

# PROSTATE CANCER? VISIT PCPEP.ORG

The Prostate Cancer Patient Empowerment Program is a free six-month, home-based, mind-body program to improve the physical and mental health, and quality of life of people diagnosed with prostate cancer

## 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 Internet and emails daily
- Can watch YouTube videos
- Are willing to do 4 online surveys over 2 years, and weekly participation surveys for the first 6 months

LEARN MORE BY VISITING

[WWW.PCPEP.ORG](http://WWW.PCPEP.ORG)

OR BY CONTACTING US



pcpep.org

RESEARCH COORDINATOR  
[PEP@NSHEALTH.CA](mailto:PEP@NSHEALTH.CA)

PRINCIPAL INVESTIGATOR  
[GABRIELA.ILIE@DAL.CA](mailto:GABRIELA.ILIE@DAL.CA)