



PROSTATE CANCER? VISIT PCPEP.ORG

The Prostate Cancer Patient Empowerment Program is a free six-month home-based mind-body program developed in Canada to improve the physical & mental health and quality of life of people diagnosed with prostate cancer. The program is provided in Aotearoa New Zealand in partnership with the Prostate Cancer Foundation of NZ.

PC-PEP includes daily emails and videos which teach and encourage:

- Aerobic exercise and strength training by videos
- Kegel exercises to improve urinary control
- Stress reduction techniques using biofeedback
- Dietary advice and relationship teaching
- Optional: social support through a mentor and buddy system, and monthly videoconferences with co-participants

You may qualify for our program if you:

- Have been given a diagnosis of prostate cancer
- Can safely do mild aerobic exercise and light strength training
- Can access daily emails and watch YouTube videos
- Are willing to do 4 online surveys over 2 years

LEARN MORE BY VISITING

WWW.PCPEP.ORG

OR BY CONTACTING US

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Urologist / Oncologist Overview

WHY OFFER PCPEP TO YOUR PCA PATIENTS?

1. **Our RCT** (pcpep vs wait-list) showed improved mental health and more at 6 and 12 months follow up (European Urology, 2022)
2. **Convenient accrual:** Direct your patients to PCPEP.org +/- use patient pamphlet above
3. **Collect PROMs:** Comprehensive QOL survey done at baseline, 6, 12 and 24 months creates; QA and Research database
4. **Local support and cost effective:** participation is free of charge, local contact, support and stewardship through the Prostate Cancer Foundation of NZ.

JOIN OUR PHASE 4 IMPLEMENTATION TRIAL

1. **Eligibility:** Any man with PCa diagnosis from AS to early mets with expected survival creates; 2 years, and safe to exercise. Ideal for men starting Rx
2. **Research Question:** What factors predict for poor mental health so we can identify and create individualized programming for high-risk groups
3. **Trial or Not:** We welcome the opportunity to present in-person or by zoom to you, your group or at rounds

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