

DR. CHARLES METZGER'S SATURDAY EVENING NEWSLETTER

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PROSTATE FORUM OF ORANGE COUNTY

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Thank you Blue Cross and Blue Shield for the following active surveillance anxiety management suggestions...

Contact us for help and information: www.ProstateForum.org or ProstateForumOC@gmail.com.

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Managing Anxiety While on Active Surveillance for Prostate Cancer

Navigating Scanxiety

- Scanxiety is the stress you may feel around your cancer tests. There are several things you can do to manage scanxiety

Before Testing:

- Schedule a morning appointment time to limit waiting
- Set time limits for yourself about the worries you have
- Come prepared: bring a favorite snack, read a book, stream a show, or converse with a family member or friend

During (or before) Testing:

- Use a 4, 7, 8 Breathing Exercise: Inhale slowly for 4 counts, Pause for 7 counts, Exhale for 8 counts
- Distract yourself

While Waiting for Results:

- Control what you can: plan for when, where, and with whom you will look at your test results
- Self-care and look ahead: schedule an enjoyable activity to look forward to
- Connect with your support system: keep them in the loop

For Family Members and Friends

- Family members and close friends can also feel anxious about their loved one's prostate cancer diagnosis
- Finding out more can help you feel more confident. These websites could be helpful to learn more about prostate cancer:
 - Prostate Cancer Foundation – PCF.org
 - Urology Care Foundation – urologyhealth.org
 - askMUSIC – ask.musicurology.com



MUSIC Coordinating Center
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This document is designed for adult patient education. It is reproduced here courtesy of MUSIC (Michigan Urological Surgery Improvement Cooperative). For additional information about Active Surveillance and to join support groups for those battling Prostate Cancer, visit the Prostate Forum of Orange County at www.ProstateForum.org.



Managing Anxiety While on Active Surveillance for Prostate Cancer

What is Active Surveillance?

- Active surveillance (AS) is one way to treat prostate cancer. It involves regular testing (PSA, imaging, and/or prostate biopsies) to check your prostate cancer for changes
- AS avoids or delays treatment and its side effects, like problems with urinary function, erectile function, bowel function, or hormonal function
- AS is very safe



Is it Normal to Feel Anxious After Choosing AS?

- Men experience various emotions after choosing AS. Some have stress around regular testing, fear of cancer progressing, or dying

Will These Feelings Change Over Time?

- In the first year of AS, it is not unusual to feel anxious, nervous, or stressed
- With time, many men learn more about the disease and find ways to deal with their stress
- Most patients report significantly lower levels of anxiety within 2 years

What Can Help Me Cope with Cancer Related Anxiety?

Resources and Support Groups

- Talk with your doctor (urologist or primary care doctor) about what support groups may be best for you and your loved ones. Here are some options:
 - Prostate Cancer Foundation (PCF) Support Groups (includes groups for caregivers)
<https://www.pcf.org/>
 - Active Surveillance Patients International (ASPI) virtual support groups
<https://aspatients.org/>
 - Answer Cancer Foundation (AnCan) virtual support groups
<https://ancan.org/>
- Visit ask.musicurology.com for more information about popular options
- Your doctor can also refer you to a therapist.

Self-Care Strategies (for patients and caregivers)

- Regular exercise
- Doing activities you enjoy –sports, fishing, spending time in nature, etc.
- Maintaining normal routines
- Spending quality time with loved ones
- Meditation and yoga
- Getting the proper amount of sleep