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## Palliative Care for Prostate Cancer

The underlined terms are listed in the glossary.

Sometimes recovery from prostate cancer is not possible. When treatment is no longer successful you may be offered palliative care to make you more comfortable.

Palliative care is a concept of care with the goal to optimize your quality of life if you cannot recover from your illness. During palliative care you and your loved ones are supported by a multidisciplinary team. Together you address physical, psychological, social, and spiritual questions. Palliative care includes controlling your symptoms and medical treatment for pain management.

The palliative care team can provide care in the hospital or at your home. Another option is hospice care. A hospice is an institution which provides care during the final phase of your life.

Talk to the palliative care team and your family about your feelings and your wishes. It is important to discuss:

- Your symptoms and how much bother they cause
- The possibility of getting help with cleaning, washing, or cooking if you need it
- Financial matters
- Legal issues such as your will
- If there is something you want to do or somewhere you would like to go. The palliative care team can help you with practical things such as a wheelchair, if you need it
- Where you want to spend the final phase of your life: at home or in a hospice. If you want to be at home, the palliative care team will look into whether this is possible
- If you would like to talk to somebody who can give you support, such as a psychologist or a spiritual advisor

### **The role of family, friends, and partner**

As a loved one or a close friend, you play an important role in palliative care. You can help with practical things such as cleaning, washing, or cooking. You may also support the palliative care team in caring for

your partner, family member, or friend. Ask the palliative care team about the possibility of getting professional home care if you feel you need it.

If you feel you need somebody to talk to, approach the palliative care team, your family doctor, or your spiritual advisor. The palliative care team can also point you to people who can help you deal with your feelings.

Patient organizations also offer support for partners, family members, or friends.

## How to find a patient organization nearby

Patient organizations can be very helpful. To find one close to you, ask your family doctor, nurse, or doctor at the hospital. You can also search the Internet for a patient group.

### This information was updated in January 2015.

This leaflet is part of EAU Patient Information on Prostate Cancer. It contains general information about this disease. If you have any specific questions about your individual medical situation you should consult your doctor or other professional healthcare provider. No leaflet can replace a personal conversation with your doctor.

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The content of this leaflet is in line with the EAU Guidelines.

You can find this and other information on urological diseases at our website: <http://patients.uroweb.org>

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