

Prostate Cancer Foundation of Australia Guide to Resources

PCFA has developed a range of evidence-based resources to assist men, their partners and families following diagnosis of prostate cancer, and to help raise awareness of prostate cancer in the wider community. These resources provide general information about prostate cancer, more detailed information following a diagnosis of prostate cancer, and information for health professionals.

All these resources are free.

They can be read online, or you can order copies via the form on our website: <http://pcfa.org.au/publications/>



1 General Information Leaflets

These leaflets provide general information to help raise awareness of prostate cancer. Hard copies are available and they can also be read online.

Each leaflet covers the following topic:

- What you need to know about prostate cancer
- Caring for someone with prostate cancer
- Support groups for people affected by prostate cancer

These leaflets are available in:

- English
- Arabic
- Chinese
- Italian
- Greek
- Vietnamese

2 Information Packs for recently diagnosed men and their families

Prostate Cancer Information Packs provide more detailed information to assist men, their partners and families following a diagnosis of prostate cancer. These packs are also available on USB cards and can be read online.

Each Information Pack is designed for the following groups:

- Localised Prostate Cancer
- Advanced Prostate Cancer
- Gay and Bisexual Men
- Younger Men
- Partners and Carers

Each Information Pack contains four booklets covering a major topic during the cancer journey:

- **Diagnosis:** information on how prostate cancer is diagnosed
- **Treatment:** treatment options available
- **Side Effects:** side effects of treatment, with tips on how to cope
- **Wellbeing:** dealing with the practicalities of living with prostate cancer



3 Information guides with further detail on specific treatments and side effects

PCFA has developed evidence based Information Guides for men following a diagnosis of prostate cancer who are in the process of deciding on treatment options. They can be printed as A4 documents, or read online.

- Maintaining wellbeing with prostate cancer
- Understanding surgery for prostate cancer
- Understanding brachytherapy for prostate cancer
- Understanding hormone therapy for prostate cancer
- Understanding urinary problems following prostate cancer treatment
- Understanding sexual issues following prostate cancer treatment
- Understanding bowel disturbance following prostate cancer treatment
- Drugs List: commonly used drugs in the treatment of prostate cancer

“PCFA recognises the challenges facing different groups within our community and we’re proud to provide specific resources for non-English speakers, gay and bisexual men, Aboriginal and Torres Strait Islanders, and health professionals. We are grateful for the assistance provided by the Australian Government through Cancer Australia in developing many of these resources.”

Associate Professor Anthony Lowe
Chief Executive Officer



4 Resources for Health Professionals

PCFA has developed the following evidence-based resources for health professionals:

Monographs in Prostate Cancer

- Practice Framework and Competency Standards for Prostate Cancer Specialist Nurses
- Prostate Cancer Information Needs of Australian Gay and Bisexual Men
- ProsCare: A Psychological Care Model for Men with Prostate Cancer
- Engaging Aboriginal and Torres Strait Islander Communities in Prostate Cancer Health Care Programs
- Economic Modelling of Healthcare Services for Prostate Cancer

Aboriginal and Torres Strait Islander Community resources (Designed for health professionals working with indigenous communities)

- Flipchart 1: Know about your prostate: prevention and living well
- Flipchart 2: Diagnosis, treatment options and challenges: prostate cancer
- Flipchart 3: Support and care: what carers and partners of men with prostate cancer need to know

Clinical Practice Guidelines on PSA testing

- PSA Testing and Early Management of Test-detected Prostate Cancer: A guideline for health professionals
- PSA Testing and Early Management of Test-detected Prostate Cancer: A guideline for health professionals: Short Form Summary Document