## HOW TO PLAY AN ACTIVE ROLE IN YOUR PROSTATE CANCER TREATMENT AND CARE DECISIONS

### Program Resource Guide

**Engage in Your Prostate Care Appointments**

- Write down your questions prior to your appointment.
- Bring a family member or friend to help you recall information.
- Request post-visit summaries of what was covered during your appointment.
- Ask “Is there anything else that I need to know?” at the end of your appointment.

<table>
<thead>
<tr>
<th>Prostate Cancer Resources</th>
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<tr>
<td><strong>Know Your Prostate Plan:</strong> knowyourprostateplan.com</td>
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<td><strong>Prostate Cancer Foundation:</strong> pcf.org</td>
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<td><strong>This Is Living With Cancer:</strong> thisislivingwithcancer.com</td>
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<tr>
<td><strong>ZERO - The End of Prostate Cancer:</strong> zerocancer.org</td>
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**Glossary Terms**

- **Metastatic Prostate Cancer**: The cancer has spread outside the prostate to other locations, such as the bones, distant lymph nodes, or other organs.
- **Metastatic Castration-Resistant Prostate Cancer (mCRPC)**: The cancer has spread beyond the prostate, and it is resistant to treatments that lower the amount of male sex hormone in a patient’s body.
- **Palliative Care**: Specialized medical care for people living with a serious illness, focused on providing relief from symptoms and stress of the illness. The goal is to improve quality of life for both the patient and the family.
- **Shared Decision-Making (SDM)**: Process of communication by which patients and clinicians collaborate to make healthcare decisions. The process encourages patients to take a more active role in their care and treatment.

**MORE TOOLS FOR EMPOWERMENT**

- Digitally Empowered™
- PEN-Powered Activity Guide
- Empowered Blog
- Empowered! Podcast

The **Engage Prostate Cancer** program is brought to you by the Patient Empowerment Network. It is made possible through support from Astellas Pharma Inc. and Pfizer Oncology, and generous donations from people like you.

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