

# PROSTATE CANCER SURVIVORSHIP

A Guide for Creating a Survivorship Care Plan With Your Doctor



## Prostate Cancer Treatment History

Diagnosis: \_\_\_\_\_

Diagnosis Date: \_\_\_\_\_ Stage: \_\_\_\_\_

Can you provide me with a list of treatments and procedures that I received? \_\_\_\_\_

\_\_\_\_\_

## Monitoring & Check-ups

Who will oversee my post-cancer treatment care? \_\_\_\_\_

How often will I need to come in for appointments? \_\_\_\_\_

How will my doctors communicate about my survivorship care? \_\_\_\_\_

\_\_\_\_\_

What follow-up testing do I need and how often? \_\_\_\_\_

Blood test (CBC): \_\_\_\_\_

Imaging: \_\_\_\_\_

Other: \_\_\_\_\_

How will my PSA levels be tracked over time? \_\_\_\_\_

\_\_\_\_\_

Should my testosterone levels be monitored? \_\_\_\_\_

Are there signs or symptoms I should be aware of that may indicate a recurrence? \_\_\_\_\_

\_\_\_\_\_

What should I do if I have a health issue and I'm not sure if it's related to my cancer? \_\_\_\_\_

\_\_\_\_\_

Who should I contact if I have a concern? \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Are there specialists I should see for ongoing monitoring? \_\_\_\_\_

\_\_\_\_\_

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## Ongoing Health

How can I manage long-term effects of prostate cancer treatment? \_\_\_\_\_

Erectile dysfunction: \_\_\_\_\_

Sexual health: \_\_\_\_\_

Urinary incontinence or other bladder issues: \_\_\_\_\_

How can I manage long-term treatment side effects such as fatigue, pain or other issues? \_\_\_\_\_

Are there risks of secondary cancers or other health problems from the treatment I had? \_\_\_\_\_

If so, should I receive additional screening? \_\_\_\_\_

What cancer history should I share with other doctors (i.e., dentists, specialists) going forward? \_\_\_\_\_

## Lifestyle

Is there a specific diet I should follow? \_\_\_\_\_

Should I meet with a dietician? \_\_\_\_\_

Can I exercise regularly or are there any exercises I should limit? \_\_\_\_\_

Should I avoid any supplements, medications, alcohol or recreational drugs? \_\_\_\_\_

## Emotional Health

Is it normal to feel anxious or depressed as a survivor? \_\_\_\_\_

When should I seek help? \_\_\_\_\_

How can I cope with "PSA anxiety" or fear of recurrence? \_\_\_\_\_

What mental health resources do you recommend? \_\_\_\_\_

Are there resources for coping with sexual health issues? \_\_\_\_\_

Are there any prostate cancer survivor support groups you recommend? \_\_\_\_\_