

Prostatectomy Education Sessions

ACT Health offers education and support for clients and their partners pre and post prostatectomy surgery.

Education sessions are scheduled for every second Monday of the month from 3pm to 5pm. A Prostate Cancer Nurse will talk to you about:

- The prostate gland and its function
- Continence mechanism
- Continence and sexual issues
- Pelvic floor exercises with optional individual pelvic floor assessment
- Preparing for surgery
- What to expect after surgery
- Catheter and bowel management
- Good lifestyle habits
- Support networks

Who will I see at my appointment?

You and your partner will be seen by a Prostate Cancer Nurse.

The Prostate Cancer Nurse can refer you to other health professionals such as the Cancer Counselling Service, Continence Physiotherapist or Continence Adviser if you require further treatment.

Do I need a referral?

You can self refer if anticipating prostate cancer surgery. Your GP, Specialist and other health care professionals can also make a referral on your behalf.

How can I arrange an booking

Telephone Community Health Intake (CHI) 6207 9977 to make a referral and arrange an appointment. A post surgery continence review service is also available.

Where is the clinic located

Belconnen Community Health Building
Level 1, Cnr Lathlain and Cohen Sts
Belconnen