

Coping with Anxiety and Fear After a Prostate Cancer Diagnosis

It's completely normal to feel anxious, fearful, or uncertain after learning you have prostate cancer. These emotions do not mean you're weak — they mean you're human. The good news is, there are proven ways to help you cope and regain a sense of control.

1. Talk About It

- Speak openly with your doctor, nurse, or social worker about how you're feeling. Ask for clear explanations about your diagnosis and treatment options — understanding reduces fear.
- Bring a partner, friend, or family member to appointments for support.

2. Connect with Others

- Join a prostate cancer support group — talking with men who've been through this helps you realize you're not alone. Visit urologyfoundation.org for a listing of support groups in the DFW area. Attend the Urology Research & Education Foundation support group meeting the fourth Tuesday of the month at 5:30 pm Campisi's Egyptian Restaurant. No need to RSVP but email aclark@urologyfoundation.org if you have questions. Other Support group info at zerocancer.org and cancersupportcommunity.org.

3. Get Professional Help When Needed

- Ask your care team about counseling or psycho-oncology services.
- Therapies like Cognitive Behavioral Therapy (CBT) and mindfulness-based stress reduction (MBSR) are proven to reduce anxiety and depression.

4. Take Care of Your Body

- Exercise regularly — even light activity like walking helps boost mood.
- Eat well and stay hydrated; a dietitian can help if you're unsure what's best.
- Sleep and rest matter — anxiety is worse when you're exhausted.

5. Address Sexuality and Identity

- Fear about sexual function or masculinity is common.
- Talk with your urologist or a sexual health specialist early.
- Couples counseling can help rebuild confidence and closeness.

6. Try Relaxation Practices

- Deep breathing, guided imagery, yoga, or meditation can help calm racing thoughts.

- Free apps: Insight Timer, Headspace, Calm, or Mindfulness Coach.

7. Medication (if needed)

- If anxiety or insomnia become overwhelming, short-term medication may help.
- Talk to your doctor before starting or stopping any treatment.

8. Remember

- You are not alone.
- Anxiety often lessens over time as you learn more and take steps forward.
- Emotional health is part of your treatment — caring for your mind helps your body heal.

Based on research (2020–2025): CBT, mindfulness, peer support, and couples-based programs are the most effective approaches to reduce anxiety and fear of recurrence in men with prostate cancer.

For more resources: National Cancer Institute (<https://www.cancer.gov>) | ZERO Cancer (<https://zerocancer.org>)