

THE PRO-ACTIVE PROSTATE CANCER PATIENT TOOLKIT



Find Your Voice Resource Guide

BECOME AN ACTIVE PARTNER IN YOUR CARE

- Understand who is on your healthcare team and their individual role in your care.
- Write down questions prior to [your appointments](#), take notes, and bring an advocate or partner with you.
- Consider a [second opinion from a prostate cancer specialist](#).
- Ask if you have had [molecular testing](#) and discuss how the results may impact your treatment plan and prognosis.
- Discuss your [treatment goals](#) with your doctor and learn about your options to help you make an informed decision.
- Obtain contact information for a nurse or [social worker](#) to call with questions or concerns as they arise.
- Ask your healthcare team for up-to-date online prostate cancer resources.
- Consider joining a peer-to-peer support group or meeting with a therapist or counselor for [emotional support](#).
- Download the [Office Visit Planners](#) to help you prepare for visits.

CREDIBLE ONLINE PROSTATE CANCER RESOURCES

- American Cancer Society: cancer.org
- American Society of Clinical Oncology (ASCO): asco.org
- Prostate Cancer Foundation: Pcf.org
- Prostate Cancer Research Institute: Pcri.org
- Us TOO International: UstOO.org
- ZERO – The End of Prostate Cancer: Zerocancer.org

Learn more from [The Pro-Active Prostate Cancer Patient Toolkit](#).

GLOSSARY OF TERMS

Molecular (Genetic) 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 be used to evaluate treatment or prognosis.

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 place in the body. Also known as metastatic prostate cancer.

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.