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## How Psychosocial Support Can Help

### How could I benefit from meeting with a health psychologist who specializes in prostate cancer?

Depending on the stage and type of treatment, prostate cancer can lead to different physical, functional, social and emotional challenges. Although such challenges can differ from one person to another, they may include things like fatigue, pain, bowel, urinary and sexual difficulties, loss of muscle mass, marital/family distress as well as symptoms of depression and anxiety. Meeting with a licensed health psychologist who specializes in prostate cancer can assist a man (including his partner or other supportive care providers) in learning how to most effectively cope, manage and adjust to the symptoms and side effects that can negatively impact one's quality of life.

In addition to making things more manageable and even enjoyable in the face of heightened stress, this type of self care can free up resources that would allow the mind and body to do exactly what is needed to maximize the effects of treatment and other medical intervention.

### What would occur during my meeting(s) with a health psychologist?

Following a thorough assessment of medical history, general background and presenting issues, a personalized stress reduction and symptom management plan is developed to:

- Navigate issues specific to prostate health, treatment and communication with physicians and the medical team;
- Manage common symptoms and side effects, and;
- Learn skills to improve emotional, physical, functional and social wellbeing.

This may include counseling and education on ways to increase physical activity and exercise; learning strategies to stick with a prostate-healthy nutrition plan; decreasing stress and improving focus through well-known stress reduction strategies; learning important wellness skills and other positive health behaviors; improving couple communication and issues related to sexuality/intimacy; reviewing goals and discussing progress; troubleshooting setbacks and strategizing next steps.

### How can I set up an initial meeting?

For more information about Psychosocial Support or to arrange an initial appointment with Dr. David Victorson, call (224) 364-7583.