

# TrueNTH info sheet

## What's it all about?

TrueNTH is a revolutionary new care intervention program that will help men living with prostate cancer to get access to life quality enhancing care and support including treatment information, lifestyle advice, experiences shared with other prostate cancer survivors, and better access to healthcare professionals.

A core feature of TrueNTH programs enables men to take greater control and action of their health throughout the prostate cancer journey, including a range of community and home-based exercise programs that incorporate physical activity and nutrition.

## How will this help men?

Every man's experience in living with prostate cancer is different. Treatment side effects, and their severity, vary significantly. We know that men have ongoing unmet needs particularly with regard to decision regret, psychological, sexual and continence issues. TrueNTH will provide personalised practical, information, support and programs that can address the individual needs of men and their families. Through TrueNTH men will feel empowered to better look after their own health.

## What's to come?

There will be evaluation of the effects of quality of life, and the scalability and sustainability of TrueNTH in each country. There will also be a global analysis of each country's project to see which parts have worked compared to others, with the view to adopt those interventions that work and adapt them from their local situations. The long-term national implementation of TrueNTH, if successful, will depend on the outcomes of this evaluation and the securing of further funding.

## Who's involved?

The TrueNTH network brings together national leaders in prostate cancer treatment and care across:



**USA:USD10M**  
**Global fund**  
**of AUD40**  
**million**  
**committed**  
**to date**

making TrueNTH the world's largest single investment in prostate cancer interventions and programs

## What's happening now?

TrueNTH has been funded for three years with an initial pilot phase involving rural and regional health services to assess the feasibility of delivering TrueNTH and its components nationally. This will assist in planning for a larger trial in the demonstration phase.

### **Paul Villanti, Executive Director, Programs says:**

"Historically, the investment into new approaches to prostate cancer care has been very low and the quality of life of many men living with prostate cancer is totally unacceptable. As treatment for men with prostate cancer is completed, many men report fear of recurrence, fatigue, distress, anxiety, depression, erectile dysfunction and urinary incontinence. Not all of the required services are available to support men in these areas, yet they are vital to enabling men and their families return to living a life as normal as possible. For all these reasons, there is an urgent need to change the way in which prostate cancer care is delivered. TrueNTH addresses this head on and will help improve the journey of men and their families living with, and beyond, prostate cancer."

