

Date: _____

Dear _____:

Dear Patient

You have now completed your treatment for localized prostate cancer at the cancer centre. Your follow-up care will be provided by your family physician/nurse practitioner. Information regarding your follow-up care will be sent to your primary care provider.

We recommend the following care for you. You are responsible for booking your own appointments.

- Physical examination of your prostate once a year.
- Have your PSA levels (blood test) checked every six months for the next five years. Your first appointment should be within six months of your last treatment. After five years, you need a PSA test once a year.
- Your last PSA test level was _____. An increase in your PSA level to _____ may suggest that your prostate cancer is returning. If this happens you will need further assessment and a referral back to the cancer centre.

If you experience any of the following symptoms, contact your family physician/nurse practitioner immediately:

- New bone pain that does not go away
- Not being able to urinate (pee)
- Pain when urinating
- Blood in your urine (pee)
- Bleeding from the rectum that does not go away
- Unexplained weight loss

We encourage you to live a healthy lifestyle, which includes a healthy diet, exercise and avoiding smoking or excessive alcohol consumption.

Guidelines for follow-up care are available on the Saskatchewan Cancer Agency website at www.saskcancer.ca (in the Health Professionals-Clinical Resources section).

Please feel free to contact the Psychosocial Oncology Department if you need assistance with supportive care services or access to other resources.

Allan Blair Cancer Centre: 306-766-2213

Saskatoon Cancer Centre: 306:655-2662

Sincerely,

Dr. _____