



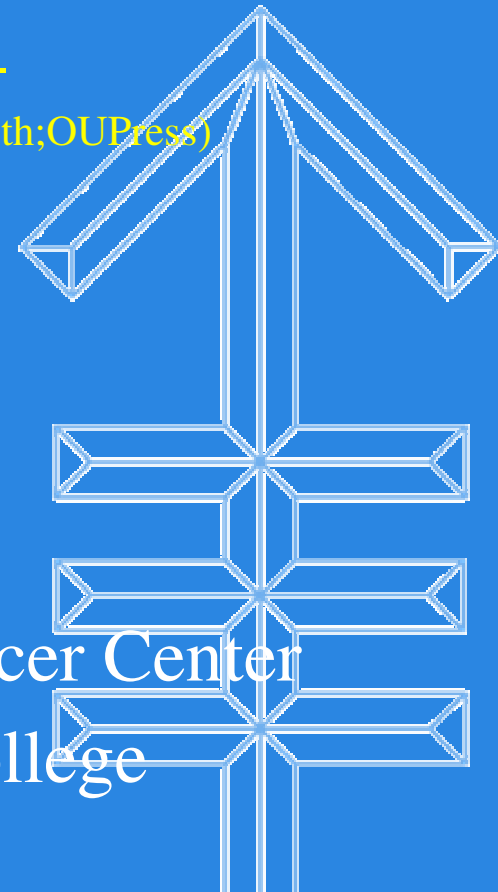
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Managing Prostate Cancer: A Guide For Living Better ©2015 AJRoth;OUPress)

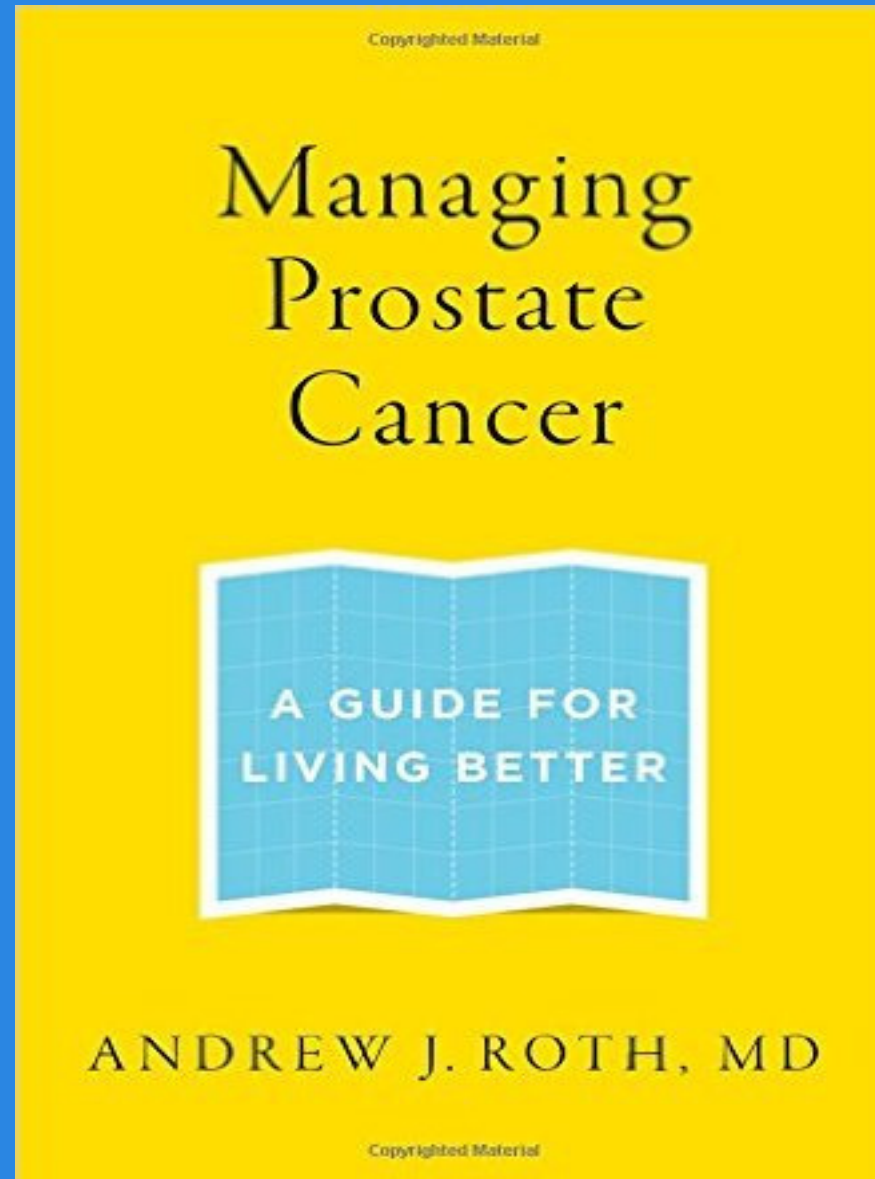
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Disclosure



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Why me? Why not me? What Now?

(©2015 AJRoth;OUPress)

- Common emotional reactions to new prostate cancer diagnoses
- The effects of a prostate cancer diagnosis on a man and his partner
- How these emotional reactions may be similar and distinct from others experienced earlier in life



How Can You Make the Right Treatment Choice When There is No Perfect Choice?

(©2015 AJRoth; OUPress)

“You miss 100% of the shots you don’t take”

“Wait for Your Pitch.”

- The psychological ramifications of the cancer treatment decision process
- The psychological pitfalls of searching for and expecting there to be a perfect and problem-free treatment
- The use of psychotherapy and psychiatric medications to aide in the course of cancer treatment
- How a partner or spouse can help in making a cancer treatment decision
- You can control the choice better than you can predict the outcome



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Lifting the Weight of Waiting and Preparing for Treatment: (©2015 AJRoth; OUPress)

“Ninety percent of this...is half mental.” Yogi Berra

- The importance of trying to take care of yourself now that you have cancer
- Opportunities for recognizing and gathering helpful support systems including support groups
- How to deal with well-intentioned family and friends
 - “Don’t worry, everything will turn out fine.”
- How to help people support you better by discussing ideas, fears and plans with the
- “Why can’t we just rewind life to two months before the diagnosis or hit a reset button?”



Prostate Cancer Anxiety, Depression and Sleep Problems: Enter the DRAFT of the Emotional Judo (EJ) Playbook

(©2015 AJRoth; OUPress)

- Relaxation procedures that diminish daytime anxiety and insomnia
- Behaviorally stimulating and problem-solving activities
- Methods to avoid the thought-traps that prolong worry rather than resolve it
- A combined therapeutic process I have conceptualized as Getting DRAFTed into Emotional Judo to help cope with anxious discomfort and other stressors that arise after treatment



Emotional Judo

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- EJ combines aspects of supportive psychotherapy, cognitive behaviorally oriented psychotherapy, problem-solving therapy, and Acceptance and Commitment Therapy into a practical method for easy teaching, understanding and practice for men with all stages of prostate cancer.
- Found to be successful in real clinic time with men with prostate cancer.



Enter the DRAFT of Emotional Judo

(©2015 AJRoth; OUPress)

Detect uncomfortable emotions, thoughts, or behaviors.

Recognize the rational and irrational aspects of the emotions, thoughts, or behaviors.

Acknowledge and accept your current circumstances and the good that still exists and how the irrational aspects of your emotions, thoughts, or behaviors pull you away from what you really want.

Flip your attention away from the distress and back to the present with the *however* statement.

Transform through relaxation, distraction, or quick-list activities to a pleasurable or meaningful activity.



Detect...

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- ...the possible emotions of sadness and worry you may be feeling which come from exaggerated generalizations of this irrational, distressing thought..
- “I read in the newspaper that a famous politician/actor/athlete died of prostate cancer . . . there’s no hope for me” I’m freaking out and can’t sleep.



Recognize...

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- ...the more reasonable and faulty aspects of your thoughts and emotions:
- The patient is generalizing from the celebrity's circumstances to his own.
- Are there any details that might allow for relevant comparisons?
- The more celebrities are diagnosed with and talk about their prostate cancer experiences, the more public notices will be available to compare your circumstances with theirs (however faulty those comparisons may be).



Acknowledge...

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- ...what's behind the emotions, behaviors and thoughts:

“If bad things can happen to a celebrity, who probably has excellent resources for excellent care, surely these bad things can happen to me.”

- This is an incomplete truth leading to potentially faulty conclusions.
- Expectations vs. Aspirations



The Flip-Back to Here and Now (©2015 AJRoth; OUPress)

- Remember to come back to the here and now where it is safe:
 - Each person, type of social supports and prostate cancer is unique
 - People tolerate and respond differently to treatments and medications.
 - We all die of something, sometime.
 - What can I appreciate about my life today?
 - The longer you live, the better shot you have of living longer. Yogi Berra could have said that.
 - Men who've participated in clinical trials for prostate cancer, some still alive, some not, were instrumental in adding to the knowledge base that has kept you and others alive more comfortably and for longer periods of time.
 - Though unknown to you, these men have left a legacy that you benefit from today and that you may decide to pass forward to others as well.



Transformation to Here and Now

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- Stop reading the obituaries that describe who died of prostate cancer.
- Reading prostate cancer obituaries may make you feel less isolated with your cancer and make you feel like you are part of a group or club.
- However, most men reading obituaries come away feeling more depressed, as they contemplate their own cancer trajectories and life timelines.
- Consider participating in a clinical trial to further the knowledge needed to treat prostate cancer for those diagnosed with it in another 20 years. It could help your son, grandson, or a nephew, or someone you will never know.



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Have A Quick List Handy Put Into Action

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- Put on a CD.
- Grab your phone and go out for a short walk.
- Give one of your kids a call just to talk.
- See if you can take your granddaughter to breakfast Saturday
- Get my puzzle book and doing a few.
- Play a computer game of chess or solitaire.
- Call a friend and make a lunch date.



Do I Really Need a Psychiatric Medicine to Cope with Cancer?

(©2015 AJRoth; OUPress)

“We can’t solve problems by using the same kind of thinking we used when we created them.” –Albert Einstein

- Signals to recognize intolerable anxiety, insomnia or sadness
- Clues about whether those symptoms are related to physiological or psychological causes
- When you should consult a mental health professional and how to decrease the stigma of seeking psychiatric help
- Information about the value and utilization of psychiatric medications for patients and spouses
- Techniques for coping with distress about fears of cancer recurrence that come from state of the art psychotherapy and psychopharmacological treatment regimens



Keeping the Flames of Intimacy Alive

(©2015 AJRoth; OUPress)

“I don't know the question, but sex is definitely the answer” ~Woody Allen

*"Among men, sex sometimes results in intimacy; among women,
intimacy sometimes results in sex." ~ Barbara Cartland*

- Coping with erectile dysfunction.
- “What good am I if I can't get an erection after treatment? What's the point of physical intimacy if I can't have sex the way I've been used to all of my life?”*
- Temporary and long term complications of erectile dysfunction
- Managing expectations by re-evaluation and re-setting goals and priorities
the nuances of penile rehabilitation
- How to maintain healthy relationships by not throwing away physical intimacy when erections are not sufficient for intercourse
- How to discuss and meet sexual challenges when you are single and thinking about dating



Urinary, Bowel and Energy Leaks: This Wasn't Supposed to Happen (©2015 AJRoth; OUPress)

- Coming to terms temporary or long term complications of treatment



Not for Patients Only: Spouses or Partners Can Manage Better

(©2015 AJRoth; OUPress)

When a star player is slumping, a little rest helps, but teammates can ‘pick him up’ by upping their play, which can propel a team forward. Does it mean he is a burden to them? Or is this what a good team does when they care about each other and want a successful outcome?

- How a couple can avoid imploding around the prostate cancer
- How to get beyond the barriers of the stalled communication that arise because of the ‘tension of good intentions’
- How to improve communication skills
- The importance of maintaining physical and emotional intimacy
- How spouses and partners can take care of themselves while they are taking care of their ill or recuperating loved ones



Part Two:
Later Stage Disease and Recurrence



Coping with Recurrence...

If the 'Definitive' Treatment Doesn't Work...

...Going Hormonal (©2015 AJRoth; OUPress)

- Recurrence of prostate cancer after primary treatment
- Being diagnosed with a cancer that is advanced and not curable
- The emotional reactions of sadness, anger and mistrust that arise after forging a private, inner contract of 'complications for cure', that now feels betrayed
- Renewed PSA Anxiety and how to avoid the mental trap of counting down to death
- The psychological and physical impact of hormonal therapy



Grieving the Loss of...
Trust; Physical Wholeness; A Sense of
Invulnerability and Immortality:
Time to Re-Invest in Your Future As a Wise Role Model

(©2015 AJRoth; OUPress)

- Losses experienced with prostate cancer and how to gain by grieving for them
- Strategies for finding more meaning, purpose and connection in relationships
- The life-changing benefits of developing a Role-Model potential, regardless of illness status



Summary

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- Getting prostate cancer can be devastating
- Wishing it away doesn't work
- Maintaining a healthy lifestyle matters
 - Physically and Emotionally
 - Relaxation by DRAFTing into EJ (©2015 AJRoth; OUPress)
 - Sex vs. Intimacy
 - Spousal/Partner Support
 - Coping with Recurrence
 - Role Modeling

