



Living With Advanced Prostate Cancer

**YOU DESERVE
THE BEST CARE**

**BOLDLY
CARING**
ADVANCED PROSTATE CANCER



YOU MATTER—GET THE CARE YOU DESERVE

Black men are at higher risk to develop prostate cancer and more likely to 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 advancing health equity and helping you get the best care. Our Boldly Caring™ program provides resources to:

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

Suggested questions for your doctor

DIAGNOSIS

- How aggressive/at what stage is the cancer?
- Can you explain my test results to me?
- What is the Gleason score for my prostate cancer? What does this mean?
- If I’m feeling anxious or depressed about my diagnosis, what can I do to manage those feelings?

TREATMENT

- Which treatment or combination of treatments do you recommend for me and why?
- What is the goal of each treatment? To slow the progression of the cancer, help me feel better, both or another reason?
- What happens if I choose not to start treatment now?
- What are the possible side effects of treatment? For instance, some treatments may cause sexual side effects that impact intimacy and quality of life.

SIDE EFFECTS/LIFESTYLE

- What are the possible side effects of each treatment, both in the short and long term?
- How will treatment impact my daily life: ability to work, exercise, and perform my usual activities?
- Do you have advice you could give me for living well and staying in shape?

CARE TEAM & COST

- Who will be leading my overall treatment? Who will be on my healthcare team, and what does each person do?
- Do you recommend any support groups? What kind of support may I need from others?
- If I’m worried about managing the costs of cancer care, who can help me?

NOTES FROM APPOINTMENT

A series of horizontal lines provided for taking notes from the appointment.



YOU MATTER—GET THE CARE YOU DESERVE

Black men are at higher risk to develop prostate cancer and more likely to 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 advancing health equity and helping you get the best care. Our Boldly Caring™ program provides resources to:

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

Advocacy & support groups

YOU ARE NOT ALONE

Remember that many advocacy & support groups are available to help you get the best care possible.



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.

Checklist for a successful doctor appointment

- Consider asking your doctor if it is OK to record the conversation on your phone or take notes so you can reference it later
- Make a list of the following info beforehand: Prescriptions, medication, supplements, and vitamins I take
- New symptoms I have
- Recent changes or challenges in my life
- How I am currently managing my health

Ask questions. Know your options.

- You are your own best advocate. Tell your doctor about treatment side effects or life challenges that you're having (diet, anxiety, depression, treatment issues)
- Ask your doctor about terms you don't know — or capture what you and your caregiver want to learn more about later
- If you're feeling dismissed or unheard, let your doctor know
- 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