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Prostate Cancer - After Treatment [1]

This section has been reviewed and approved by the Cancer.Net Editorial Board [2], 10/2014

ON THIS PAGE: You will read about your medical care after cancer treatment is finished and why this follow-up care is important. To see other pages, use the menu on the side of your screen.

After treatment for prostate cancer ends, talk with your doctor about developing a follow-up care plan. This plan may include regular physical examinations and/or medical tests to monitor your recovery for the coming months and years.

ASCO offers cancer treatment summary forms [3] to help keep track of the cancer treatment you received and develop a survivorship care plan once treatment is complete.

Men recovering from prostate cancer are encouraged to follow established guidelines for good health, such as maintaining a healthy weight, not smoking, eating a balanced diet, and having recommended cancer screening tests. Talk with your doctor to develop a plan that is best for your needs. Moderate physical activity can help rebuild your strength and energy level. Your doctor can help you create an appropriate exercise plan based upon your needs, physical abilities, and fitness level. Learn more about the next steps to take in survivorship [4], including making positive lifestyle changes [5].

Learn more about coping with cancer [6], including important topics for men with prostate cancer, such as self-image and cancer [7], fertility and cancer treatment [8], sexual health [9], and talking with your spouse or partner [10].

The next section offers a list of questions you may want to ask. Use the menu on the side of your screen to select Questions to Ask the Doctor, or you can select another section, to continue reading this guide.

Links:
[1] http://www.cancer.net/cancer-types/prostate-cancer/after-treatment
[2] http://www.cancer.net/about-us
[3] http://www.cancer.net/node/25394
[4] http://www.cancer.net/node/22
[5] http://www.cancer.net/node/24583
[6] http://www.cancer.net/node/21

[7] http://www.cancer.net/node/25264
[8] http://www.cancer.net/node/25268
[9] http://www.cancer.net/node/31081
[10] http://www.cancer.net/node/25207