

# FAQ

LEADING THE WAY IN  
VENTURA COUNTY  
SINCE 1979

VENTURA COUNTY  
RADIATION  
ONCOLOGY  
MEDICAL GROUP, INC.



[www.rocvc.com](http://www.rocvc.com)

## Caring for Yourself During Radiation Therapy

Get plenty of rest during treatment, eat a balanced diet, and drink plenty of fluids.

Tell your doctor about any medications or vitamins you are taking to make sure they are safe to use during radiation therapy.

Clean the skin affected by radiation with warm water and mild soap and use lotions or ointments only after checking with your doctor or

nurse. Do not apply hot or cold packs. We suggest two products that help: Aquaphor Healing Ointment and Udderly Smooth Cream.



## Prostate Cancer Treatment Care Guide



**Timothy A. O'Connor, M.D.**

*Dr. O'Connor is Chairman of the Cancer Program at St. John's Regional Medical Center and has been named one of the "Best Doctors in America: Pacific Region". A specialist in Image-Guided Radiation Therapy (IGRT), Dr. O'Connor is committed to advanced technological treatment and giving compassionate care.*



**Henry Z. Montes, M.D.**

*A Ventura County native, Dr. Montes is fluent in Spanish and the recipient of many honors and awards, including the "Celebration of Excellence Award" from The Wellness Community - Valley/Ventura. Dr. Montes provides high-level care to cancer patients and specializes in the most advanced treatments for prostate, breast and skin cancer.*

## Frequently Asked Questions

### 1) Will you be able to cure my prostate cancer?

Prostate cancer is very often fully curable. This depends on your pathology. Our doctors will be able to answer this for you at your consultation.

### 2) Will I be able to work during the treatments?

Yes, most men can continue working during treatments.

### 3) How will this affect my sexual function?

There is a possibility of erectile dysfunction. In the event this occurs, there are medications that can help.

### 4) Will there be any other side effects and what will they be?

Possible changes you may experience will relate to urination, bowel functions, and, as stated above, sexual function changes. These side effects can be very slight and return to normal on an individual basis.

### 5) Is there anything I can do to prevent recurrence of my cancer?

Healthy nutrition, along with lifestyle changes such as minimizing stress as well as relaxation and exercise, can help prevent a recurrence. Our cancer centers offer resources to help guide you through these changes.

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5301 MISSION OAKS BLVD., SUITE A, CAMARILLO ■ 805-484-1919

## HELPFUL RESOURCES

**Radiation  
Oncology Centers  
of Ventura County**  
[www.rocvc.com](http://www.rocvc.com)

**Radiation  
Treatment  
Answers**  
[www.rtanswers.org](http://www.rtanswers.org)

**Malecare**  
[www.malecare.org](http://www.malecare.org)

**Prostate Cancer  
Foundation**  
[www.prostatecan  
cerfoundation.org](http://www.prostatecan<br/>cerfoundation.org)

**Us TOO  
International  
Prostate Cancer  
Education and  
Support Network**  
[www.ustoo.org](http://www.ustoo.org)