

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



Program Resource Guide

Engage in Your Prostate Care Appointments	Prostate Cancer Resources
<ul style="list-style-type: none"> <li>Write down your questions prior to your appointment.</li> <li>Bring a family member or friend to help you recall information.</li> <li>Request post-visit summaries of what was covered during your appointment.</li> <li>Ask “Is there anything else that I need to know?” at the end of your appointment.</li> </ul>	<p><b>Know Your Prostate Plan:</b>  <a href="http://knowyourprostateplan.com">knowyourprostateplan.com</a></p> <p><b>Prostate Cancer Foundation:</b>  <a href="http://pcf.org">pcf.org</a></p> <p><b>This Is Living With Cancer:</b>  <a href="http://thisislivingwithcancer.com">thisislivingwithcancer.com</a></p> <p><b>ZERO - The End of Prostate Cancer:</b>  <a href="http://zerocancer.org">zerocancer.org</a></p>


## 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.

<p><b>MORE TOOLS FOR EMPOWERMENT</b></p> <ul style="list-style-type: none"> <li><a href="#">Digitally Empowered™</a></li> <li><a href="#">PEN-Powered Activity Guide</a></li> <li><a href="#">Empowered Blog</a></li> <li><a href="#">Empowered! Podcast</a></li> </ul> 	 <p>The <a href="#">Engage Prostate Cancer</a> 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.</p>
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