

### TIPS FOR GETTING EQUITABLE CARE

- Educate yourself about your disease
- Be a proactive participant in your care
- Understand your rights as a patient
- Connect with patient advocates
- Inquire about clinical trials
- Seek out support resources at the outset

### PROSTATE CANCER RESOURCES

- Know Your Prostate Plan: [knowyourprostateplan.com](https://www.knowyourprostateplan.com)
- Prostate Cancer Foundation: [pcf.org](https://www.pcf.org)
- This Is Living With Cancer: [thisislivingwithcancer.com](https://www.thisislivingwithcancer.com)
- ZERO - The End of Prostate Cancer: [zerocancer.org](https://www.zerocancer.org)




### CLINICAL TRIALS

*"The easiest way to learn about clinical trials is to start by asking the physician that's treating you for your prostate cancer, oftentimes, they'll have resources and connections to the trials directly or are the people who are administering them."*

- Yaw A. Nyame, MD, MS, MBA



### NUTRITIONAL TOOLS

-  [Benefits of Plant-Based Diets](#)
-  [Benefits of Protein](#)
-  [Benefits of Carbohydrates](#)

### MORE TOOLS FOR EMPOWERMENT

- [Digitally Empowered™](#)
- [PEN-Powered Activity Guide](#)
- [Empowered Blog](#)
- [Personalized Support](#)

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