Engage In Your Care

- Continue to educate yourself about your condition.
- Understand the goals of treatment and share your personal preferences with your doctor.
- Consider a second opinion with a specialist following a diagnosis to confirm your treatment approach.
- Write down your questions before and during your appointments. Bring loved ones to your appointments to help you recall information and to keep track of important details.
- Ask your doctor whether a clinical trial might be right for you.
- Don’t hesitate to ask questions and to share your concerns. You are your own best advocate.

Factors That Impact Treatment Decisions May Include:

- A patient’s:
  - Age
  - Lifestyle
  - Pre-existing conditions
- Patient preference
- Cancer stage and grade
- Potential treatment side effects

Questions to Ask About Clinical Trials

- What are my treatment options, and what is the standard of care?
- What are the risks and benefits of the trial?
- What have other patients experienced in the trial?
- What financial costs, such as lodging and transportation, are covered by the study?

Glossary Terms

**Biomarker Testing (molecular 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 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.

**Palliative Care:** Specialized medical care for people living with a serious illness, focused on providing relief from symptoms and stress of the illness. The goal is to improve quality of life for both the patient and the family.

**Shared Decision-Making (SDM):** Process of communication by which patients and clinicians collaborate to make healthcare decisions. The process encourages patients to take a more active role in their care and treatment.

**PROSTATE CANCER RESOURCES**

- **Know Your Prostate Plan:** [knowyourprostateplan.com](http://knowyourprostateplan.com)
- **Prostate Cancer Foundation:** [pcf.org](http://pcf.org)
- **This Is Living With Cancer:** [thisislivingwithcancer.com](http://thisislivingwithcancer.com)
- **ZERO - The End of Prostate Cancer:** [zerocancer.org](http://zerocancer.org)

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