

# [ACT]IVATED PROSTATE CANCER

RESOURCE GUIDE | An [ACT]IVATED patient is informed, empowered, and engaged in their care.



## PROSTATE CANCER FACTS

- Other than skin cancer, prostate cancer is the most common cancer in American men. It's the fourth most commonly diagnosed cancer in the world.
- Prostate cancer is more likely to develop in older men and in non-Hispanic Black men.
- About 6 cases in 10 are diagnosed in men who are 65 or older, and it is rare in men under 40. [\[Source\]](#)

## PROSTATE CANCER RESOURCES

- [ACCC](#)
- [ZERO Prostate Cancer](#)
- [CancerCare](#)
- [NASPCC](#)
- [Cancer Grace](#)
- [Prostate Cancer Foundation](#)
- [Family Reach](#)
- [Prostate Cancer Research Institute](#)
- [Lazarex Cancer Foundation](#)

## PROSTATE CANCER EXPERT & CARE PARTNER TIPS

**[ACT]IVATION TIP:** "...always ask your doctor if there is a clinical trial available to you as an option. Oftentimes, the new developments and new treatments, the promising treatments are first available through clinical trials, and only through participating in clinical trials do you have access to that before it becomes FDA-approved." - Dr. Ronald Chen

**[ACT]IVATION TIP:** "I would advocate for any cancer patient to be willing to volunteer for a research study if one presents itself as an opportunity. It's only through patients sharing their time and knowledge with researchers can we really learn about these critical issues, and then the participation will help future patients." -Dr. Ronald Chen

**[ACT]IVATION TIP:** "The patient should always get involved in an interactive discussion with their physician as to the degree of their cancer, as if it's aggressive, and how aggressive it is, and what do they think going forward if they have not been treated yet is the best therapy for them." - Dr. Isaac Powell

**[ACT]IVATION TIP:** "...patients need to take charge by asking questions about the therapy. Again, 'is it going to cure me, and is the chemotherapy going to cure, immunotherapy going to cure? If not, how long do we think that I will live?'" - Dr. Isaac Powell

**[ACT]IVATION TIP:** "Invest time in advocacy organizations that exist in your community so that you can be connected to other men who are undergoing treatment to have candid conversations about life as a prostate cancer survivor." - Dr. Yaw Nyame

**[ACT]IVATION TIP:** "Ask for clinical trials and demand opportunities to participate, because they're such incredible forms of high-quality care. By participating in a clinical trial, you're giving yourself, future versions of yourself and your community better outcomes when it comes to prostate cancer. Demand and ask for your cancer centers to find a way to support you in participating. As a cancer center, our mission is to serve, and we do have resources we can sometimes make available to make sure you can afford to and not be put out by participating in a trial." - Dr. Yaw Nyame

**[ACT]IVATION TIP:** "Make sure you understand what the physician is saying regarding advanced prostate cancer and stages of cancer and what he/she is asking you about. Both the care partner and patient should understand what is happening." - Sherea Cary, Care Partner

**[ACT]IVATION TIP:** "As a care partner, it's important to encourage conversations about family history, screening, and results of screening and follow up if necessary. Make sure screening is a regular part of medical treatment." - Sherea Cary

**[ACT]IVATION TIP:** "Ask for clinical trial options, and then investigate whether you can follow up with the clinical trial in the future for whatever they need to continue the science work (i.e., more testing and follow-up opportunities available after data is released)." - Sherea Cary

**[ACT]IVATION TIP:** "Be as informed as possible about other health issues the patient may have and be transparent with the oncologist about these other things going on in the patient's life. It's important they are aware of all that in connection with what we're choosing or selecting for treatment." - Sherea Cary

## PROSTATE CANCER CHECKLIST

- Get information about choosing a prostate cancer specialist or treatment center
- Discuss your treatment options and make the decision that best fits your personal needs
- Ask your doctors if clinical trials would benefit you
- Talk openly with your doctor about your fears or concerns
- Determine if financial assistance is available
- Find an in-person or online support group to connect with others living with prostate cancer

Source

