It’s important that you receive an accurate diagnosis and understand prostate cancer.

Understanding your diagnosis — including the stage and grade of disease — is important so that you can find out what treatments are available to you.

Depending on your stage and type of prostate cancer, treatments can include:

- Observation
- Surgery
- Cryotherapy
- Radiation therapy
- Immunotherapy
- Hormone therapy
- Targeted therapy
- Chemotherapy
- Clinical trials

Or, you may receive a combination of one or more of these treatments.

Before you start any treatment, it’s essential to ask your doctor if you have had biomarker testing, which is used to identify specific mutations that are unique to your prostate cancer. This may help in deciding if targeted therapies are an appropriate option for you.

Once you understand the treatments that are available to you, it’s time to talk to your doctor about the risks and benefits of each option and to walk through the goals of your treatment.

Understanding a treatment’s course, including potential side effects and the impact on your other health conditions and lifestyle, is crucial.

- Make sure you understand the stage and grade of your prostate cancer and goals of treatment.
- Consider a consultation with a prostate cancer specialist.
- Ask about biomarker testing and what test results mean for you.
- Visit credible online resources to stay up to date on prostate cancer information.
- Visit powerfulpatients.org/prostatecancer.