



The Confident Patient:

A Doctor Discussion Guide for Patients and Caregivers

Questions about a new diagnosis

- What is my Gleason score, and what does it tell us?
- Is my cancer considered slow-growing or aggressive?
- Has my cancer spread outside the prostate?
- What scans do I need to ensure we know exactly where the cancer is?
- How might treatment affect my sexual function and urinary control?
- What are the pros and cons of each of these treatment options?

Questions if your PSA is rising

- What is my PSA doubling time?
- What scans or tests are needed now?
- Are new treatments needed and, if so, how are we revising my treatment goals?
- Are these treatments daily pills, or shots I have to come into the clinic for?
- If we choose to just watch it for now, how do we know if it's time to start treatment?

What happens next?

- Do we need to make a treatment decision today or do I have time to think it through and get a second opinion?
- Are there any clinical trials that I might be a good candidate for?
- Who should we contact about new symptoms between my regular appointments?

Symptom check-in

- Difficulty achieving or maintaining an erection
- Pain in the lower back, hips, pelvis, or ribs
- Weakness, numbness, or tingling in the legs or feet
- Swelling in the legs or pelvic area
- Bladder or bowel changes (control, frequency, or urgency)

Notes: