

# Late Effects following prostate radiotherapy.

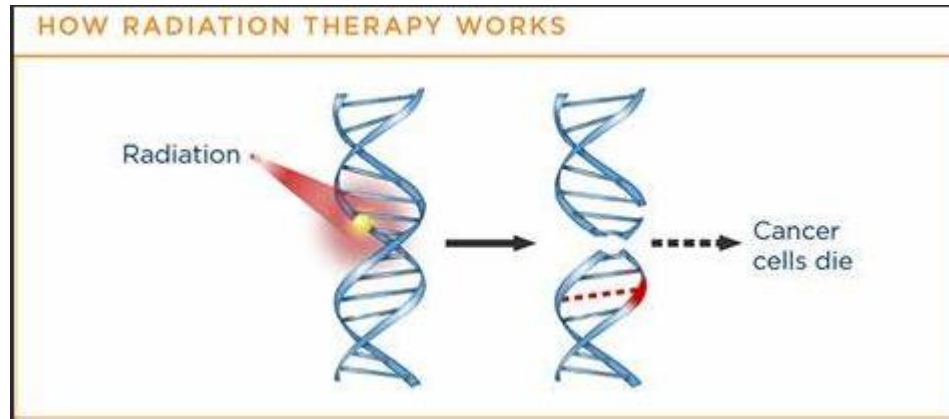
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# Radiotherapy

- Works by killing cells.



- Normal cells can repair tumour cells can't.

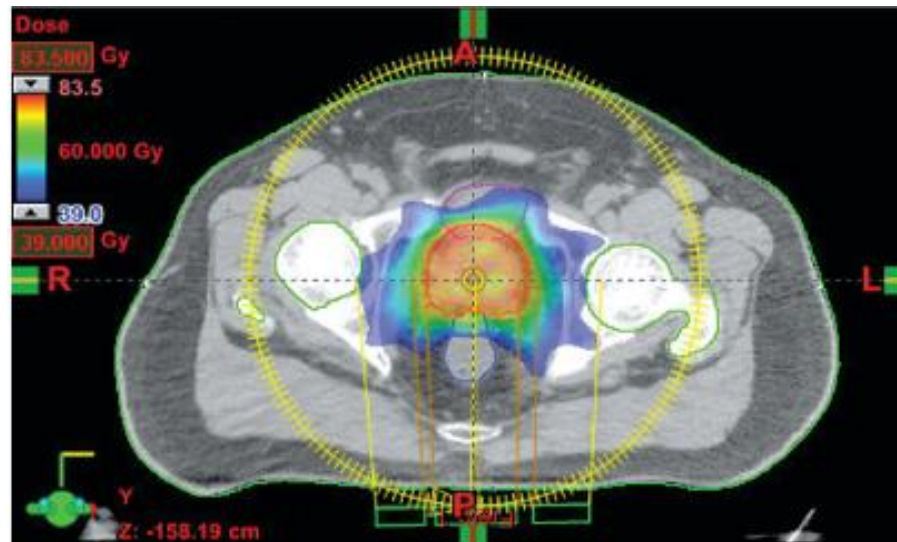
# Radiotherapy-Stereotactic or SABR

- Stereotactic radiotherapy or SABR
- Higher dose given per treatment.
- Tighter margins.
- Smaller volumes/tumours.
- Less treatments overall



# Radiotherapy-External beam

- Larger volume



- Less dose per fraction-reduces side effects (inflammation)

## Acute/On treatment








- Diarrhoea
- Bladder irritation
- Sore anus/piles
- Erectile dysfunction

Review/treatment  
radiographer will support you  
with these.

## Late Effects

- Loose Poo (stools)
- Increased poos per day  
(bowel movements)
- Increase weeing (urination)

### Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on its surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges (passed easily)
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. <b>Entirely Liquid</b>

# Help with Late Effects

- Contact CNS (Clinical Nurse Specialist)
- Contact late effects service.
- See GP





## Diarrhoea

- Increase soluble fibre-  
Milled or golden linseed or  
Fybogel
- Increase fluid intake
- Decrease caffeine
- Lower fat diet helps

See GP if symptoms persist-  
any blood in poo.

## Constipation

- Increase soluble fibre-  
Milled or golden linseed or  
Fybogel
- Increase fluid intake
- Hot caffeinated drinks
- Movement and massage
- Raise knees
- Pruns, dried apricots-natural  
laxitives.

# Self Help- Wee



## Frequency

- Stop caffeine
- Stop blackcurrant and citrus fruits.
- Drink Cranberry juice
- Discuss tablets with GP- anticholinergic
- Pelvic floor exercises- 2 x daily, sitting and standing.
- Ensure completely emptying-sit to wee.

## No flow

- See GP
- Drugs-Tamsulosin
- Sit down to wee
- **Medical emergency if you are unable to go for a wee for more than 2-3 hours.**



# Self Help-Erectile dysfunction

- Masturbation
- Ask GP for PD5E-Viagra
- Ask GP for Vacuum Pump-not always available.



Thank you for listening.  
Any Questions?

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