

Supporting a Loved One with Prostate Cancer

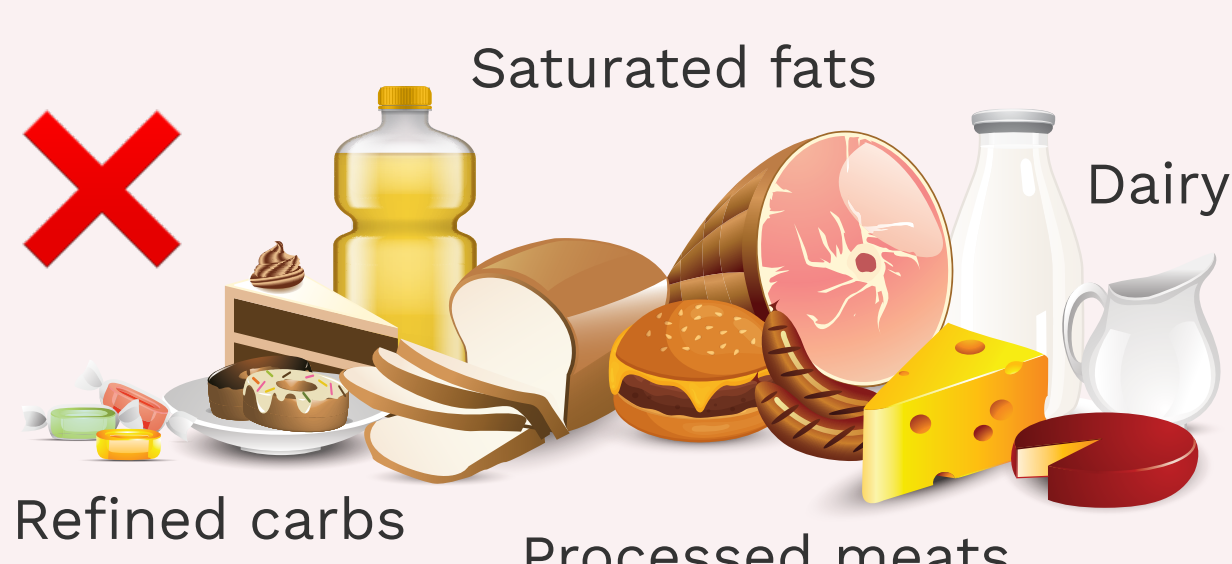
Knowing how to provide day-to-day care for someone with prostate cancer can make life better for both of you

It's not easy to watch a loved one deal with prostate cancer. But there are things you can do each day to help support them.



Provide nutritious meals and snacks

Studies show that healthy eating can help slow cancer growth.



Encourage your partner to exercise

Exercising can help ease some prostate cancer treatment side effects, like fatigue.

Assist with personal care needs

Your loved one may need help with everyday activities, like getting dressed and bathing.

If you can't provide these types of services, or your partner is more comfortable receiving them from a paid helper, ask their care team about home healthcare options.



Be understanding about possible side effects

Prostate cancer treatment can have difficult side effects, like loss of bladder control and erectile dysfunction.

Offer your loved one a sympathetic ear and talk to their healthcare team about support groups or therapy.

Manage medications and appointments

It can be hard to keep track of medicines and appointments when you're not feeling well.

You can help your partner by setting up a daily pill organizer and scheduling medical appointments for them.



Handle bills and run errands

Unfortunately, we can't hit pause on life's responsibilities during cancer treatment.

Taking on tasks like paying bills and running errands can help give your partner space to focus on healing.

Remember:

Caregivers need care, too! You can't take care of your loved one if you don't take care of yourself. Check out organizations like the American Cancer Society for resources and support for caregivers.

