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The value and importance of having women/partners attend meetings.

- Women can make a big difference in the group as they are much better communicators and speak more openly.
- It can take men several meetings before they feel comfortable enough to open up and join in the discussion.
- Some men don't want to talk, they are just there to listen and learn. These are also typically the type that don't return to the group after they decide on a treatment.
- Women can encourage men to attend a support group. Some men bury their head in the sand and don't want to face the diagnosis.

How can we keep folks interested in coming every month even after treatment is over and why it is important:

- Procedures and treatments keep changing. New drugs are constantly coming down the pipeline.
- Cancer could come back.
- The side effects after treatment can be devastating and many men do not understand that they may have ED and incontinence issues after treatment.
- Having prostate cancer is a journey. You have to keep yourself educated on ways to have a healthy lifestyle.
- Talk about healthy diet and integrative medicine such as acupuncture, meditation and exercise.
- Return visits give you the opportunity to learn and re-learn. This is life progression.
- Invite speakers that address issues related to aging, such as an audiologist. You don't always have to have the topic be about prostate cancer specifically.
- Invite a pelvic floor rehab specialist to your meetings. This type of speaker can educate men, not only about incontinence issues they may be facing, but how that area of your body is connected. This topic is also interesting for partners, as this is something that can affect our bodies as we age, it is not just a result of having prostate cancer treatment.