



# The Confident Patient:

## A Guide to Navigating Prostate Cancer Care

### Understand the diagnosis

- What exactly is my Gleason score and what does that mean for how my cancer might grow?
- What does my PSA level indicate and how quickly has it risen over time?
- What is the TNM stage of my cancer and has it spread beyond the prostate?

### Improve quality of life

- How can I keep doing the things that matter to me while managing treatment?
- What are the most common side effects of this treatment, and what can we do now to prepare for them so I can tolerate them better?
- If I'm concerned about treatment costs or copays, who in your office handles those questions?
- I've been feeling anxious or depressed – can you recommend a therapist or support group that specializes in prostate cancer?

### Explore treatment options

- If we decide on this treatment, what is the goal (e.g., to control or monitor), and how will we know if it is working?
- What is a typical timeline for starting this treatment?
- Are there any clinical trials I should look into?
- Are there any drug interactions I should be aware of?

### Symptom check-in

- Stiffness, slowness, or balance changes
- Pain
- Fatigue
- Difficulty sleeping
- Memory
- Bladder or bowel changes
- Depression or anxiety

### Notes: