

Management of Side Effects

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SELBSTHILFE PROSTATAKREBS
the support group
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Austria

May I introduce myself

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Diagnosed May 1993, PSA 27,4

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Once I was asked by a urologist what a prostate cancer patient wishes most and my answer was: "A cure with no side affects".

Side effects

□ Main side affects

- Psychological Problems
- Social Problems
- Impotence
- Incontinence

□ Other side effects

- Osteoporosis
- Lymphedema
- Metabolic Syndrome

Psychological Problems

- ❑ The diagnosis is like a hammer hitting you. Cancer.
- ❑ Do I have to die? Why me?
- ❑ What did I do wrong in my past or life?
- ❑ Do I have the chance to survive and under what conditions?
- ❑ How will my family life be involved?
- ❑ A great number of questions and thoughts and no immediate answers

Social problems

Will I get all necessary treatments?

- ❑ What about rehabilitation?
- ❑ Can I still fulfill my duties at work?
- ❑ What if I can't?
- ❑ How can patient support groups assist?

Impotence

- According WHO healthy sexuality is a human basic need.
- Sexuality is a fundamental dimension of the quality of life of individuals, families, and communities. It is profoundly influenced by social interaction, culture, and personal experiences.
- Sexuality is in Austria a forbidden subject

Incontinence

- ❑ Incontinence is not willed by God.
- ❑ This is a quotation of Prof. Marberger at a session in our society in March 1998.
- ❑ Incontinence you can't see but is most often accompanied by odour.
- ❑ Ways to reduce the burden of incontinence.

Osteoporosis

- ❑ Patients under hormone deprivation have a high risk getting osteoporosis.
- ❑ Therefore a bone examination should take place before hormone deprivation.

Lymphedema

- ❑ After operation with ablation of lymph nodes there is the risk of getting lymphedemas.
- ❑ Even after radio therapy we have this risk.

Metabolic Syndrome

- This is a combination of:
 - Too much cholesterol
 - Too little HDL
 - Hypertension
 - Raised blood glucose
 - An abdominal girth of more than 100 cm
- As outcome we have the risk of cardiovascular diseases.

Thank you for your attention