Prostate Cancer

Exercise plays a role in the treatment and recovery from prostate cancer, through reducing treatment-related side effects and symptoms. The benefits for prostate cancer can include:

- Optimised body composition to promote lean muscle mass and decrease fat mass
- Improved energy and stamina levels, and decreased prostate cancer related fatigue
- Enhanced muscular strength and endurance, flexibility and balance
- Optimised bone health
- Optimised psychological wellness, confidence and self-efficacy
- Improved management of other health conditions
- Optimised cardiorespiratory health status

Men who are physically active after a prostate cancer diagnosis have a lower risk of cancer recurrence, lower risk of developing other chronic diseases, and have better overall survival rates.



Who is the program for?

The program is suitable for men who have been diagnosed with cancer, and are at the following stages of treatment:

- During disease monitoring/surveillance
- After removal surgery (prostatectomy or orchiectomy)
- After radiation and brachytherapy
- Prior to, during or after hormone therapy / androgen deprivation therapy, chemotherapy or immunotherapy.
- Men experiencing delayed or ongoing side effects from previous treatments that continues to impact quality of life.

About the Program:

Following an initial assessment, an individual exercise program is prescribed for you to complete in a social and supportive group exercise environment, held once per week.

Exercises may focus on strength, cardiovascular fitness, balance, functional exercises and stretches to help you achieve your goals. And optimise your health and wellness.

Exercise programs are reviewed and updated regularly to reflect where you are at in your prostate cancer journey.