

# Living with the Consequences of Pelvic Radiotherapy?

**We're here to help**



**PELVIC  
RADIATION  
DISEASE  
ASSOCIATION**

Registered Charity No. (England & Wales) 1147802  
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## Side effects of radiotherapy

Most people will experience some side effects during pelvic radiotherapy treatment. These symptoms often settle during the first few weeks after radiotherapy finishes.

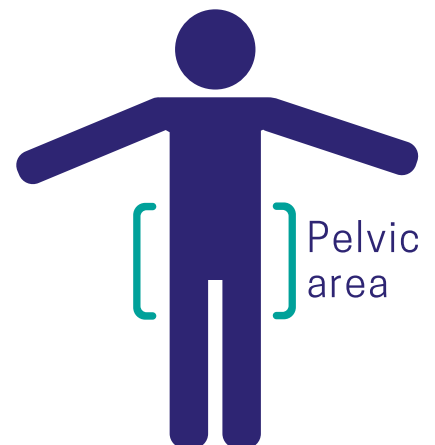
Symptoms that start or continue 3 months or more, after the end of radiotherapy, are known as Pelvic Radiation Disease (PRD).

Sometimes these symptoms can appear years or even decades after radiotherapy treatment.

## Who is affected by Pelvic Radiation Disease?

PRD can affect anyone who has had radiotherapy, no matter how long ago the treatment was given. Cancer of the colon, rectum, anus, prostate, testes, bladder, womb or cervix are commonly treated with pelvic radiotherapy.

Other less common cancers may include lymphoma, sarcoma or cancer that has spread to the pelvis.



## What are the symptoms of Pelvic Radiation Disease?

If you're experiencing any of the symptoms listed below, after your radiotherapy finishes, you may have Pelvic Radiation Disease. Doctors may describe it as either radiation enteritis/proctitis/cystitis or other terms.

- ☐ **bowel and stomach**  
such as diarrhoea and/or constipation, rushing to the toilet or difficulty 'hanging on', wind, accidents, feeling sick, bleeding.
- ☐ **bladder**  
such as leakage or lack of control, need to rush to pass urine, difficulty passing urine, pain, bleeding.
- ☐ **sexual difficulties**
- ☐ **pain** - in any part of the pelvic area.
- ☐ **fatigue**
- ☐ **difficulty with certain foods**
- ☐ **sore skin** (treatment area)
- ☐ **swelling** (e.g. lymphoedema)
- ☐ **nerve damage**
- ☐ **bone changes** - such as fractures
- ☐ **sleep disturbance**
- ☐ **psychological difficulties**

Top tip

Tick any symptoms you are experiencing and show this to your doctor or nurse



## How we can help you

Many people find it helpful to speak with others living with Pelvic Radiation Disease. Support and information is available from the Pelvic Radiation Disease Association.

Our **Online Community** is a safe, supportive space for you to share your experience and to ask questions.

**healthunlocked.com/prda**

We hold a regular **Chat Together** peer support group - A friendly and informal session which gives you the opportunity to 'meet up' without having to leave the comfort of your own home.

**Toilet card** - Below is a temporary copy that you can use.



You can order a permanent card from our website **prda.org.uk** which includes lots of useful information on Pelvic Radiation Disease and links to order our **Toilet Card** and **Out and About Toolkit**.

## Get in touch

If you would like to request any of our resources, receive updates about services, events, research, information, support, or to sign up for our newsletter, we'd love to hear from you. Drop us an email at **info@prda.org.uk** or message us on social media.

“I received excellent proactive advice, information, empathy and kindness exactly when I needed it most. I feel empowered because of my contact with PRDA.”

Follow us on social media and using the hashtag **#PelvicRadiationDisease**

@prda\_uk



## About the Pelvic Radiation Disease Association

The PRDA is a charity formed of patients, health professionals and individuals passionate about helping people who are living with the long term effects of their pelvic radiotherapy. The PRDA works for wider recognition and treatments of Pelvic Radiation Disease within the NHS.

### Donation

As a small charity we rely on donations to fund our activities and services. **With help from people like you, we can continue to provide support to people living with Pelvic Radiation Disease.**

If you're able to support us, please visit **[prda.org.uk/donate](https://prda.org.uk/donate)** or text PRD and your donation amount to **70085**.

**[to donate £10 text PRD10 to 70085]**

If you'd like to help by giving a regular gift, scan the QR code with a smartphone to find out how to set up a monthly donation.

