



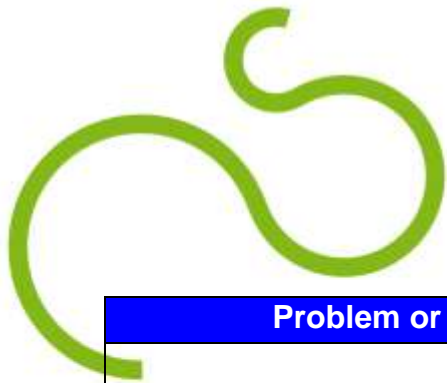
Prostate cancer follow-up

Who do I call if...?

Key Worker Details (named nurse)	Mon – Fri 9am – 4pm (answerphone when unattended)
	Via Switchboard – 01895 238282 and ask for Ext. 2674

Introduction

This leaflet gives you information about the symptoms to be aware of which may trigger an appointment at the Hospital. Learning to live with or after Prostate cancer can be difficult and patients tell us they often worry about symptoms. Knowing who to call, can be confusing especially as various health care professionals will give you their telephone numbers



Problem or concern	Who to call
Common medical problems	
Normal cold or flu-like illness	Contact your GP
A problem to do with another existing medical condition (not your prostate cancer) like high blood pressure or diabetes	
Gradually worsening symptoms	
Feeling more tired than usual	Contact your Prostate Cancer Nurse Monday – Friday 9am - 4pm
Weight loss, loss of appetite	
Side effects from treatment or medicines you are taking	
Pain in arms or legs Pain in or around chest/abdomen	
Rare Symptoms that need assessment within 24 to 48 hours	
Weakness in your legs or arms. Tingling/numbness in arms/fingers or legs/toes	If these occur during office hours contact your Prostate Cancer Nurse (Mon-Fri 9am - 4pm) At other times please contact the out of hours services via your GP or visit the Accident & Emergency Dept at Hillingdon Hospital
Escalating pain in your back/neck that is getting worse	
Difficulty walking	
Difficulty emptying your bowels or bladder	

Contact	What they provide	How to contact
General Practitioner (GP)	This is your family doctor.	Name..... Tel
Prostate Cancer Nurse	Cancer care & provide patients with information & support	Name..... Tel: 01895 238282 ext. 2674 Mon-Fri 9am - 4pm (<i>answerphone</i>)
District Nurse	Provide nursing care & practical advice visiting you at home	Name..... Tel:
Palliative Care Community Specialist Nurse	Provide advice on managing symptoms, coping with cancer, visiting you at home	Name..... Tel:
Macmillan Cancer Information Centre	Provide advice and support to patients, family and carers affected by cancer	Tel: 01895279169
Michael Sobell House- 24 hour advice line	Provide advice on complex symptoms	Tel: 01923 844281

Practical worries or concerns

Problems getting to the hospital for appointments	A number of people can help you with these concerns such as your: Prostate Cancer Nurse; Community Nurse; Macmillan Cancer Support Centre (Hillingdon Hospital); Social Worker; Physiotherapist; Dietician; Local Counsellor / Psychologist
Financial + family concerns	
Worries about managing at home	
Emotional concerns	
Concerns about taking your medicines	
Advice about diet + exercise	



Helpful general contacts when dealing with prostate cancer

<p>Macmillan Cancer Information Centre, The Hillingdon Hospital The Centre is staffed by a Cancer Nurse who can offer support and advice on a variety of issues that affect people diagnosed with a cancer</p>	01895279169
<p>Prostate Cancer UK www.prostatecancer.org/ Helpline run by Prostate Cancer Specialist Nurses. Provide advice, written information, online community support, support group and peer support from patients who have been affected by Prostate Cancer</p>	0800 074 8383
<p>Friends of Prostate Suffers (FOPS) www.thefops.org.uk FOPS are able to reassure, console and share experiences with anyone anywhere who finds themselves concerned about Prostate problems. A support group set up and run by patients</p>	Bob 01923282105
<p>Macmillan Cancer Support Provides information and advice about many aspects of cancer including treatment, emotional effects and financial concerns</p>	0808 808 0000



Languages/ Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

بہاالدین: لاط فا، است صوتی قالب یا ویدیو گر زبانہاں بہہ دارید لازم اطلاعات این از اگر لاط فا
01895 279973 د سن

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம்
தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973
இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

Proszę pytać, jeśli te informacje w innych językach, dużym drukiem lub w formie audio.
Proszę o kontakt: 01895 279973

请询问您是否需要在其他语言, 大字体或音频格式的信息。请联系 : 01895 279973

رجاء تسأل اذا كنت تحتاج هذه المعلومات باللغات الأخرى, وكبير حجم المطبوعة او المسموعة وشكلها. يرجى الاتصال:
279973 01895

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਵਿਸ਼ੇ ਹੋਰ ਭਾਸ਼ਾ, ਵੱਡੀ ਲਿਖਾਈ ਜਾਂ ਢੁੱਜੀ ਸੁਰਤ ਵਿੱਚ
ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਸੁਣਨਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ **01895 279973** ਤੇ
ਸੰਪਰਕ ਕਰੋ।