

## About Us

We are a charity formed of volunteer patients, carers and health professionals who want to help people who are suffering from problems after pelvic radiotherapy – most common in rectal, cervical, endometrial, bladder and prostate cancer patients.

We work for wider recognition and treatment of Pelvic Radiation Disease within the NHS nationally.

Most of us have suffered from or are still suffering from the late effects of pelvic radiotherapy. We understand what an isolating, frightening and depressing experience this can be. Don't be afraid to come forward and contact us. You'll simply be in touch with others who have the same difficulties, and your interest and support will help others with similar problems.

## Frequently Asked Questions

### How do I know if I have Pelvic Radiation Disease?

You need to be medically assessed to establish the cause of symptoms.

### How long after radiotherapy treatment might Pelvic Radiation Disease occur?

Any time following radiotherapy but sometimes side effects aren't evident for months and even years.

### Are there other names for Pelvic Radiation Disease?

Yes, the side effects or late effects of pelvic radiotherapy, radiation enteropathy, radiation enteritis and radiation cystitis are some of the terms also used.

### Can Pelvic Radiation Disease be treated?

Many symptoms can be improved or cured by life style changes and medication.

### My medical team has never heard of Pelvic Radiation Disease - What can I do?

Take the information from the PRDA website to your doctor or nurse and discuss the possibility of PRD. We are happy to be contacted by health professionals by phone or email. Information can also be downloaded from the website [prda.org.uk](http://prda.org.uk).

For more information about Pelvic Radiation Disease and the Pelvic Radiation Disease Association please contact:

The Secretary  
PRDA  
PO Box 602 Epsom  
KT17 9JB

E: [info@prda.org.uk](mailto:info@prda.org.uk)  
T: 01372 744338

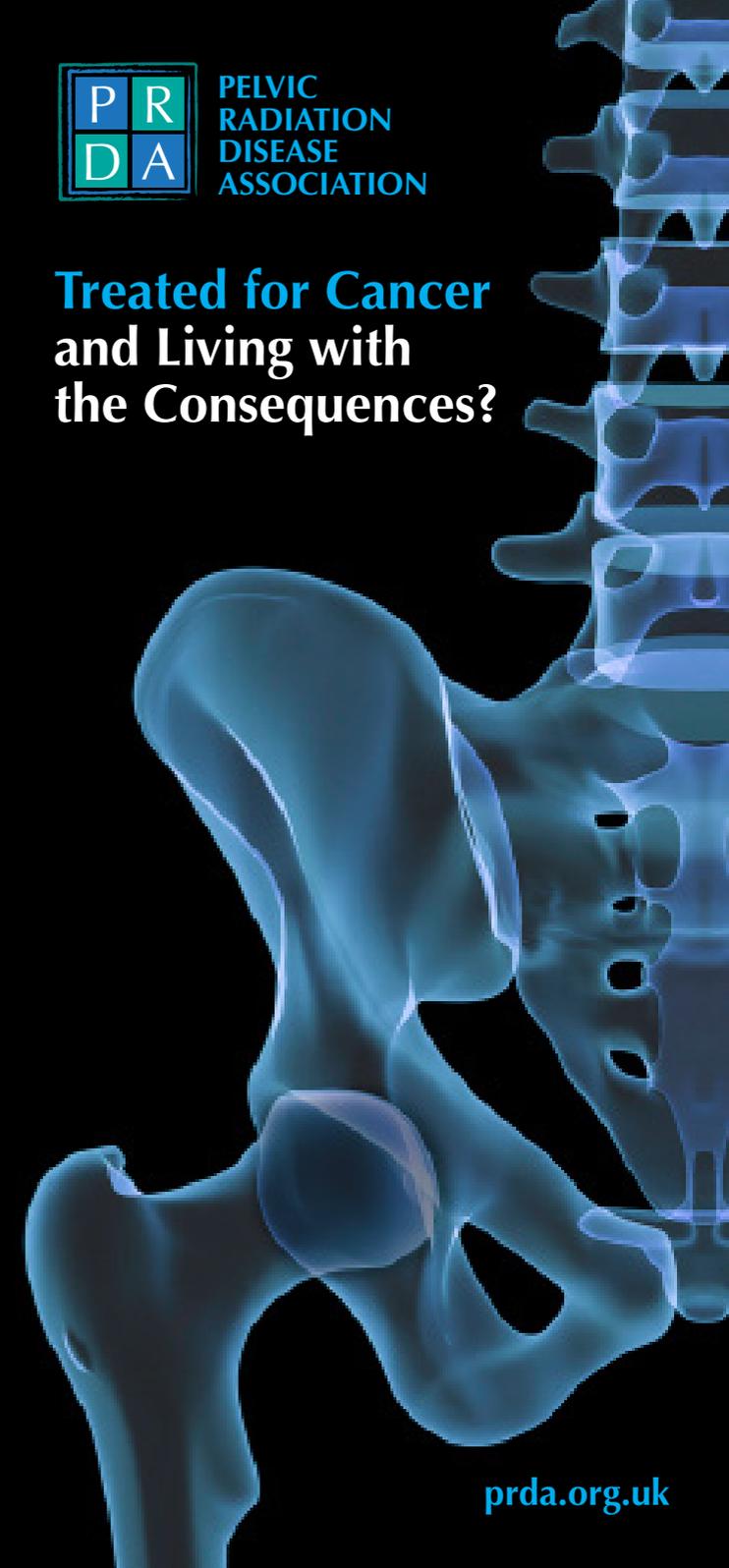


[prda.org.uk](http://prda.org.uk)

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Treated for Cancer and Living with the Consequences?



[prda.org.uk](http://prda.org.uk)

# What is Pelvic Radiation Disease (PRD)?

PRD is a very debilitating disease that can occur after radiotherapy for pelvic tumours such as bladder, bowel, rectal, prostate, anal, cervical, endometrial, vaginal or vulval cancer.

People with PRD often have serious problems with bladder and bowel control and may also have their sex life, fertility, mobility and mental health affected. They may also experience pain, swelling or bleeding. Many need frequent, urgent access to a toilet, and have chronic fatigue and sleep disturbance. They feel unable to take part in normal life, and the knock-on effect on personal relationships and finances can be devastating.

## After your pelvic radiotherapy have you had:

- > poor control of your bowels and/or bladder?
- > bleeding from bowel and/or bladder?
- > other gastrointestinal symptoms that interfere with your life?
- > effects on your sex life, menopause and/or fertility?
- > other symptoms, such as pain, swelling, numbness?
- > psychological concerns?

If any of these symptoms are new since having had pelvic radiotherapy, then you may have Pelvic Radiation Disease.

**Our aim is to ensure that everyone with Pelvic Radiation Disease has access to the best possible treatment and health care.**

# We can help you

## Information

We have the support of health professionals in many parts of the UK experienced in helping patients who have Pelvic Radiation Disease. We can put you in touch with them.

The Pelvic Radiation Disease Association aims to help professionals and people affected by PRD so that they can reduce the burden of symptoms and improve quality of life. Please consider becoming a Friend of PRDA and support our vital work.

Help, advice and support is available from:

- > [prda.org.uk](http://prda.org.uk)
- > [info@prda.org.uk](mailto:info@prda.org.uk)
- > **01372 744338** (office hours only)

We are on Facebook and Twitter  
**@PRDA\_uk #PelvicRadiationDisease**

## Raising awareness among health professionals

We speak at national and regional conferences and meetings, representing and promoting the interests of everyone that has Pelvic Radiation Disease, and are also represented on various national groups that are working to highlight the interests of patients who have long term side effects of cancer treatment.

We are also working with a growing number of specialists and treatment centres who are committed to helping patients with Pelvic Radiation Disease, as well as promoting awareness within the NHS of the many late effects that can result from pelvic radiotherapy, and of the growing number of effective treatments available.

# Can you help us?

**Our Volunteers play an essential part in helping move the association forward. If you would like to help in any of the ways listed below, please contact us.**

## Become a Friend

Our minimum recommended annual donation is £25, but we would welcome amounts greater than this.

## Help with fundraising

We will put you in touch with our voluntary fundraising team to discuss possible fund-raising ideas and how we can support them.

## Sign up for our newsletter

We send out a quarterly e- newsletter to all our friends.

## Volunteer

There are many ways, big and small, that you can help PRDA, from delivering leaflets or helping with the website, to attending conferences or becoming a Trustee. Please do get in touch.

## Donations

We rely on donations to fund our activities and service and any donation, however large or small, is always welcome.

You can also donate via our website or by cheque to our PO box.

# Become a Friend

I would like to become a Friend of the Pelvic Radiation Disease Association (£25 p.a)

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

I would like to make a donation of

£ \_\_\_\_\_

to the Pelvic Radiation Disease Association

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

You can also make a donation using PayPal via our website [prda.org.uk](http://prda.org.uk)

Please complete and send with a cheque made payable to PRDA to:

**The Secretary, PRDA  
PO Box 602, Epsom KT17 9JB**

Please tick this box to confirm you are a UK tax payer and agree with the declaration below:

I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I understand that Pelvic Radiation Disease Association will reclaim 25p of tax on every £1 that I give. Gift Aid is reclaimed by Pelvic Radiation