## Making Treatment Decisions

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.

### Key Questions to Ask Your Doctor

- What is the goal of each treatment approach?
- Why might this treatment be best for my prostate cancer?
- Are there test results that may affect my treatment options or prognosis?
- What are the potential side effects?
- How will this treatment affect my daily life?
- Is there a clinical trial that may be appropriate for me?

## Treatment Considerations

- Age and overall health and existing conditions (co-morbidities)
- Prior treatment and test results
- Urinary and sexual function
- Location and extent of disease
- Symptoms and PSA levels
- Potential treatment side effects
- Potential benefits, including the possibility and duration of remission
- Patient preference

## Take Action

- Remember, you are the center of your care, and you have a voice in decisions.
- Review all your treatment options with your physician and weigh important factors, including cost and quality of life.
- Prostate cancer treatment is complex. Speak up and ask questions to ensure you understand your options.

### Contact

- question@powerfulpatients.org
- @power4patients
- PowerfulPatients.org

## Prostate Cancer Resources

- **American Urological Association (AUA):** auanet.org
- **American Cancer Society:** cancer.org
- **ZERO - The End of Prostate Cancer:** zerocancer.org
- **Prostate Cancer Foundation:** pcf.org
- **Us TOO International:** usto.org

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## Glossary

**Gleason Score:** Refers to how abnormal a patient’s prostate cancer cells appear and how likely the cancer will advance and spread.

**Metastatic Prostate Cancer:** The cancer has spread outside the prostate to other locations, such as the bones, distant lymph nodes, or other organs.

**Targeted Therapy:** A type of personalized medicine that works by blocking specific mutations and by preventing cancer cells from growing and dividing, without affecting normal cells.