

Every Man Needs A Prostate PlanSM

Bruce Williams, July 2023

Disclaimer:

I am a prostate cancer survivor/patient. I am not a medical professional and this piece is not medical advice. Readers should rely on competent personal medical advice of their own choosing. This means selecting as your prostate medical advice source a physician/health care provider demonstrating current prostate cancer expertise. Not all providers have this expertise, and you should satisfy yourself that the resources on which you rely are specifically qualified to provide the personal medical advice you seek.

Target audience:

Men \geq 35 years of age, and the women who love them

Every Man Needs A Prostate PlanSM. Why?

Objective: Early detection of clinically significant prostate cancer when it is potentially curable.

Here's a plan:

1. Understand the basics¹
2. Understand ***YOUR*** personal risk factors, including your male and female family cancer history²
3. Have a shared decision making discussion with a healthcare provider ***possessing current prostate expertise*** about when ***you*** should begin screening for prostate cancer, based on your risk factors, including family cancer history. Then, follow through and ***continue diligent lifetime follow-up*** in accordance with your provider's guidance.

¹[NCCN Guidelines for Patients® Early-Stage Prostate Cancer 2022](#),

See page 7, "1 Prostate cancer basics What is prostate cancer?"

[NCCN Guidelines for Patients\(R\) Early-Stage Prostate Cancer 2022](#)

²[NCCN Guidelines for Patients® Early-Stage Prostate Cancer 2022](#),

See page 8, "Prostate cancer basics What causes prostate cancer?"

[NCCN Guidelines for Patients\(R\) Early-Stage Prostate Cancer 2022](#)

**See the following pages for another helpful resource:
Prostate Conditions Education Council's
"Your Prostate Cancer Team"**

Use this [link](#) to go to the Arizona Prostate Cancer Coalition's Website

YOUR PROSTATE CANCER TEAM



MANAGING PROSTATE CANCER IS A TEAM EFFORT

After a diagnosis of prostate cancer, patients often see several different doctors to help manage their treatment decisions. Your healthcare providers each play an important role in your care.

Just as every team has a captain, your healthcare team also has leaders. Generally a urologist, medical oncologist and radiation oncologist lead and help coordinate your care. But there are a number of other specialists who may help improve your experience.

PROSTATE CANCER TEAM LEADERS

UROLOGIST/UROLOGIC ONCOLOGISTS

A doctor who has special training in diagnosing and treating cancers of the male and female urinary tract and the male reproductive organs.

MEDICAL ONCOLOGIST

A doctor who has special training in diagnosing and treating cancer in adults using chemotherapy, hormonal therapy, biological therapy, and targeted therapy. A medical oncologist often is the main healthcare provider for someone who has cancer. A medical oncologist also gives supportive care and may coordinate treatment given by other specialists.

RADIATION ONCOLOGIST

A doctor who has special training in using radiation to treat cancer.

NURSE NAVIGATOR

A nurse navigator is a clinically trained individual responsible for the identification and removal of barriers to timely and appropriate cancer treatment.



OTHER POSSIBLE SPECIALISTS IN YOUR CARE TEAM

CARDIO-ONCOLOGIST

A doctor, typically a cardiologist, who see cancer patients or survivors getting cancer treatment who develop side effects that affect the heart.

CLINICAL RESEARCH OR STUDY COORDINATOR

An individual who handles the administrative and day-to-day responsibilities of a clinical trial and acts as a liaison for the patient and clinical site.

FINANCIAL NAVIGATOR

A person who works with patients and their families to help them reduce stress or hardship related to the cost of treatment for a medical condition, such as cancer. Financial navigators help patients understand their out-of-pocket expenses and what their health insurance plans may cover. Financial navigators may also help patients set up payment plans, find cost-saving methods for treatments, and improve access to healthcare services that the patient needs.

GENETIC COUNSELOR

A healthcare professional who has special training in medical genetics and counseling. Genetic counselors help patients and families who have, or who may be at risk of, a genetic condition. They help patients find out their chances of having a genetic condition or of having a child or other family member with a genetic condition. They also help patients understand their options for genetic testing, including its risks and benefits. After genetic testing is done, genetic counselors help patients understand their genetic test results, including how the results can affect other family members, and provide counseling and support.

MENTAL HEALTH COUNSELOR

A specialist who talks to patients and their families about emotional and personal matters they are experiencing and can also help make decisions relevant to prostate cancer. Also called a counselor.

NUTRITIONIST/DIETICIAN

A professional who helps people form healthy eating habits to improve health and prevent disease. They may provide nutritional counseling, meal planning, and nutrition education programs. Nutritionists may also look at how the environment affects the quality and safety of food and how it may affect health.

PALLIATIVE CARE PROFESSIONAL

A healthcare professional who has special training in providing care to people who have a serious or life-threatening disease, such as cancer. Palliative care specialists prevent or treat as early as possible the symptoms of a disease, side effects caused by treatment of a disease, and psychological, social, and spiritual problems related to a disease or its treatment. They also provide support to the family and coordinate communication between other members of the healthcare team.

PHARMACISTS

A health professional who has special training in preparing and dispensing (giving out) prescription drugs. Pharmacists have been taught how drugs work, how to use them, and their side effects.

PHYSICAL THERAPIST

A health professional trained to evaluate and treat people who have conditions or injuries that limit their ability to move and do physical activities. Physical therapists use methods such as exercise, massage, hot packs, ice, and electrical stimulation to help strengthen muscles, relieve pain, and improve movement. They also teach exercises to help prevent injury and loss of motion.

PRIMARY CARE PROVIDER

A doctor who manages a person's health care over time. A primary care doctor is able to give a wide range of care, including prevention and treatment, can discuss cancer treatment choices, and can refer a patient to a specialist.

SOCIAL WORKER

A licensed professional who counsel people affected by cancer, providing emotional support, and helping people access practical assistance.

UROLOGY/ONCOLOGY NURSE

A nurse who specializes in treating and caring for people who have cancer.

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MY PRIMARY PROSTATE CANCER TEAM LEADERS

Check off the medical professionals you have on your team and include their name and phone number for easy access.

- Urologist / Urologic Oncologist: Name _____ Phone _____
- Medical Oncologist: Name _____ Phone _____
- Radiation Oncologist: Name _____ Phone _____
- Nurse / Nurse Navigator: Name _____ Phone _____

OTHER MEMBERS OF MY PROSTATE CANCER TEAM:

Talk to your doctor about other specialists that are important additions to your health care team.

- Cardio-Oncologist: Name _____ Phone _____
- Clinical Research Coordinator: Name _____ Phone _____
- Financial Navigator: Name _____ Phone _____
- Genetic Counselor: Name _____ Phone _____
- Mental Health Counselor: Name _____ Phone _____
- Nutritionist / Dietician: Name _____ Phone _____
- Palliative Care Professional: Name _____ Phone _____
- Pharmacist: Name _____ Phone _____
- Physical Therapist: Name _____ Phone _____
- Social Worker: Name _____ Phone _____
- Other: Name _____ Phone _____
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- Other: Name _____ Phone _____

HAVE QUESTIONS?

PCEC is here to help with any questions you may have about your prostate cancer team or any other concerns you may have.

Please reach out to us at:

1-866-4PROST8. (1-886-477-6788) or **www.prostateconditions.org**



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PROSTATE CONDITIONS EDUCATION COUNCIL

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