

DOCTOR DISCUSSION GUIDE

FOR USE BY A MAN WITH PROSTATE CANCER OR HIS CAREGIVER

Many men around the world share something in common – they are not speaking up about their health when it matters most. Often, men may be tempted to stay silent about any discomfort they're experiencing. But for those men living with advancing prostate cancer, symptoms like pain, fatigue or trouble sleeping are signals to speak up and take action.¹

BREAK THE SILENCE AND TAKE CONTROL OF YOUR HEALTH

Health issues – especially those that are cancer-related or linked to sexual health – can be as uncomfortable to talk about as they are to live with. Cancer, in particular types that affect areas “below the belt” like prostate cancer, is still considered a taboo topic in many countries around the world. Yet **breaking the silence and fostering conversation** has a crucial role in breaking down stigma, raising awareness and spreading education, to help the more than 1 million men diagnosed with prostate cancer worldwide better understand the condition and when and how to seek the help they need.²

Although these conversations about cancer aren't always easy, they are important – especially if the conversation is between a man with prostate cancer and his doctor. Doctors can play a major role in assessing how men are feeling, but only if men openly voice their symptoms and concerns. To help break down any barriers that may be preventing you or your loved one from having the conversations that will allow you and your doctor to better manage your health, we have provided some information and tips to help you speak up and make the most of your next appointment.

BEFORE YOUR APPOINTMENT

- ✓ Prepare a list of specific questions before your visit. Having a list can help you remember what you want to ask your doctor and might make you more comfortable talking about how you're feeling.
- ✓ Write down any symptoms you have been experiencing (e.g., unexplained pain, difficulty climbing stairs, trouble sleeping) in a notebook or diary. Any changes in your day-to-day life are important information for your doctor to know.
- ✓ Ask a family member or loved one to accompany you to the doctor for support.
- ✓ Take a note pad and pen so you can write down key points from your conversation.

DURING YOUR APPOINTMENT

Establishing good communication with your doctor can help him/her to understand what the best treatment and management plan is for you. Here are key points to help you make the most of your appointment:

- ✓ Walk through the list of questions you prepared with the doctor. If you don't feel comfortable speaking to your doctor, ask a family member or loved one if they could bring up some of your questions.
- ✓ If you have kept a diary about how you have been feeling, show your doctor.
- ✓ Let your doctor know of any changes in your day-to-day activity or any symptoms you have experienced since your last visit. Remember, any changes – no matter how big or small – are important for your doctor to know.

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DURING YOUR APPOINTMENT (CONT.)

- ✓ Explain any pain you have been experiencing – when you feel it, where it is coming from, how often you have been experiencing it.
- ✓ Ask about any test results since your last appointment.
- ✓ Be sure to talk about your current treatment plan to make sure it is still the best option for you.
- ✓ Ask about any support groups or resources your doctor recommends.

AFTER YOUR APPOINTMENT

- ✓ Try to make your next appointment while you are still at your doctor's office. Ask the receptionist for a reminder card.
- ✓ Make sure all your questions have been answered and that you or your loved one have taken notes.
- ✓ Continue to keep track of your symptoms and how you are feeling. This list will be useful to share with your doctor at your next appointment.

Talking about your prostate cancer can be uncomfortable – but speaking up and taking action is the best way to take control of your health today.

For more information on the signs and symptoms of advancing prostate cancer and the survey methodology, visit *Men Who Speak Up* at: www.MenWhoSpeakUp.com.



References:

¹ Macmillan. Controlling Symptoms of Advanced Prostate Cancer. <http://www.macmillan.org.uk/Cancerinformation/Cancertypes/Prostate/Treatmentforadvancedprostatecancer/Controllingsymptoms.aspx>. Accessed on April 6, 2015.

² GLOBOCAN 2012: Estimated Cancer Incidence, Mortality and Prevalence Worldwide in 2012. http://globocan.iarc.fr/Pages/fact_sheets_cancer.aspx. Accessed on June 26, 2015.