

## PROSTATE CANCER EXPERT TIPS

**TIP** "It's really important to coordinate between medical oncology and radiation oncology in terms of the sequence of treatment. Does hormone therapy go first? Does radiation go first? Does chemotherapy go first? Does radiopharmaceutical treatment go next? Have your medical oncologist and radiation oncologist communicate with each other." - Dr. Ronald Chen

**TIP** "Radiation treatment has evolved a lot in the last 10-20 years. For metastatic disease, it can be as few as one treatment but can really impact and help a patient. So even for patients who live in rural communities, if you have to drive half an hour, an hour, maybe a couple of hours, oftentimes one treatment will still be feasible and an important part of the patient's care. You can collaborate with your local team to get to a radiation specialist center." - Dr. Ronald Chen

Last updated: April 2024

## WHAT IS COLLABORATIVE CARE FOR PROSTATE CANCER?

- Collaborative cancer care means seeing a multi-disciplinary team, which includes:
  - Medical oncologist
  - Radiation oncologist
  - Urologic oncologist/surgeon
  - Pathologist
  - Urinary and sexual function experts
  - Supportive care specialists
  - Nurse/NP/nurse navigator

[Source]

Collaborative care involves understanding treatment options, potential side effects, and long-term management.

## PROSTATE CANCER CARE CHECKLIST

- Get information about choosing a prostate cancer specialist or treatment center.
- Discuss 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.
  - For care partners, be a listening ear and acknowledge emotions.
- Determine if financial assistance is available.
- Find an in-person or online support group to connect with others living with and caring for prostate cancer.

## QUESTIONS FOR CARE PARTNERS TO ASK ABOUT COLLABORATIVE CARE

- What specialists can help us manage side effects effectively?
- What lifestyle modifications can support treatment outcomes?
  - Can you connect us to a nutritionist or therapist/support group for emotional support?
- How can clinical trials play a role in my loved one's care?
  - Do you run any clinical trials, or how could you coordinate with the clinical trial investigator?
- What is the long-term outlook for my loved one?
  - How do we determine a follow-up plan?
- How can we collaborate as a team to optimize care?
  - What does open communication look like to you?
  - How can we contact you or your team between appointments?
- (If at a specialist center), how often do you coordinate with local oncologists if I want to seek treatment close to home?
- (If at a local center), how often do you coordinate with a specialist med/radiation oncologist if I want to seek treatment there?
- Are you comfortable with me exploring other treatment options and speaking with other specialists (urologists, radiation oncologists, medical oncologists) before deciding upon a final plan of action?

[Source]

**TIP** "Communication is key. Communicate with your team, communicate with your loved one, and know all their prior health conditions and how they are feeling. Communicate/advocate for yourself and loved one to get connected with specialists and resources." - Sherea Cary, Care Partner

[Source]

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