



Prostate Cancer: Questions to Ask your Doctor

Urology Care
FOUNDATION™
*The Official Foundation of the
American Urological Association*

If you had a biopsy and were told that you have prostate cancer, you will want to know about your care plan. This is a diagnosis that can bring about mixed feelings. These feelings can sometimes make it hard to decide what to do next.

Most men find it helpful to talk with their doctors about their treatment choices before making a decision. Even if you have done a lot of research on your own, sitting down with your doctor can help you sort through your thinking. Some doctors may direct you to an online tool or decision aid to help guide you. If your partner can help you listen, ask questions and take notes, they can also help you make decisions.

If you have localized prostate cancer (which means that it hasn't spread beyond the prostate) you may have several options for treatment. You should be referred to an expert to learn what they are. A urologist is the right doctor to talk with at first. Not all urologists specialize in treating prostate cancer, so go ahead and ask about their expertise. Ask for a second opinion to learn more about the doctor you'd like to work with.

You will be given a lot of information and will likely have a lot of questions. Consider the questions listed here to help guide your conversation and build your confidence about what to do next:

QUESTIONS TO ASK ABOUT YOUR PROSTATE CANCER DIAGNOSIS:

- Can you explain what kind of prostate cancer I have and how aggressive it is?
- Can you explain what my PSA and Gleason numbers mean?

- Does it look like the cancer is just inside the prostate, or does it look like it has spread outside the prostate?
- Do I need any other tests to help me decide what treatment I need?

QUESTIONS TO ASK ABOUT YOUR TREATMENT:

- Can you explain my treatment options?
- What are the pros and cons of each option?
- Can you explain the side effects of each treatment – do they get better over time?
- How will each treatment affect me in terms of healing, time out of work, care at home and long term side-effects?
- Does my insurance cover my treatment options?
- Is there a decision aid that may help me think through my options?
- If “plan A” doesn't work, what are my next steps after initial treatment?

OTHER EXPERTS AND SECOND OPINIONS

- It is quite normal to want a second opinion. You can ask your doctor to suggest an expert: ideally a urologist with a lot of experience treating prostate cancer. Doctors make referrals all the time. This is a normal request. If you don't feel comfortable asking, you can use the Urology Care Foundation “Find a Urologist” search tool on UrologyHealth.org.
- If radiation treatment is an option for your care, you may want to talk with a radiation oncologist.

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- If your cancer has spread to other parts of your body, you may need to talk with a medical oncologist.
- Your doctor can help you find the experts. Refer to the questions above when seeking their help.

ABOUT THE UROLOGY CARE FOUNDATION

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, UrologyHealth.org/UrologicConditions or go to UrologyHealth.org/FindAUrologist to find a doctor near you.

DISCLAIMER:

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologists or healthcare provider about your health concerns. Always consult a healthcare provider before you start or stop any treatments, including medications.

For copies of printed materials about Prostate Cancer and other urologic conditions, visit UrologyHealth.org/Order or call 800-828-7866.