## INSIST ON BETTER CARE. ASK YOUR DOCTOR:
- Have I had prostate cancer biomarker testing?
- What are the results?
- How do the results impact my prognosis and treatment options?

## STAGES OF PROSTATE CANCER
- Stage I and II: The cancer is localized and has not spread outside of the prostate.
- Stage III: The prostate cancer is locally advanced.
- Stage IV: The cancer has spread outside the prostate to other locations, such as the bones, distant lymph nodes, another organ, or a place in the body.

## TREATMENT CONSIDERATIONS INCLUDE
- Age and overall health
- Patient’s existing conditions (co-morbidities)
- 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

## VISIT THESE RELATED RESOURCES
- **VIDEO:** Prostate Cancer Treatment Decisions: How Do Genetic Test Results Impact Your Options?
- **VIDEO:** What Is a Prostate Cancer Genetic Mutation?
- **VIDEO:** What Is a Prostate Cancer Biomarker?
- Download: Office Visit Planner

## TYPES OF HORMONAL THERAPY
- Androgen receptor (AR) inhibitors
- Androgen synthesis inhibitors
- Bilateral orchiectomy
- Combined androgen blockade
- Intermittent hormonal therapy
- LHRH agonists
- LHRH antagonists

## TYPES OF BIOMARKER TESTING
- **Diagnostic Biomarker Testing:** Improves the diagnosis of prostate cancer.
- **Prognostic Biomarker Testing:** Provides insight into how indolent or aggressive a cancer is.
- **Predictive Biomarker Testing:** Helps in predicting how a patient may respond to a treatment approach.
**TIPS FOR A SUCCESSFUL APPOINTMENT**

- Write down your questions in advance.
- Bring an advocate or a caregiver to your appointment.
- Ask for printouts of information covered during your appointment.
- Ask "Is there anything else that I need to know?" at the close of your appointment.

**GLOSSARY OF TERMS**

**Genetic Testing (Biomarker Testing):** Laboratory testing that identifies certain genes, proteins, or other molecules in a sample of tissue, blood, or other body fluid. In cancer, it may also be used to evaluate treatment or to make a prognosis.

**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.

**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.

**PARP Inhibitor:** A type of targeted treatment that inhibits the enzyme poly (ADP-ribose) polymerase.

**PSMA-Targeted Imaging:** Prostate-specific membrane antigen imaging.

**Somatic Mutations:** Genetic mutations that are not inherited.

**LEARN ABOUT CLINICAL TRIALS**

- Consult with a prostate cancer specialist
- Visit Clinicaltrials.gov
- Prostate Cancer Foundation: pcf.org
- Us TOO International: usto.org

**MORE TOOLS FOR EMPOWERMENT**

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

**PROSTATE CANCER RESOURCES**

- American Urological Association (AUA): auanet.org
- American Cancer Society: cancer.org
- ASCO: cancer.net
- National Comprehensive Cancer Network (NCCN): nccn.org
- National Cancer Institute (NCI): cancer.gov
- ZERO - The End of Prostate Cancer: zerocancer.org