

INSIST ON BETTER CARE. ASK YOUR DOCTOR:

- Have I had prostate cancer biomarker testing?
- What are the results?
- How do the results impact my prognosis and treatment options?

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 a place in the body.

TREATMENT CONSIDERATIONS INCLUDE

- Age and overall health
- Patient's existing conditions (co-morbidities)
- Test results
- Urinary and sexual function
- Location and extent of disease
- Symptoms and PSA levels
- Potential treatment side effects
- Potential benefits, including the possibility and duration of remission



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TYPES OF HORMONAL THERAPY

- Androgen receptor (AR) inhibitors
- Androgen synthesis inhibitors
- Bilateral orchiectomy
- Combined androgen blockade
- Intermittent hormonal therapy
- LHRH agonists
- LHRH antagonists

VISIT THESE RELATED RESOURCES

- **VIDEO: Prostate Cancer Treatment Decisions: How Do Genetic Test Results Impact Your Options?**
- **VIDEO: What Is a Prostate Cancer Genetic Mutation?**
- **VIDEO: What Is a Prostate Cancer Biomarker?**
- **Download: Office Visit Planner**

TYPES OF BIOMARKER TESTING

- **Diagnostic Biomarker Testing:** Improves the diagnosis of prostate cancer.
- **Prognostic Biomarker Testing:** Provides insight into how indolent or aggressive a cancer is.
- **Predictive Biomarker Testing:** Helps in predicting how a patient may respond to a treatment approach.

TIPS FOR A SUCCESSFUL APPOINTMENT

- Write down your questions in advance.
- Bring an advocate or a caregiver to your appointment.
- Ask for printouts of information covered during your appointment.
- Ask "Is there anything else that I need to know?" at the close of your appointment.

GLOSSARY OF TERMS

Genetic Testing (Biomarker 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 also be used to evaluate treatment or to make a prognosis.

Gleason Score: Refers to how abnormal a patient's prostate cancer cells appear and how likely the cancer will advance and spread.

Metastatic Prostate Cancer: The cancer has spread outside the prostate to other locations, such as the bones, distant lymph nodes, or other organs.

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.

PARP Inhibitor: A type of targeted treatment that inhibits the enzyme poly (ADP-ribose) polymerase.

PSMA-Targeted Imaging: Prostate-specific membrane antigen imaging.

Somatic Mutations: Genetic mutations that are not inherited.

LEARN ABOUT CLINICAL TRIALS

- Consult with a prostate cancer specialist
- Visit Clinicaltrials.gov
- Prostate Cancer Foundation: pcf.org
- Us TOO International: ustoo.org

MORE TOOLS FOR EMPOWERMENT

- Digitally Empowered™
- PEN-Powered Activity Guide
- Empowered Blog
- Empowered! Podcast 

PROSTATE CANCER RESOURCES

- American Urological Association (AUA): auanet.org
- American Cancer Society: cancer.org
- ASCO: cancer.net
- National Comprehensive Cancer Network (NCCN): nccn.org
- National Cancer Institute (NCI): cancer.gov
- ZERO - The End of Prostate Cancer: zerocancer.org