

So you're newly diagnosed  
with prostate cancer.

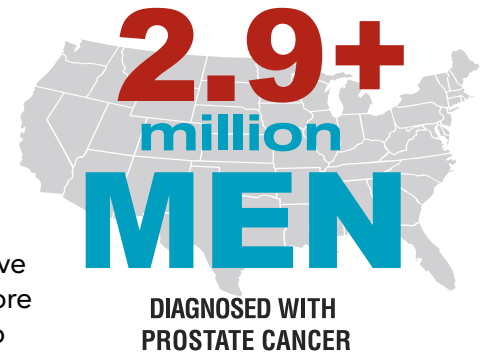


**We're here to help.**

## NEWLY DIAGNOSED

If you or a loved one has recently been diagnosed with prostate cancer, it can be overwhelming and frightening. You may have questions about the disease and what that means.

Prostate cancer is usually a very slow growing disease and once diagnosed there is time to gather information, consider your options, and make a plan. More than 50 percent of men newly diagnosed with prostate cancer have low-risk disease which will likely not spread beyond the prostate to cause harm, problems, or symptoms. However, some prostate cancers are aggressive and will spread beyond the prostate to other parts of the body. There are more than 2.9 million prostate cancer survivors in the U.S. today. You have cause to hope for a long, healthy life.



## Understanding the Prostate and Prostate Cancer

The prostate is a walnut-shaped gland located below the bladder, behind the base of the penis, and in front of the rectum. It surrounds the upper part of the urethra, which is the tube that carries urine from the bladder. The prostate makes seminal fluid which protects, supports, and helps transport sperm.

Prostate cancer is a disease in which normal cells in a man's prostate gland change and grow uncontrollably to form a tumor. Prostate cancer is the most common type of cancer diagnosed in American men.

## What to Know About Your Prostate Cancer

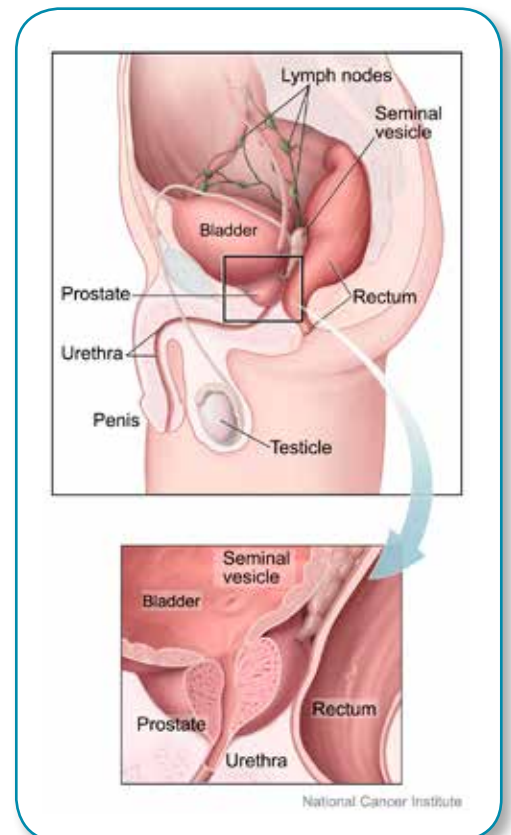
Now that your doctor has confirmed that you have prostate cancer, several other tests and procedures can be used to determine more about the location and/or severity of the disease. Tests may include MRI, PET, CT scans, ultrasounds, and others. These and other tests help physicians have a clearer picture of your disease so the best course of treatment can be recommended for you.

**Stage** – Staging prostate cancer determines if and how far the prostate cancer has spread beyond the prostate. There are four stages of prostate cancer: I through IV.

**Grade/Gleason Score** – The Gleason score indicates how likely it is that the tumor will spread. Today almost all men have a Gleason score of 6 or above.

**Risk Group** – The risk group provides information about how likely it is that the cancer will come back (if it is early stage) or progress.

There are several new, genomic tests available that go beyond the standard risk-assessment done with the PSA and Gleason score. These tests help to predict if the cancer will spread beyond the prostate, if it is aggressive, or how likely it is to return. Talk to your doctor to find out if you are a candidate for one of these tests before making a treatment decision.



## Choosing Your Treatment Team

Choosing your doctor and health care team is an important and very personal decision. Prostate cancer is a disease that can be treated by several different types of medical specialists. And the treatment that you choose may mean that the doctor who diagnosed your cancer is not the one doing the majority of your treatment. You may meet with many doctors before you make a final decision about treatment.

Consider a multidisciplinary team. A multidisciplinary team is a group of health care professionals from different specialties working together to suggest a treatment plan based on your diagnosis, personal health, and preferences. If you cannot work with a multi-disciplinary team, meeting with a medical oncologist will help you to have a full picture of all treatment options available to you. This is especially important should your cancer return at some point in the future.

**Specialists involved in the treatment of prostate cancer include:**

### Physicians

- Urologist
- Radiation Oncologist
- Medical Oncologist
- Primary Care Physician

### Other Health Care Professionals

- Oncology Social Worker
- Physical Therapist
- Nutritionist
- Navigator

## QUESTIONS FOR THE DOC



- What is the stage and grade of my prostate cancer?
- What other tests will be done?
- What are my treatment options?
- What are the potential side effects of each treatment you recommend and
- How can these side effects be managed?

## Prostate Cancer Treatment

The treatment of prostate cancer depends on many factors including the size and location of the tumor, the aggressiveness of the tumor, whether the cancer has spread, and your overall health. Treatment is also a very personal decision and what is right for one man may not be right for another. There are many treatment options for men with prostate cancer today. Learn about the treatment options that are available to you, ask many questions, and then consider what you want for yourself and your life.

## Living with Prostate Cancer

Feeling frightened, isolated, or angry are normal and common reactions to learning you or someone you love has been diagnosed with cancer. Support exists to help you with all aspects of the journey, don't be afraid to ask for help along the way. Take advantage of financial assistance, survivors, support groups, educational programs, and other resources, many free of charge.

## LEARN MORE

We encourage you to use this information in conversations with your health care team about prostate cancer and related topics. For more information about prostate cancer and ZERO – The End of Prostate Cancer, visit our website [www.zerocancer.org/learn](http://www.zerocancer.org/learn).

*ZERO - The End of Prostate Cancer provides this information as a service. It is not intended to take the place of medical professionals or the recommendations of your healthcare team. We strongly suggest consulting your healthcare team if you have questions about your specific care.*



## INFORMATION ABOUT YOUR PROSTATE CANCER

Use this worksheet to keep track of basic information about your prostate cancer diagnosis as you need in order to make your decisions about your care.

Date of diagnosis \_\_\_\_\_

PSA level at diagnosis \_\_\_\_\_

Gleason score \_\_\_\_\_

Number of biopsy samples taken \_\_\_\_\_

Number of biopsy samples containing cancer \_\_\_\_\_

Stage at diagnosis (I-IV) \_\_\_\_\_

Nodal involvement?  Yes  No      Metastases?  Yes  No

My cancer is:  Localized (only in the prostate)

Locally advanced (spread to just outside the prostate)

Metastasized (spread to other organs or parts of the body) \_\_\_\_\_

Date	Follow-up Tests	Results:
_____	CT or CAT Scan _____	_____
_____	MRI _____	_____
_____	PET Scan _____	_____
_____	Other tests _____	_____

## PHYSICIANS

Prostate Cancer Diagnosed by:

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Contact information: \_\_\_\_\_

Other doctors seen:

Name: \_\_\_\_\_ Contact information: \_\_\_\_\_

Name: \_\_\_\_\_ Contact information: \_\_\_\_\_

Other important numbers: \_\_\_\_\_

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## QUESTIONS TO ASK

These questions are to help someone who has just been diagnosed begin to make a plan to tackle prostate cancer. Questions to Ask is part of ZERO's series of educational information designed to educate, empower, and equip you to endure a prostate cancer diagnosis. Consider using a notebook to record test results, treatments, and upcoming appointments to feel more organized. Having all important information in one piece may help reduce some of the stress of living with prostate cancer.

### Questions For Your Doctor and Health Care Team

#### Get the Facts About Your Diagnosis

- What exactly is my diagnosis?
- What is the stage and Gleason score?
- How aggressive is the cancer, what is my risk group?
- What other tests will be done?

#### Treatment

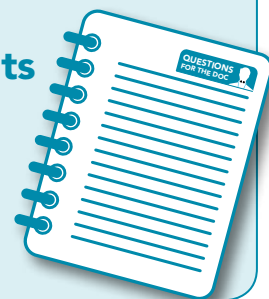
- What are all of my treatment options?
- What is the goal of treatment?
- What treatment do you recommend based on my stage and risk group? Why do you recommend this particular treatment?
- Am I eligible for a clinical trial?
- What are the potential side effects of the treatments we discussed? How can these side effects be managed?
- What will my treatment schedule be?

#### Living with Prostate Cancer

- Now that I have been diagnosed with prostate cancer, are my sons and grandsons at higher risk?
- Where can I get more information about prostate cancer and treatment options?
- What steps can I take to be active and healthy during and after treatment?
- Do you have resources or services for my spouse or partner?
- How can I find support and resources to help pay for my cancer treatment?

Finding out that you or a loved one has prostate cancer can be scary. Prostate cancer is usually a slow growing disease and you have time to gather information about your diagnosis and make an informed decision about your next steps. It's important to know that there are many resources and services available to you. At ZERO we are here to help you along the way.

**Consider Using  
A Notebook  
At Your  
Appointments**



## LEARN MORE

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# ZERO360: Comprehensive Patient Support



**“Juggling my job and family along with doctor appointments, costly treatments, and the daily grind of paying bills and everyday tasks takes me away from making my health a priority. I am grateful for having ZERO360 on my team.”**

Hearing the words you have prostate cancer can be overwhelming. If you or a loved one has been diagnosed with or is being treated for prostate cancer, you probably have many questions. You may not know where to turn. Our team is here to help you navigate your journey forward. We hear a lot from patients and their families about the challenges they face in fighting prostate cancer.

Whether you need help understanding your coverage options, finding sources of financial aid, or resolving issues with your insurance company, we are here to help.

## Focus on your health and we'll do the rest!

### Contact Us Today!



**1-844-244-1309 Toll-Free**  
**Live Assistance**

Monday - Thursday 8:30 a.m. - 5:00 p.m. ET  
Friday 8:30 a.m. - 4:00 p.m. ET  
Closed on all major holidays



**<https://zero.pafcareline.org>**  
**Secure Portal**

Use our secure, web-based referral portal  
online 24 hours a day



ZERO360: Comprehensive Patient Support  
is provided in partnership with the Patient  
Advocate Foundation.



With Support Provided By



**janssen** Oncology  
PHARMACEUTICAL COMPANIES OF Johnson & Johnson

Being diagnosed with prostate cancer can be scary, but you are not alone. ZERO's Heroes showcases the courage and strength of the men battling prostate cancer and the families by their side. Their stories inspire and connect with those who have been touched by this disease. With each personal story, ZERO's Heroes helps raise awareness and shed light on the journey to end prostate cancer. Meet more of our ZERO's Heroes at [zerocancer.org](http://zerocancer.org).

## ZERO's Heroes



“

There are resources and support all around, so please learn what you have to know. I have had others do the same for me, and I would not have gotten this far without them, not allowing me to give in, even in my really hard moments.

Chas Rodgers



“

Anyone going through a prostate cancer journey should have a support system or some in their life to lean on. My wife held that role for me, and I am eternally glad she did

Stuart Kilgore



“

When I was first diagnosed with prostate cancer I felt completely alone. Becoming a ZERO advocate has inspired me to do more and to be a better man. Knowing that by doing something, my diagnosis is going to help others.

David Pieper