

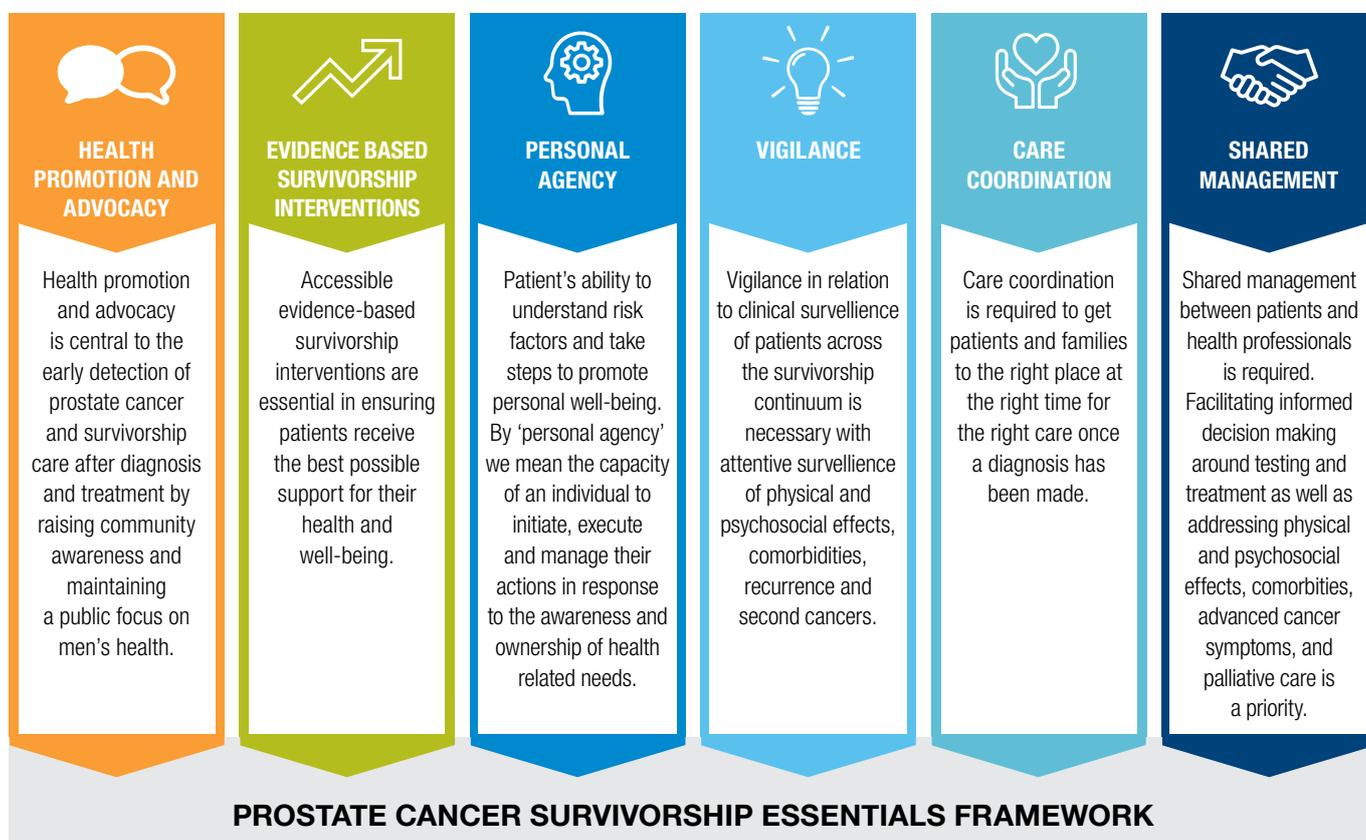
TOGETHER WE'RE STRENGTHENING SURVIVORSHIP



Prostate cancer is an important public health issue. Every 30 minutes, one of our fathers, sons, and brothers will hear the news he has prostate cancer. By 2040 we predict there will be 372,000 men living with or beyond prostate cancer in Australia, representing over 60 per cent increase from 230,000 today and the greatest number of men or women diagnosed with any single cancer.

It is a disease that imposes considerable hardship on the community, taking a physical and emotional toll on lives and relationships. In 2020, we brought together a multi-disciplinary expert panel to better understand the nature of prostate cancer survivorship in the Australian context. The panel reached a consensus view that the experience remains a challenging one, and must be addressed through integrated quality care.

Prostate cancer survivorship care encompasses the health and wellbeing of men from the point of diagnosis onwards. Quality care recognises the physical, psychosocial, spiritual and economic impacts of cancer, which can be long-lasting, and addresses these so that the patient and his loved ones can achieve optimal quality of life.



7 PRIORITY ACTIONS FOR MEN WITH PROSTATE CANCER

Action on each priority can be expected to have impact for men across the six survivorship domains, and cumulatively could make a measurable difference in the face of prostate cancer in this country:

- 1** Enhance patient-clinician communication
- 2** Develop a comprehensive survivorship toolkit
- 3** Grow the availability of multi-modal care
- 4** Reduce out-of-pocket costs
- 5** Promote the uptake of exercise
- 6** Harness technology to increase access
- 7** Build the capacity and outreach of specialist nurses

New partnerships across disciplines, fully involving consumers, are needed in order to respond to these challenges.

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