

# MY ADVANCED PROSTATE CANCER JOURNEY

## PATIENT ROADMAP

BEGIN

### 1 Screening for Prostate Cancer<sup>1</sup>

- Prostate-specific antigen (PSA) testing
- Digital rectal exam

#### Patient considerations:

- Does a high PSA mean I have prostate cancer?
- What else can cause high PSA levels?
- What does it mean if my PSA level is high, but the digital rectal exam is negative?

### 2 Diagnosing and Staging Prostate Cancer<sup>2</sup>

- Family and medical history and physical examination
- Imaging (eg, ultrasound, MRI, CT, PET scan)
- Tissue biopsy
- Genetic and biomarker testing
- Staging
- Tests I need to help diagnose and stage my disease: \_\_\_\_\_

Genetic and biomarker testing of homologous recombination repair mutations (HRRm), such as *BRCA1*, *BRCA2*, etc, and mismatch repair mutations, such as *MLH1*, *MSH2*, etc

### 3 Understanding My Prostate Cancer<sup>2</sup>

- Disease considerations (eg, imaging, tumor staging, PSA, PSA doubling time, biopsy, biomarker status, Gleason score, etc)
- My disease stage: \_\_\_\_\_
- My biomarker status: \_\_\_\_\_

#### Patient considerations:

- What are you looking for in the imaging tests?
- Why do I need a biopsy?
- Why is it important for me to be tested for biomarkers?
- What is the difference between a tissue and blood biopsy?
- Do I need both a tissue and blood biopsy?
- Who will help me schedule my tests?
- Should I bring a family member or friend to my appointments to help me understand the conversations with my doctor?
- How might this diagnosis change my quality of life?

#### Patient considerations:

- How is my level of disease risk determined?
- Should I get a second opinion?
- Is my cancer likely to come back based on what you know today?
- How will my disease stage affect my treatment options and length of treatment?
- How does my biomarker status contribute to my level of disease risk?
- What are some possible effects this disease may have on life?
- Who can my family members talk to regarding their potential risk of this disease?

### 4 My Advanced Prostate Cancer Care Team<sup>2</sup>

- Specialists from a wide array of disciplines
- Care team contact information (eg, phone number, email, portal, etc) \_\_\_\_\_

#### Patient consideration:

- Who will be involved in planning my treatment?



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## 5 My Advanced Prostate Cancer Treatment and Management Options

- a. Hormone therapy<sup>2</sup>
- b. Radiation<sup>2</sup>
- c. Targeted therapy<sup>2</sup>
- d. Immunotherapy<sup>2</sup>
- e. Chemotherapy<sup>2</sup>
- f. Clinical trials<sup>2</sup>
- g. Medical supportive care
- h. Other
- i. My treatment goals

- i. Bone health<sup>2</sup>
- ii. Palliative care<sup>3</sup>
- iii. Oncology rehabilitation<sup>4</sup>
  - 1. Erectile dysfunction
  - 2. Urinary incontinence
  - 3. Sexual dysfunction

### Patient considerations:

- What information on treatment options will be provided to help me decide which treatment option is best for me?
- Which side effects should I expect from my treatment?
- Is there anything I can do to help manage side effects?
- Who should I call if I have concerns about my treatment and/or side effects?
- Is there a clinical trial I can participate in?
- What is palliative care?
- What can I do to help improve my health and well-being throughout my disease?

## 6 Supportive Care

- a. Financial counseling<sup>2</sup>
- b. Psychosocial support/distress management<sup>2</sup>
- c. Nutritional support<sup>3</sup>
- d. Physical activity<sup>5</sup>
- e. Smoking<sup>3</sup>
- f. Immunizations<sup>3</sup>
- g. Genetic counseling<sup>3</sup>
- h. Spiritual support<sup>3</sup>
- i. Advocacy/patient support groups<sup>3</sup>
- j. Caregiver support groups<sup>3</sup>

### Patient considerations:

- Who can help me with insurance information?
- Is there any financial support for my treatment and transportation to my appointments?
- Who can I talk to about dealing with my disease?

## 7 Follow-Up Tests

- a. To determine how you are responding to treatment
  - i. PSA tests (every 3-6 months depending on risk)<sup>2</sup>
  - ii. Imaging<sup>2</sup>
  - iii. Biopsy<sup>4</sup>
  - iv. Genetic and biomarker testing<sup>6</sup>

### Patient considerations:

- What are the chances of my cancer coming back?
- Can you recommend any support groups or counseling services that might help with my worrying about cancer recurrence?
- How may my treatment change depending on my cancer status?
- What new information will retesting my biomarkers provide?
- How often will I need to come in for follow-up appointments?
- Who will help schedule my appointments and any testing?

### Potential responses to treatment:

- a. No recurrence/no progression
- b. Persistence: Treatment did not reduce the amount of cancer well enough
- c. Recurrence
- d. Progression

## 8 Hospice or End-of-Life Care?<sup>7</sup>

- a. Applies when life expectancy is 6 months or less

### Patient considerations:

- What are the goals of end-of-life care?
- What is the difference between palliative and end-of-life or hospice care?
- When should hospice care be considered?
- May I continue to receive cancer treatment in hospice care?
- When should I consider transitioning from palliative care to hospice/end-of-life care?
- What bereavement resources are available to my caregiver and family during this end-of-life stage?

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