



Living with
advanced prostate cancer

**HELP YOUR
LOVED ONE GET
THE BEST CARE**

**BOLDLY
CARING**
ADVANCED PROSTATE CANCER



YOUR LOVED ONE DESERVES THE BEST HEALTHCARE

Black men are both more likely to develop prostate cancer and be diagnosed later on in the disease's progression. While there is no clear reason for this, several factors can impact risk and outcomes.

Prostate cancer can run in families, so be sure to encourage your loved ones to stay on top of their screenings

Pfizer is committed to helping caregivers like you get the best care for your loved ones. Our Boldly Caring™ program provides resources to:

- Educate patients on advanced prostate cancer
- Motivate patients to ask about what treatment and care options are possible
- Connect patients to support networks and resources

About advanced prostate cancer

The prostate is a small gland located under the bladder that makes one part of semen. Prostate cancer occurs when normal cells in the prostate start to grow uncontrollably. When they form tumors and spread to other parts of the body, such as bones, liver, lungs, or lymph nodes, the condition is often called advanced prostate cancer.

Tips for caregivers



Ask yourself: What can I do to help? Should I talk to my loved one about my concerns? Can I help stay on top of nutrition or create a prostate cancer-friendly weekly menu? How can I help my loved one stay active or exercise?



Be patient with yourself. Don't forget the things that you enjoy, and that the caregiving role is different for everyone.



Don't forget to take care of yourself. Set aside time to connect with friends or family, have a day at the spa, or find a therapist who can offer you objective support during what can be a challenging time.



Ask family, friends, and neighbors to check in regularly and support your loved one with encouraging texts or phone calls.

Talking with your loved one

PREPARING FOR THE DOCTOR VISIT



- To start, if possible and if the doctor is comfortable with that, record the conversation with his doctor on your phone or take notes so you can reference it later
- List questions before the doctor's appointment
- Ask if your loved one has new symptoms or concerns
- Encourage them to have an open dialogue with the doctor, including topics that might feel uncomfortable like sexual health side effects and mental health considerations
- Work together to set goals for the best care and ongoing support
- It may be helpful to get a second opinion for an advanced disease. Don't feel badly about asking for one, regardless of how happy you are with the doctor's care
- Consider asking for support, like translators or materials with larger text size to ensure readability if necessary
- Bring key information to appointments: current prescriptions, over-the-counter medication, vitamins, supplements, along with printouts of any lab test results



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Advocacy & support groups

YOU ARE NOT ALONE

Remember that many advocacy & support groups are available to help you and your loved one on their cancer journey.



Prostate Cancer Research Institute (PCRI)

The PCRI is a not-for-profit organization providing support for prostate cancer patients and their families throughout their journey.



Prostate Conditions Education Council (PCEC)

The PCEC is a nonprofit organization committed to men's health, and a leading resource for information on prostate health.



Prostate Health Education Network

The Prostate Health Education Network promotes education and awareness.



ZERO — The End of Prostate Cancer

ZERO is a national nonprofit with the mission to end prostate cancer.

Suggested questions for the doctor

DIAGNOSIS



- How aggressive/at what stage is the cancer?
- Can you explain the test results to us?
- What is the Gleason score for the prostate cancer?
What does this mean?

TREATMENT



- Which treatment or combination of treatments do you recommend and why?
- What is the goal of each treatment? To slow the progression of the cancer, help feel better, both, or another reason?
- What happens if there is a decision to not start treatment now?
- What are the possible side effects of each treatment, both in the short and long term? For example, prostate cancer treatment may affect intimacy

CARE TEAM



- Who will be part of the healthcare team, and what does each person do?
- If we're worried about managing the costs of cancer care, who can help us?
- Are there any caregiver support groups you recommend?

SUPPORT



- Do you have any other suggestions or tips to help my loved one get the best care?
- Are there any support groups you would recommend for my loved one?