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**MACMILLAN**  
CANCER SUPPORT

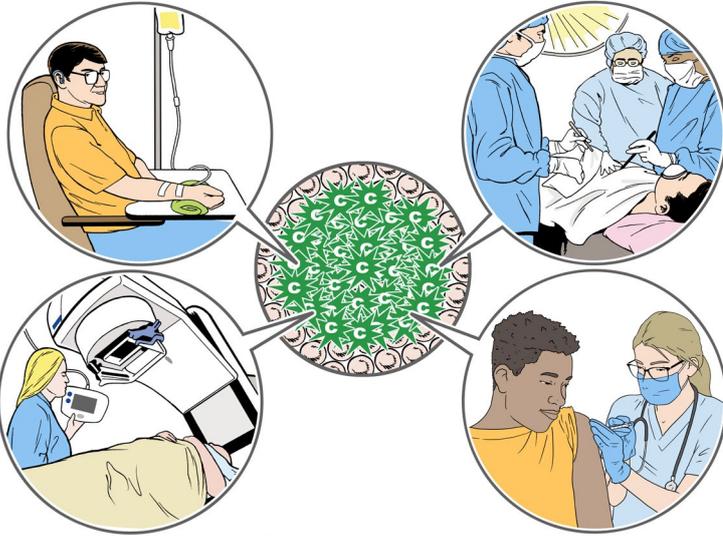
easy  
read

# Treatments for prostate cancer





# About this easy read booklet



This booklet is for people with prostate cancer. You can learn about:

- the treatments for prostate cancer



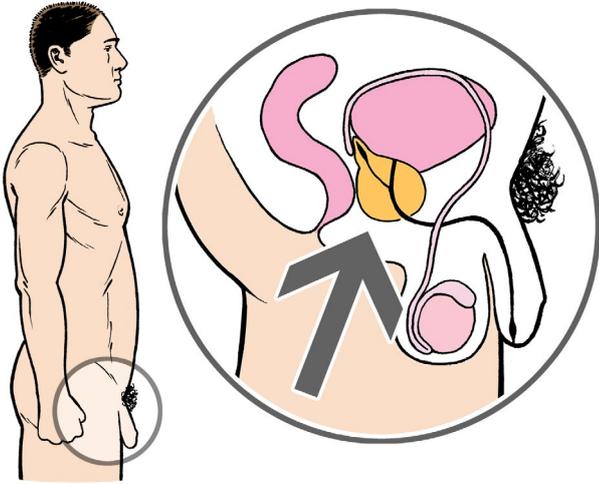
- how you and your doctor choose the best treatment



If you are worried about your health, you should talk to a doctor or nurse.



# Prostate cancer

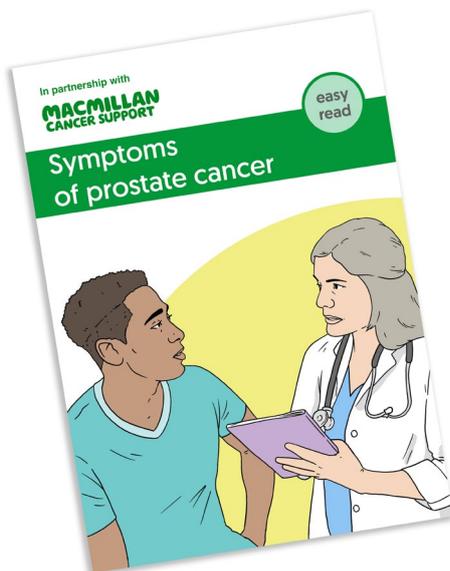


The prostate is inside your body, next to your **bladder**.

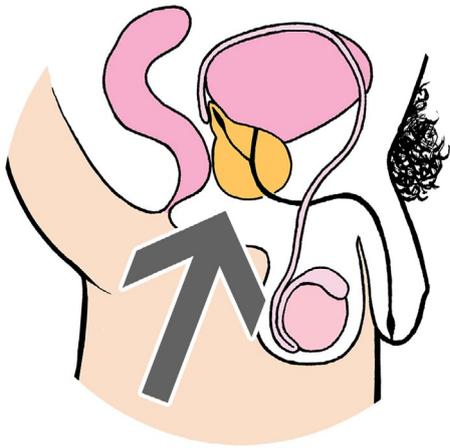
Your **bladder** is the place where your pee is stored.



The prostate makes semen. This is the liquid that comes out of your penis when you have sex or masturbate.



You can read more about prostate cancer in our booklet **Symptoms of prostate cancer**. It can help to read this first or you can read them together.

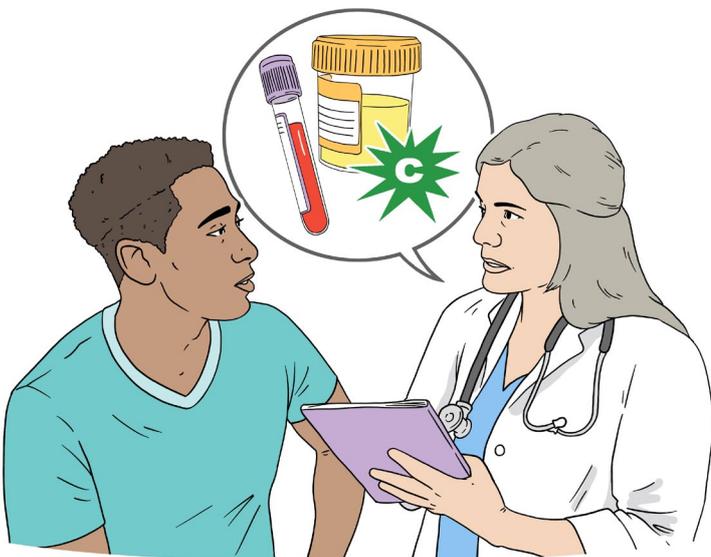


That booklet tells you:

- what the prostate is



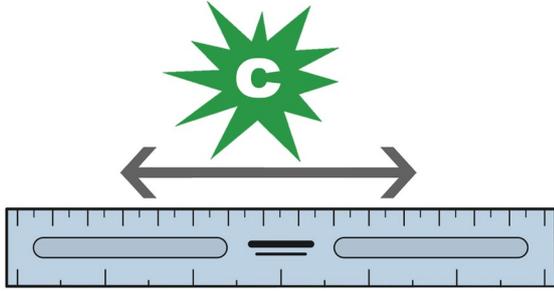
- what happens if you have a problem with your prostate



- how to find out if you have prostate cancer.

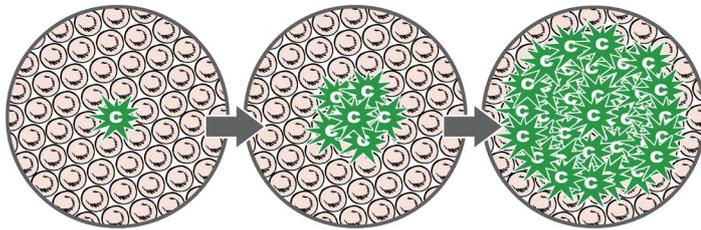


# Choosing your treatment

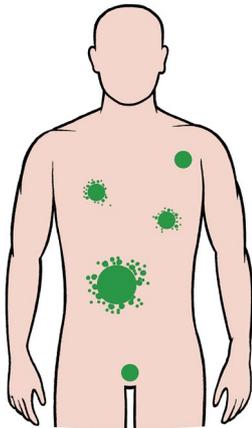


Your doctor will talk to you about:

- how big the prostate cancer is



- how fast it is growing



- if there is cancer somewhere else in your body.



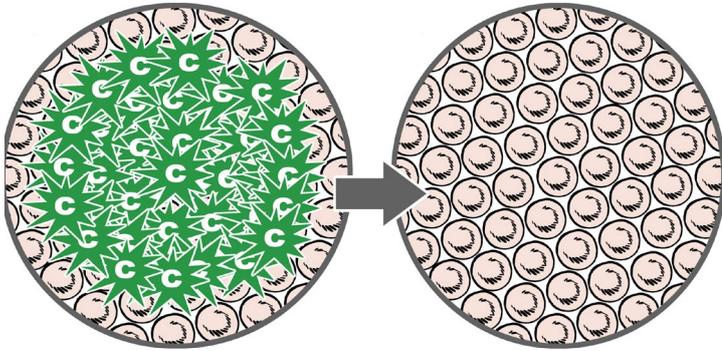
These things help you and your doctor choose the best treatment.



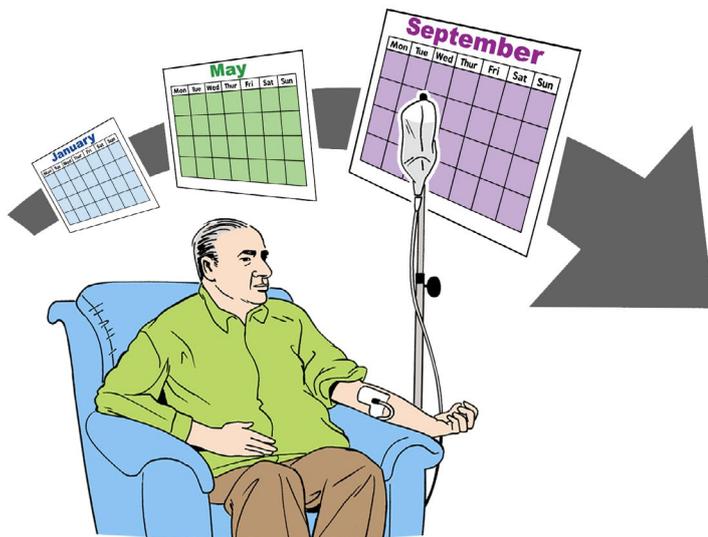
# What treatments do

Treatment for prostate cancer can do different things:

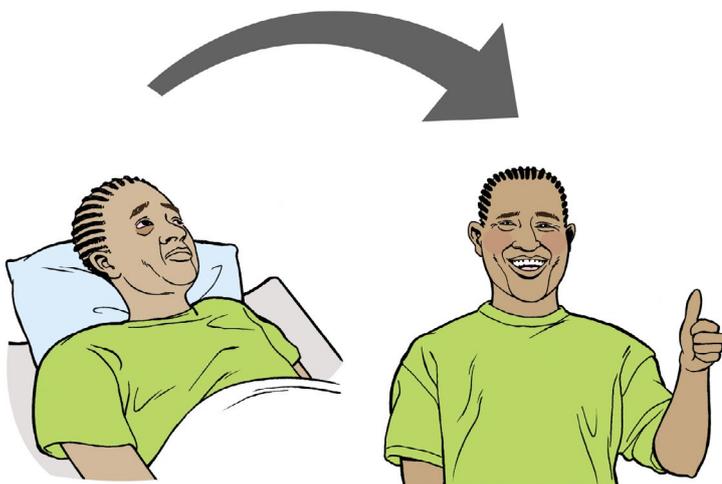
- Sometimes treatment can get rid of all the cancer.



- Sometimes treatment will help you live longer.



- Sometimes treatment will help you feel better.

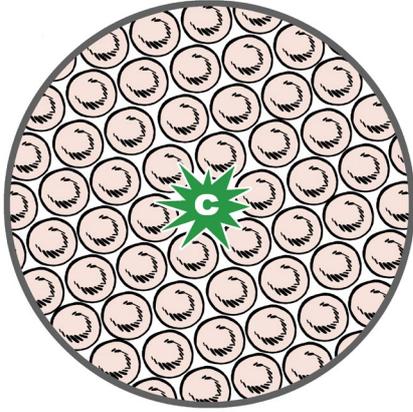




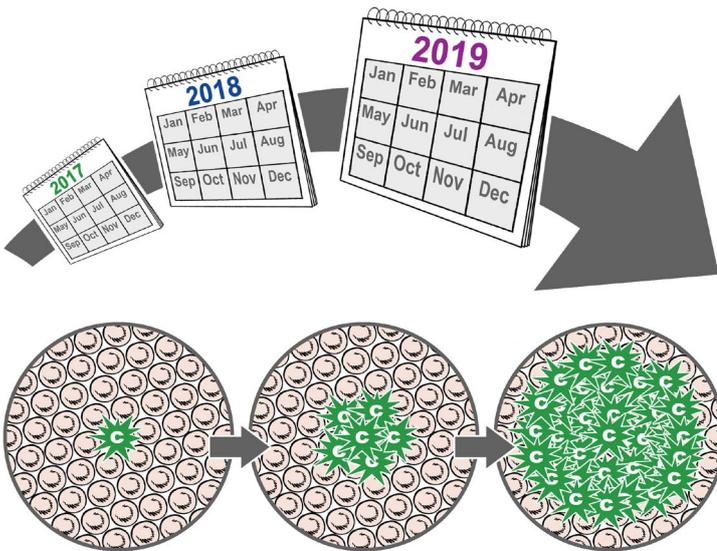
# No treatment

Sometimes people do not have treatment for prostate cancer. This is when:

- there is only a small amount of cancer

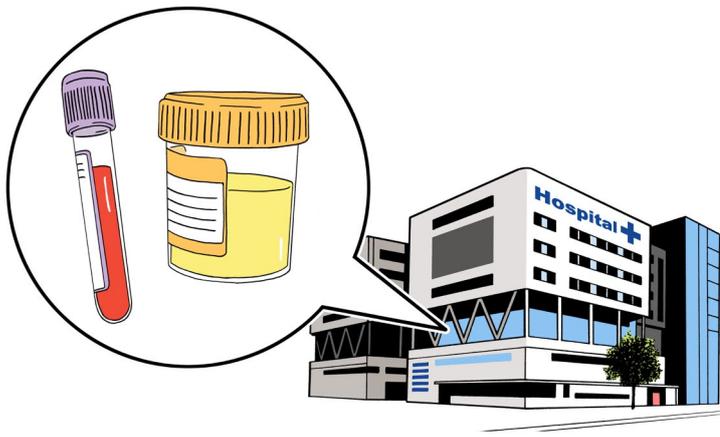


- the cancer is growing very slowly

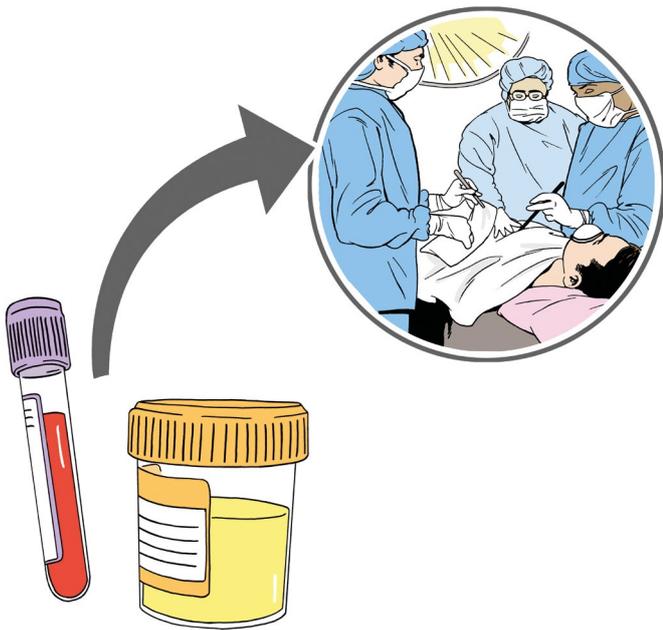


- treatment would not be safe because the person has other health problems.

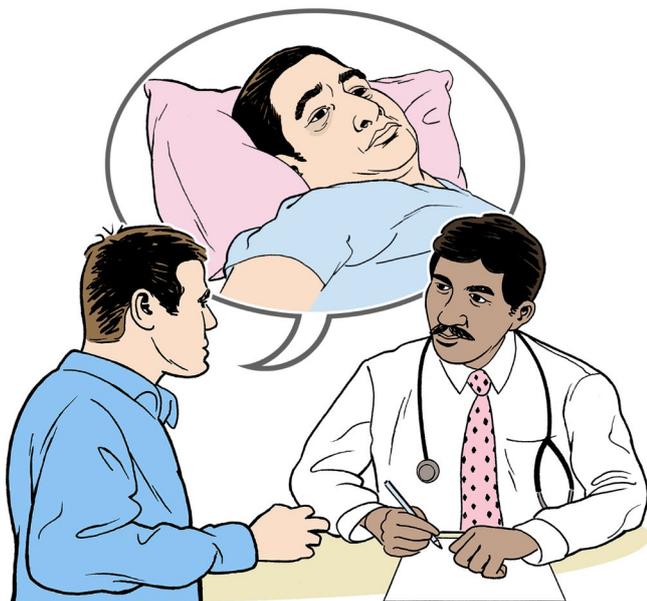




If you do not have treatment, you will still go to the hospital sometimes. This is to have tests.



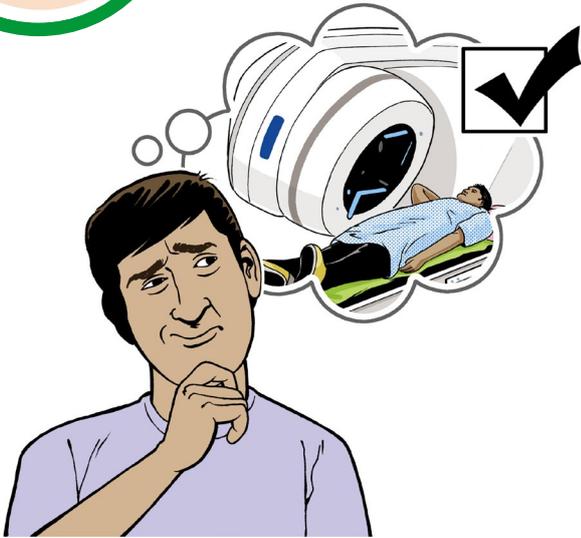
The tests will help your doctor know if you should start treatment.



Always tell your doctor if you do not feel well. Your doctor can give you treatment to make you feel better.



# Before your treatment



Before you have a treatment, your doctor must make sure:

- you understand why you are having the treatment



- you feel OK to have the treatment.



Your doctor or nurse can help you understand about your treatment. They can talk to you and answer your questions.

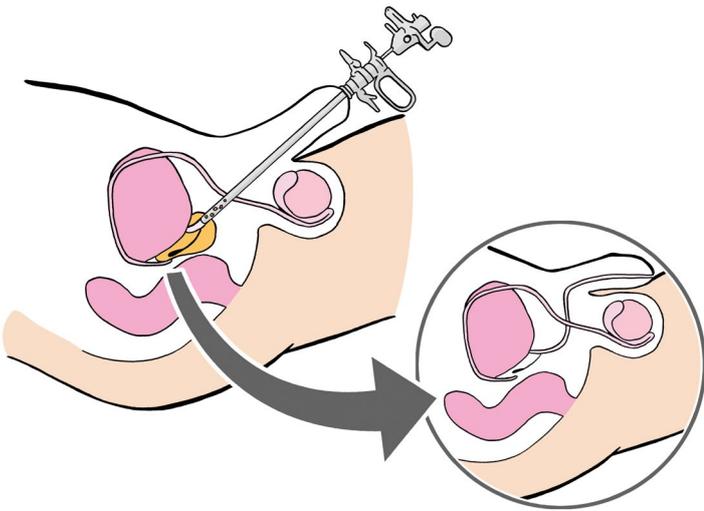


# Surgery

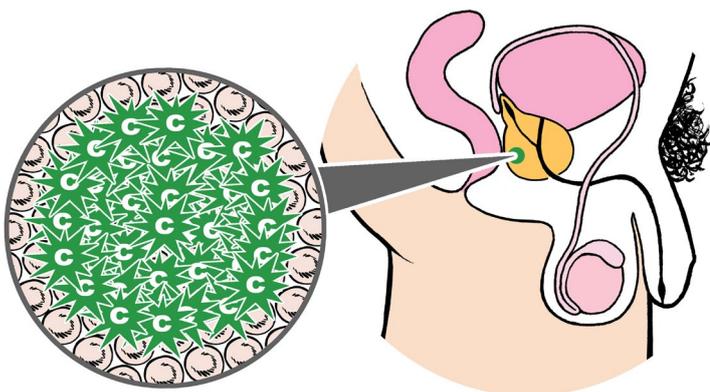


Surgery is when a doctor removes, replaces or fixes something inside your body.

This is also called an operation.

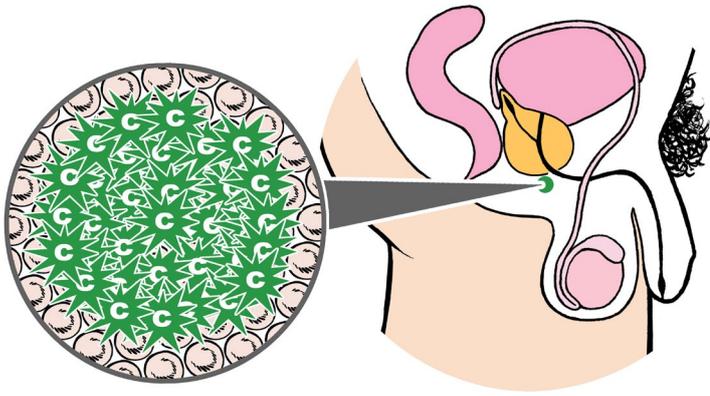


The main type of surgery for prostate cancer is to remove the prostate from your body. This can get rid of the cancer.

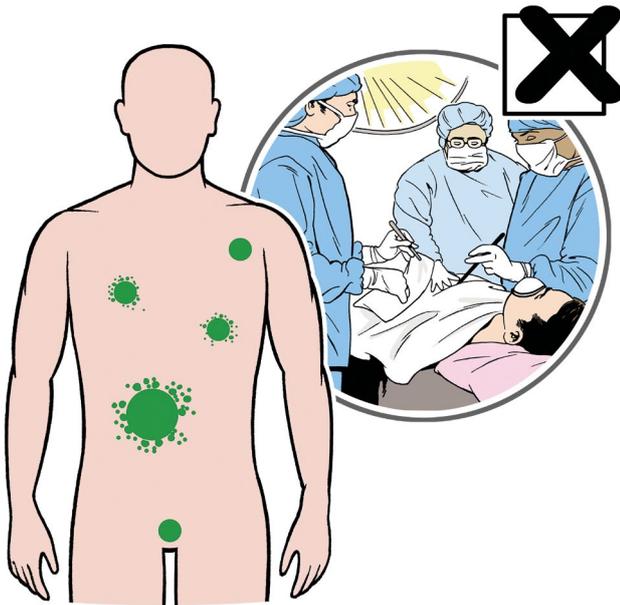


Surgery can only be done if the cancer is:

- in the prostate



- very close to the prostate

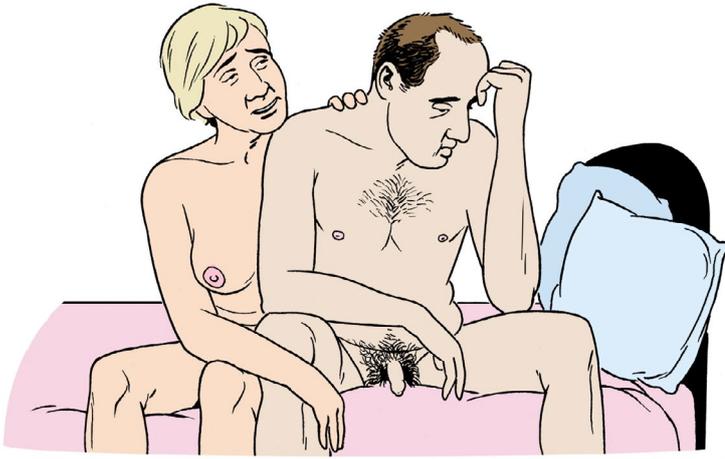


It cannot be done if there is cancer somewhere else in your body.



You may have problems after surgery like:

- wee coming out before you can get to the toilet



- your penis not getting hard if you want to have sex or masturbate.



After the operation, you will not be able to have children.



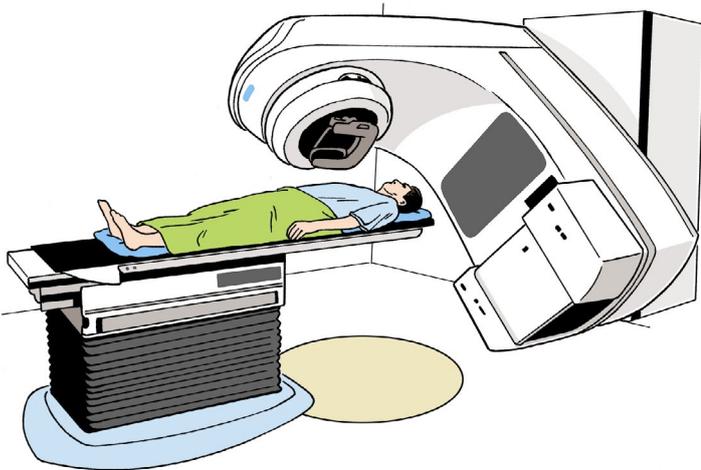
Talk to your doctor if you are worried about any of these problems.



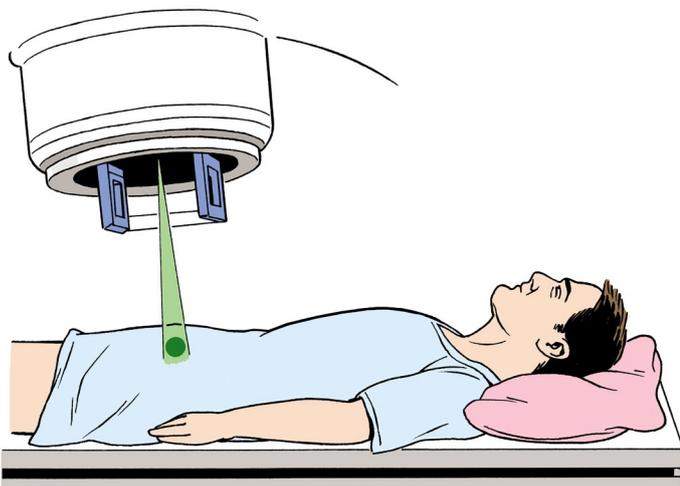
# Radiotherapy



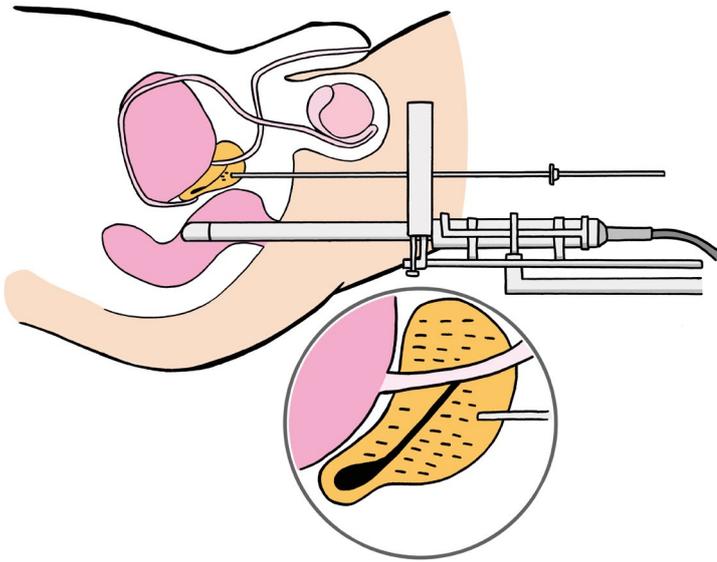
Radiotherapy uses strong x-rays to kill the prostate cancer.



It is usually given by a machine outside the body.

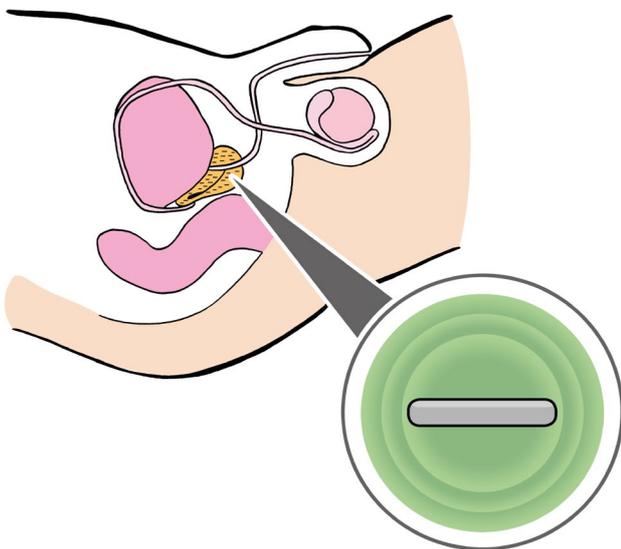


This sends x-rays to your prostate.

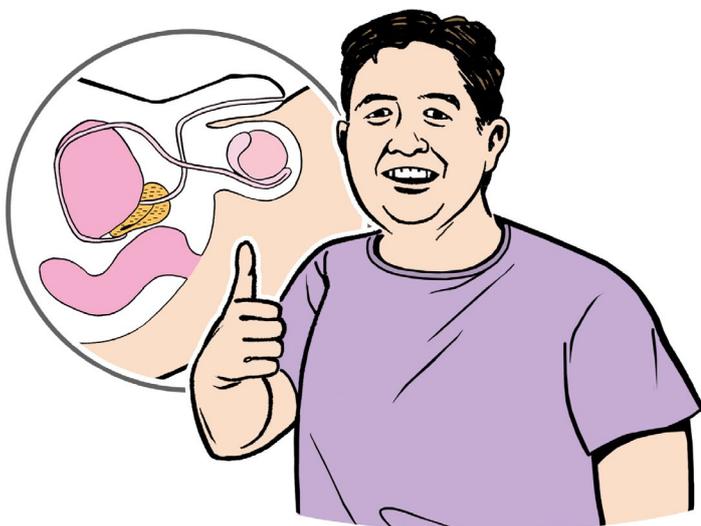


Some people have radiotherapy from inside their body. There are two ways of doing this.

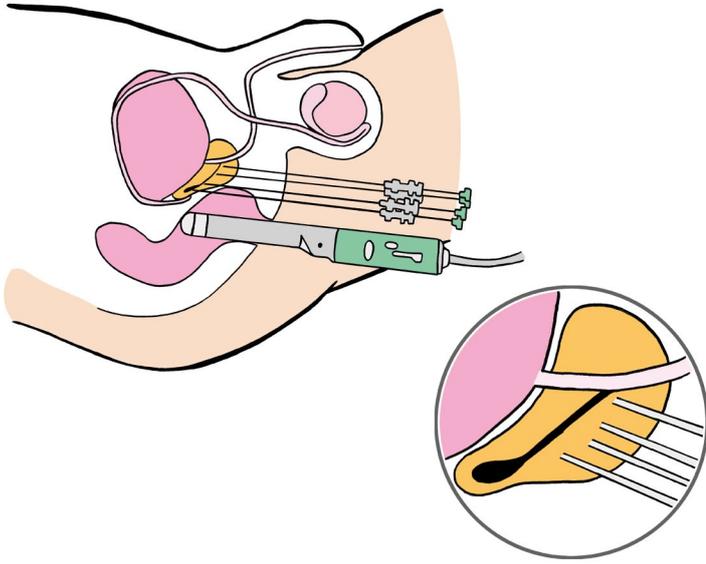
One of the ways is to put small things the size of a grain of rice into your prostate with a special needle.



These are called radioactive seeds. They send radiation to the cancer in your prostate.



They will stay in your prostate for the rest of your life but you do not feel them.



The other way is to put thin tubes into the prostate. A machine gives you radiotherapy through the tubes. The tubes are taken out after.

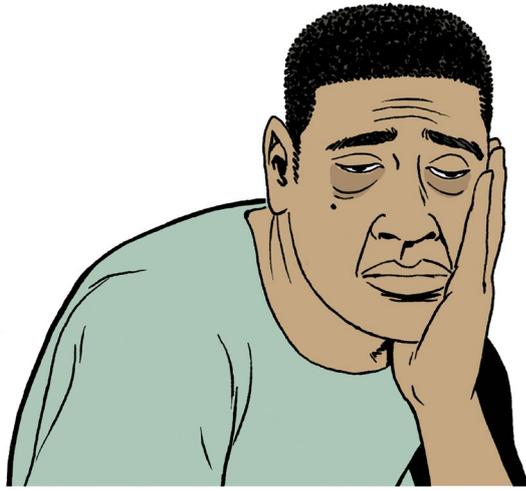


Treatments can make you feel ill or change the way your body works. This is called a side effect.

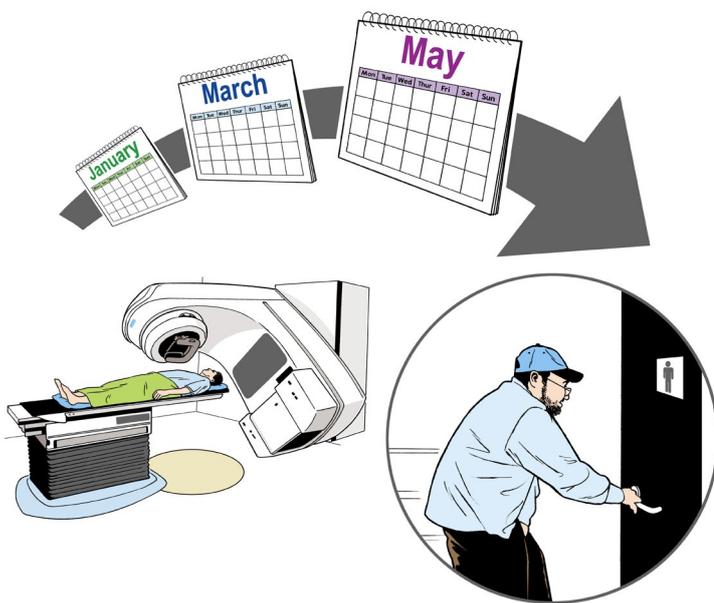


You can get side effects from radiotherapy. Most of the side effects happen when you have the treatment, like:

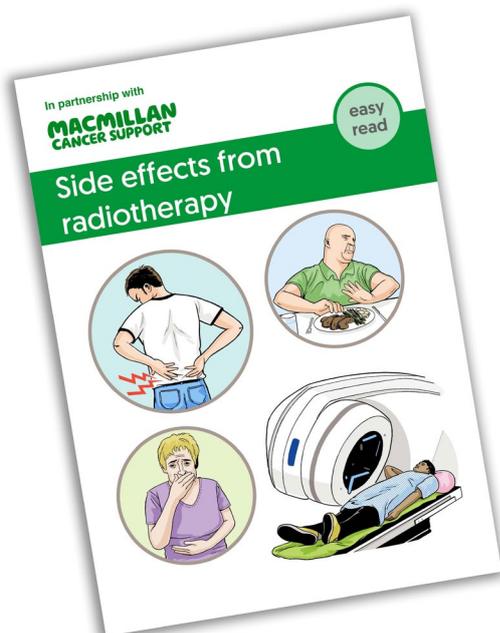
- needing to go for a wee more often



- feeling very tired.



Sometimes a side effect can happen months or years after you have finished your treatment. This is called a late side effect. Your doctor will talk to you about late side effects.



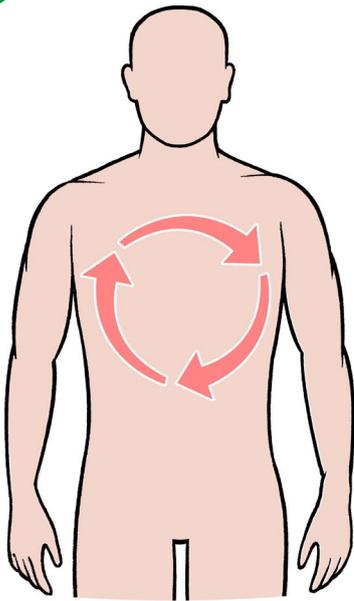
You can read more about side effects from radiotherapy in our booklet **Side effects from radiotherapy**.



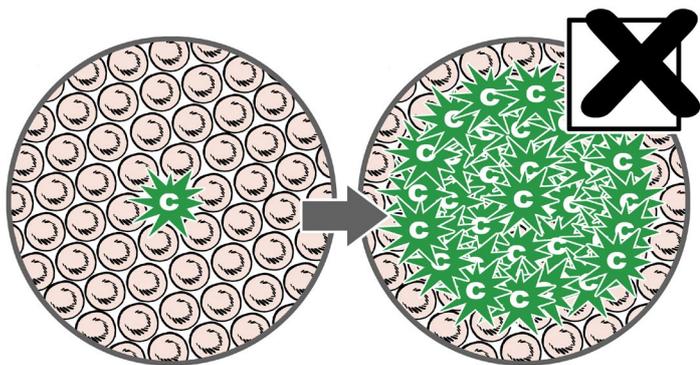
If you get side effects, talk to the person who gives you radiotherapy. They should be able to help.



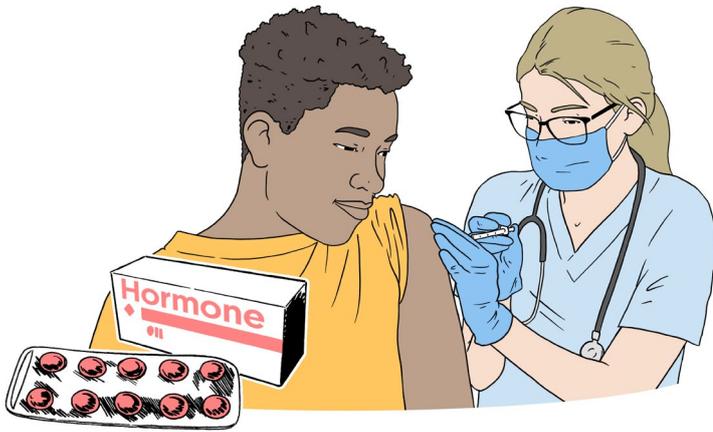
## Hormonal treatment



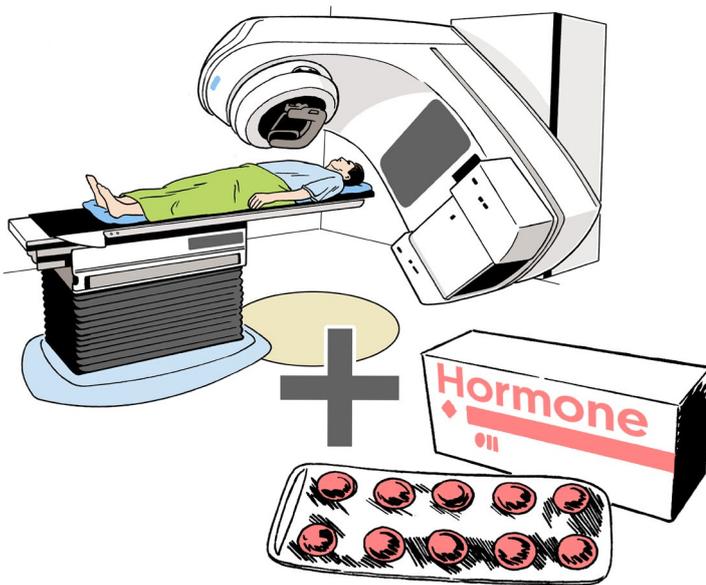
Hormones are inside your body. They control how your body works.



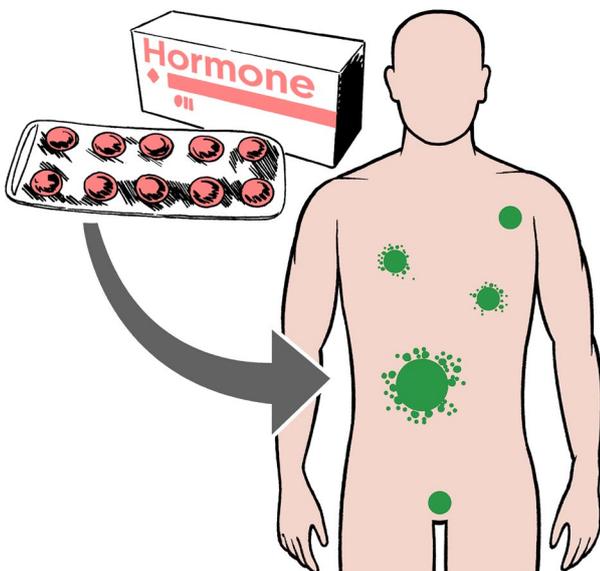
There is a type of cancer treatment called hormonal treatment. This can stop your body from making the hormones that make the cancer grow.



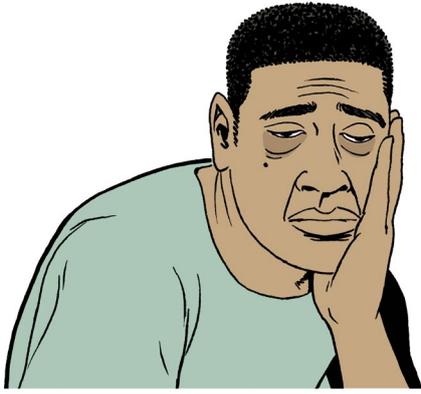
You get hormonal treatment as tablets or injections.



Hormonal treatment makes radiotherapy work better. So if you have radiotherapy, you may have hormonal treatment too.



Some people have hormonal treatment as their only treatment. This happens when there is prostate cancer somewhere else in your body.



You can get side effects from hormonal treatment, like:

- feeling tired



- feeling very hot and sweating  
this can last for a few minutes each time.



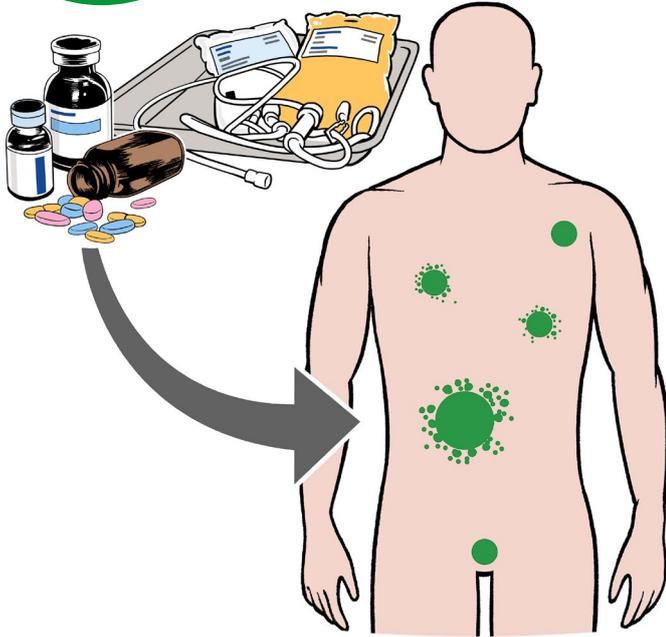
- not feeling like you want to have sex or masturbate.



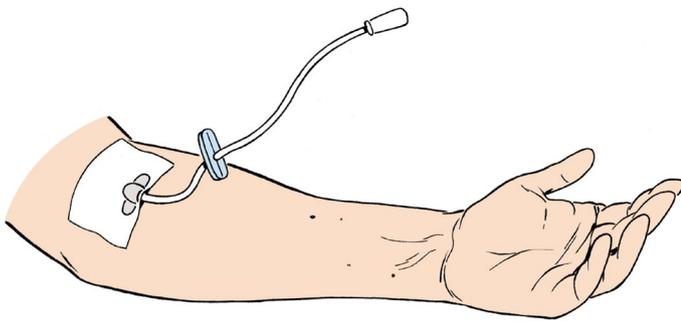
If you get side effects, talk to the person who gives you hormonal treatment. They should be able to help.



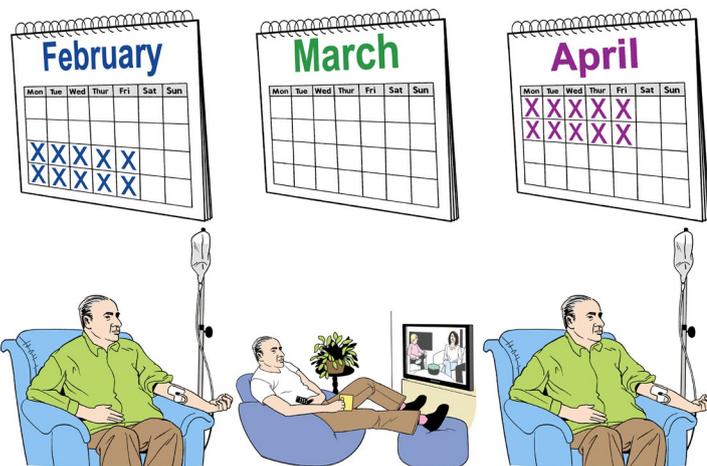
# Chemotherapy



Chemotherapy uses special drugs to kill the prostate cancer. You have it when prostate cancer has gone somewhere else in your body.



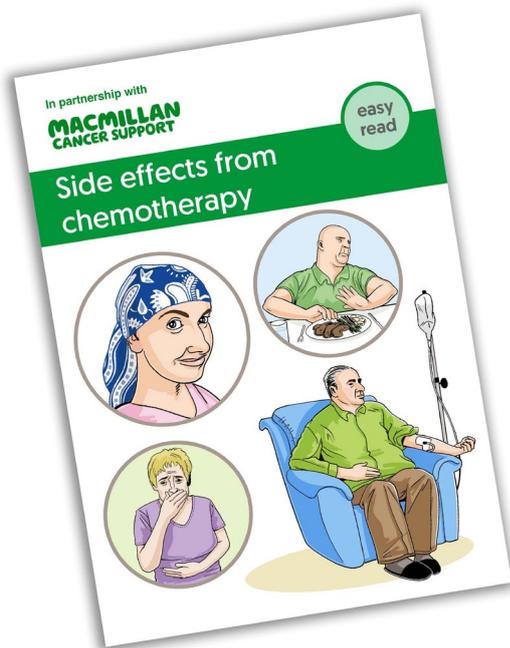
It is usually given into a vein by a drip or injection.



People usually have some treatments and then have a break from the treatments.



You can get side effects from chemotherapy, like feeling sick. You might also get infections more easily, like a cold or flu.



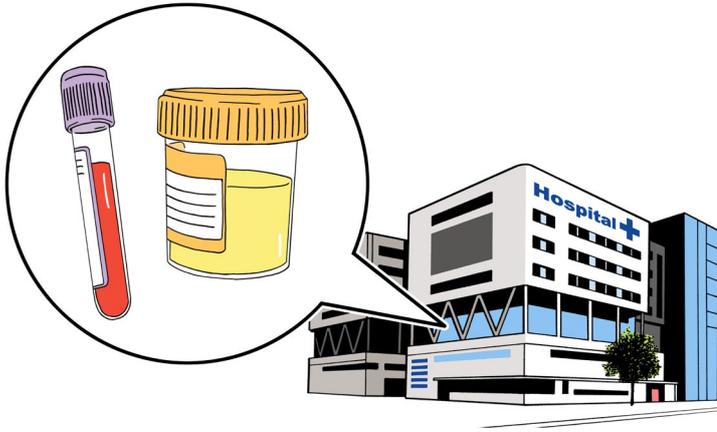
You can read more about side effects from chemotherapy in our booklet **Side effects from chemotherapy**.



If you get side effects, talk to the person who gives you chemotherapy. They should be able to help.



# After treatment



After your treatment has finished, you will still go to the hospital for tests.



At first you will have tests often.



After a few years, you will not have tests very often.



# How Macmillan can help you

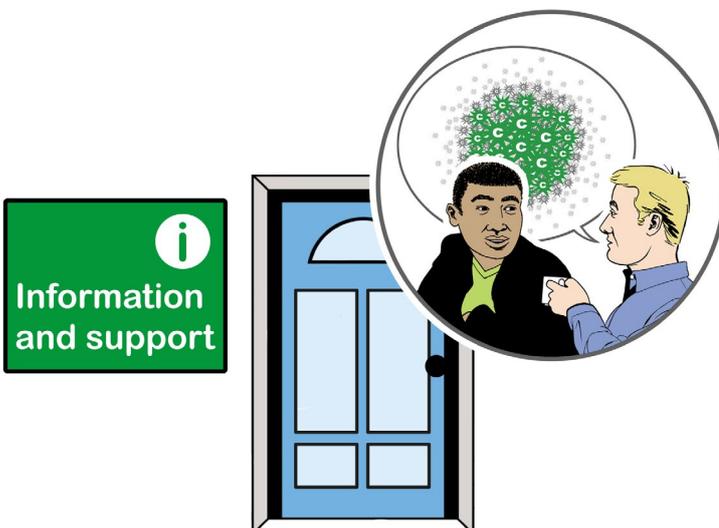


You can get support from:

- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit [macmillan.org.uk](http://macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](http://macmillan.org.uk/talktous)



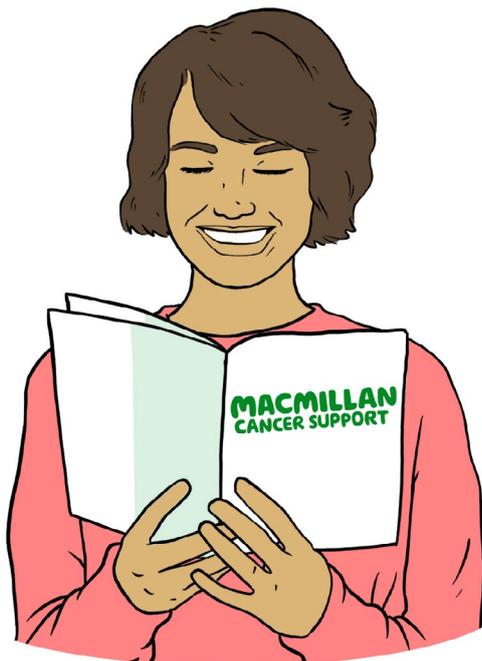
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](http://macmillan.org.uk/informationcentres) or call us.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

### **Booklets about cancer**

You can order booklets about cancer from

[be.macmillan.org.uk](https://be.macmillan.org.uk)



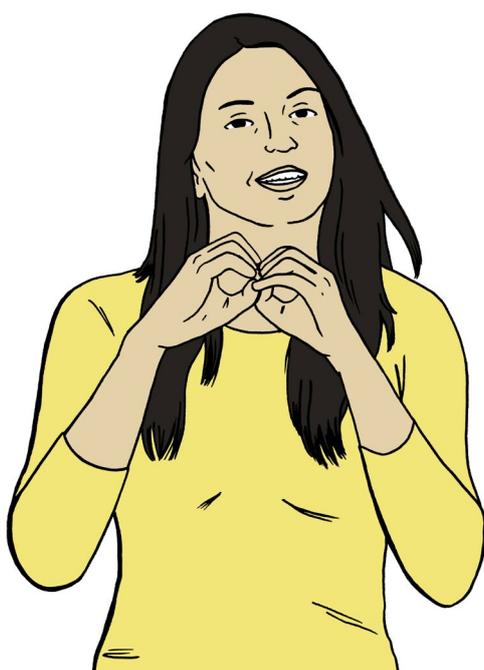
## Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



## Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



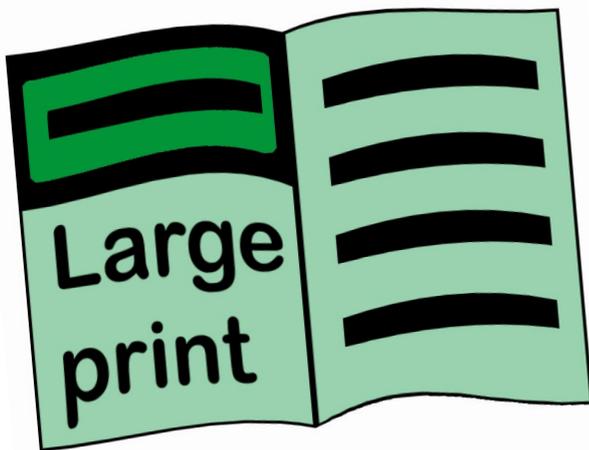
## British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



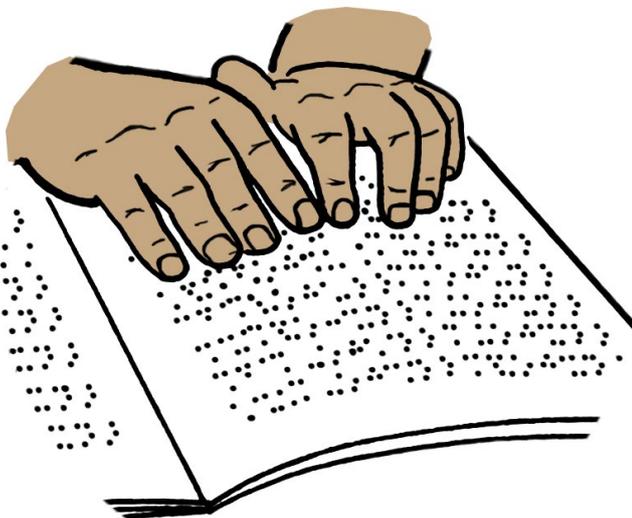
## eBooks

You can get eBooks  
about cancer from  
[be.macmillan.org.uk](https://be.macmillan.org.uk)



## Large print

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# More easy read booklets



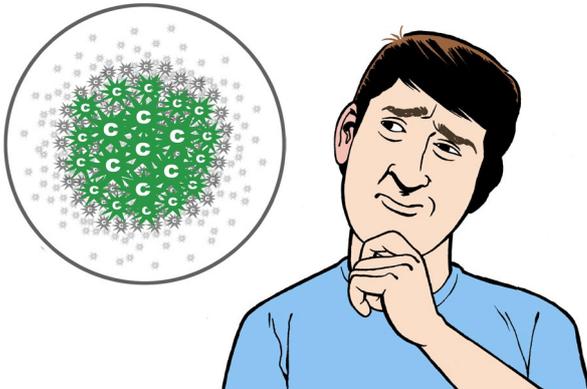
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



## About cancer

- Lung cancer
- What is cancer?



## Signs and symptoms

- Breast care for women
- Cervical screening
- How to check your balls (testicles)
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



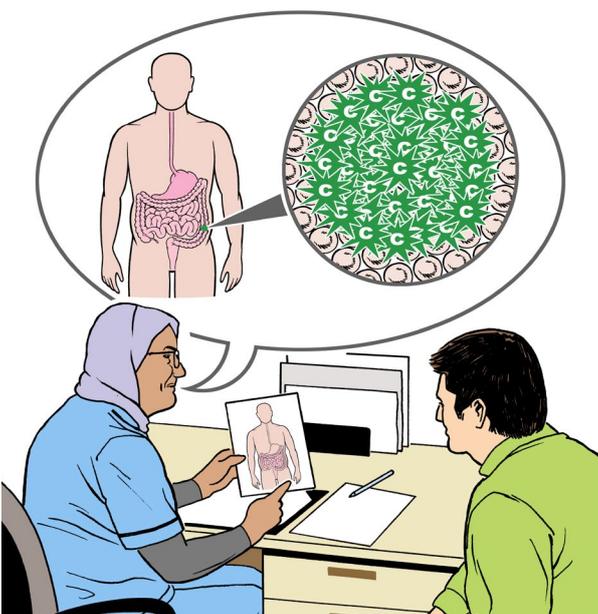
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex
- Stop smoking



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray



## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



## Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer

## Living with cancer

- 7 steps to equal healthcare
- After treatment for cancer
- Cancer and coronavirus
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



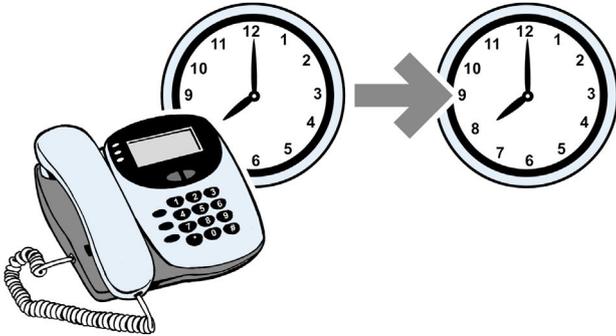
## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread) or call us on **0808 808 00 00**

This booklet is about prostate cancer.

It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:

**0808 808 00 00**

7 days a week from 8am to 8pm.



- If you use a textphone, you can call:

**18001 0808 808 00 00**



- Or go to the website

**[macmillan.org.uk](http://macmillan.org.uk)**

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

**MAC17944\_ER\_E02** Produced December 2022.

Next planned review December 2025.

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*Patient Information Forum*



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