

# THE PRO-ACTIVE PROSTATE CANCER PATIENT TOOLKIT



*Find Your Voice Resource Guide*

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## BECOME AN ACTIVE PARTNER IN YOUR CARE

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- Understand who is on your healthcare team and their individual role in your care.
- Write down questions prior to [your appointments](#), take notes, and bring an advocate or partner with you.
- Consider a [second opinion from a prostate cancer specialist](#).
- Ask if you have had [molecular testing](#) and discuss how the results may impact your treatment plan and prognosis.
- Discuss your [treatment goals](#) with your doctor and learn about your options to help you make an informed decision.
- Obtain contact information for a nurse or [social worker](#) to call with questions or concerns as they arise.
- Ask your healthcare team for up-to-date online prostate cancer resources.
- Consider joining a peer-to-peer support group or meeting with a therapist or counselor for [emotional support](#).
- Download the [Office Visit Planners](#) to help you prepare for visits.

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## CREDIBLE ONLINE PROSTATE CANCER RESOURCES

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- American Cancer Society: [cancer.org](http://cancer.org)
- American Society of Clinical Oncology (ASCO): [asco.org](http://asco.org)
- Prostate Cancer Foundation: [Pcf.org](http://Pcf.org)
- Prostate Cancer Research Institute: [Pcri.org](http://Pcri.org)
- Us TOO International: [Ustoo.org](http://Ustoo.org)
- ZERO – The End of Prostate Cancer: [Zerocancer.org](http://Zerocancer.org)

Learn more from [The Pro-Active Prostate Cancer Patient Toolkit](#).

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## GLOSSARY OF TERMS

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**Molecular (Genetic) 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 be used to evaluate treatment or prognosis.

**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 place in the body. Also known as metastatic prostate cancer.

**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.