

Abstract

Prostate cancer is the leading cancer diagnosed in men in the United States. While the five year survival rate is nearly 100%, survivors often experience unique chronic side effects. In general, men diagnosed with these cancers do not participate in survivorship activities. The Men's Retreat for prostate and testicular cancer survivors was developed as a pilot program for Alaska Native and non-Native men living in Southcentral Alaska. The program brought together cancer survivors in a supportive environment to discuss and share their experiences.

Key findings from a process and outcome evaluation of the Retreat included a high level of participant satisfaction with the Retreat and increased self-reported networking and advocacy efforts among participants. Follow-up evaluation results indicate an increase in the participants' level of social support and use of resources.

Comprehensive Cancer Programs and others interested in cancer survivorship are encouraged to consider implementing ongoing Men's Retreat opportunities.