

Engage In Your Care

- Continue to educate yourself about your condition.
- Understand the goals of treatment and share your personal preferences with your doctor.
- Consider a second opinion with a specialist following a diagnosis to confirm your treatment approach.
- Write down your questions before and during your appointments. Bring loved ones to your appointments to help you recall information and to keep track of important details.
- Ask your doctor whether a clinical trial might be right for you.
- Don't hesitate to ask questions and to share your concerns. You are your own best advocate.

Factors That Impact Treatment Decisions May Include:

- A patient's:
 - Age
 - Lifestyle
 - Pre-existing conditions
- Patient preference
- Cancer stage and grade
- Potential treatment side effects

Questions to Ask About Clinical Trials

- What are my treatment options, and what is the standard of care?
- What are the risks and benefits of the trial?
- What have other patients experienced in the trial?
- What financial costs, such as lodging and transportation, are covered by the study?

Glossary Terms

Biomarker Testing (molecular 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 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.

PROSTATE CANCER RESOURCES

Know Your Prostate Plan:

knowyourprostateplan.com

Prostate Cancer Foundation: pcf.org

This Is Living With Cancer:

thisislivingwithcancer.com

ZERO - The End of Prostate Cancer: zerocancer.org



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.



question@powerfulpatients.org

www.powerfulpatients.org



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