

MY ADVANCED PROSTATE CANCER JOURNEY

PATIENT ROADMAP

BEGIN

1 Screening for Prostate Cancer¹

- 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 Cancer²

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

Germline testing and molecular 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 Cancer²

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

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 to this disease?

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?

4 My Advanced Prostate Cancer Care Team²

- Specialists from a wide array of disciplines
- Main care team member contact information (email; phone number; portal): _____

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 therapy²
- b. Radiation²
- c. Targeted therapy²
- d. Immunotherapy²
- e. Chemotherapy²
- f. Clinical trials²
- g. Medical supportive care
- h. Other
- i. My treatment goals

- i. Bone health²
- ii. Palliative care³
- iii. Oncology rehabilitation⁴
 - 1. Erectile dysfunction
 - 2. Urinary incontinence
 - 3. Sexual dysfunction

Patient Considerations:

- What information on treatment options will be provided that will help me make an informed decision about 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?

Yellow [call care team] - fatigue, back pain, constipation, decreased appetite.
Red [go to emergency room] - fever 100.4 or higher, unbearable pain, difficulty breathing, uncontrollable coughing, persistent nausea/vomiting

6 Supportive Care

- a. Financial counseling²
- b. Psychosocial support/distress management²
- c. Nutritional support³
- d. Physical activity⁵
- e. Smoking³
- f. Immunizations³
- g. Genetic counseling³
- h. Spiritual support³
- i. Advocacy/patient support groups³
- j. Caregiver support groups³

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)²
 - ii. Imaging²
 - iii. Biopsy⁴
 - iv. Genetic biomarker testing

Patient Considerations:

- What are the chances of my cancer coming back?
- Can you recommend any support groups or counseling services that might help with me 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?

- 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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