

Tools for Accessing Quality Prostate Cancer Care

Resources and Support

- Patient assistance programs are in place for people who don't have health insurance or who are underinsured.
- Team members who provide emotional support are available to help you such as a social worker, counselor, therapist, or psychologist.
- If language is a barrier, translators can be made available to join appointments, so you can actively participate in your care discussions and decisions.
- If your job is affecting your ability to get care, many advocacy groups have resources that can support you in advocating for your rights in the workplace.
- Many medical centers have patient advocates available to help you communicate with your team, so you can get the care you need and feel confident in your decisions.

Don't hesitate to **speak up** if you feel you are receiving unequal care. You can consider changing doctors if you don't feel you're receiving fair treatment, or if you're not comfortable with your team.

Health Disparities: Factors that can impact a patient's access to quality, affordable care.

Examples of Health Disparities Include:

- Not having health insurance – or having limited insurance.
- Experiencing racism and discrimination.
- Language barriers, if English is not the language you are most comfortable with¹.
- Cultural barriers.
- Experiencing financial constraints.
- A lack of sick time or paid time off in the workplace.
- Living in a remote or rural area with limited access to care.
- A lack of education or health literacy.

Prostate Cancer Advocacy Groups

Prostate Cancer Foundation: pcf.org

Prostate Cancer Research Institute: pcri.org

Prostate Health Education Network: prostatehealthed.org

This Is Living With Cancer: thisislivingwithcancer.com

Triage Cancer: myhealthcarefinances.com

ZERO—The End of Prostate Cancer: zerocancer.org

Visit powerfulpatients.org/PC for office scripts, resource guides and more.

Learn more:



¹Al Shamsi H, Almutairi AG, Al Mashrafi S, Al Kalbani T. Implications of Language Barriers for Healthcare: A Systematic Review. Oman Med J. 2020 Apr 30;35(2):e122. doi: 10.5001/omj.2020.40. PMID: 32411417; PMCID: PMC7201401.