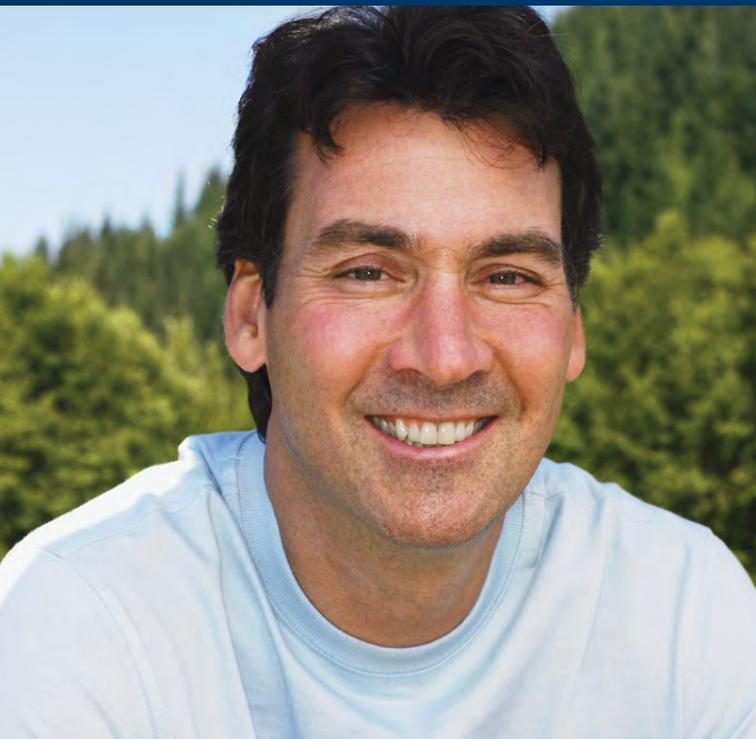


THE
Educated Patient[®]

Prostate Cancer

RESOURCE GUIDE



Presented by
cure[®]

A guide to organizations that provide information and support for patients with prostate cancer and the oncology professionals who treat them.



WHAT IS ZYTIGA® (abiraterone acetate)?

ZYTIGA® is a prescription medicine that is used along with prednisone. ZYTIGA® is used to treat men with castration-resistant prostate cancer (prostate cancer that is resistant to medical or surgical treatments that lower testosterone) that has spread to other parts of the body.

IMPORTANT SAFETY INFORMATION

Who should not take ZYTIGA® (abiraterone acetate)?

Do not take ZYTIGA® if you are pregnant or may become pregnant. ZYTIGA® may harm your unborn baby. Women who are pregnant or who may become pregnant should not touch ZYTIGA® without protection, such as gloves.

ZYTIGA® is not for use in women or children. **Keep ZYTIGA® and all medicines out of the reach of children.**

Before you take ZYTIGA®, tell your healthcare provider if you:

- Have heart problems
- Have liver problems
- Have a history of adrenal problems
- Have a history of pituitary problems
- Have any other medical conditions
- Plan to become pregnant (See “Who should not take ZYTIGA®?”)
- Are breastfeeding or plan to breastfeed. It is not known if ZYTIGA® passes into your breast milk. You and your healthcare provider should decide if you will take ZYTIGA® or breastfeed. You should not do both. (See “Who should not take ZYTIGA®?”)
- Take any other medicines, including prescription and over-the-counter medicines, vitamins, and herbal supplements. ZYTIGA® can interact with many other medicines.

If you are taking ZYTIGA®:

- Take ZYTIGA® and prednisone exactly as your healthcare provider tells you.
- Take your prescribed dose of ZYTIGA® one time a day. Your healthcare provider may change your dose if needed.
- Do not stop taking your prescribed dose of ZYTIGA® or prednisone without talking to your healthcare provider first.
- Take ZYTIGA® on an empty stomach. **Do not take ZYTIGA® with food.** Taking ZYTIGA® with food may cause more of the medicine to be absorbed by the body than is needed and this may cause side effects.
- No food should be eaten 2 hours before and 1 hour after taking ZYTIGA®.
- Swallow ZYTIGA® tablets whole. Do not crush or chew tablets.
- Take ZYTIGA® tablets with water.
- Your healthcare provider will do blood tests to check for side effects.
- Men who are sexually active with a pregnant woman must use a condom during and for one week after treatment with ZYTIGA®. If their female partner may become pregnant a condom and another form of birth control must be used during and for one week after treatment with ZYTIGA®. Talk with your healthcare provider if you have any questions about birth control.
- If you miss a dose of ZYTIGA® or prednisone, take your prescribed dose the following day. If you miss more than 1 dose, tell your healthcare provider right away.

ZYTIGA® may cause serious side effects including:

- **High blood pressure (hypertension), low blood potassium levels (hypokalemia), and fluid retention (edema).**

For 33 years, he guarded our freedom around the world.

RETIREMENT WON'T CHANGE WHO HE IS.
NEITHER WILL

ADVANCED PROSTATE CANCER.*

IF YOU THINK YOUR TREATMENT OPTIONS ARE LIMITED, THINK AGAIN.

*ZYTIGA® is a prescription medicine used along with prednisone to treat metastatic castration-resistant prostate cancer, a type of advanced prostate cancer that is resistant to medical (eg, hormonal) or surgical treatments that lower testosterone and has spread to other parts of the body.

...talk to your doctor to see if ZYTIGA® is right for you and visit ZYTIGA.com/ask for more information.

once-daily

 **Zytiga**®
(abiraterone acetate)
250 mg tablets

Tell your healthcare provider if you get any of the following symptoms:

- Dizziness
- Fast heartbeats
- Feel faint or lightheaded
- Headache
- Confusion
- Muscle weakness
- Pain in your legs
- Swelling in your legs or feet

• **Adrenal problems** may happen if you stop taking prednisone, get an infection, or are under stress.

• **Liver problems.** You may develop changes in liver function blood tests. Your healthcare provider will do blood tests to check your liver before treatment with ZYTIGA® and during treatment with ZYTIGA®. Liver failure may occur, which can lead to death. Tell your healthcare provider if you notice any of the following changes:

- Yellowing of the skin or eyes
- Darkening of the urine
- Severe nausea or vomiting

The most common side effects of ZYTIGA® include:

- Weakness
- Joint swelling or pain
- Swelling in your legs or feet
- Hot flushes
- Diarrhea
- Vomiting
- Cough
- High blood pressure
- Shortness of breath
- Urinary tract infection
- Bruising

- Low red blood cells (anemia) and low blood potassium levels
- High blood sugar levels, high blood cholesterol and triglycerides
- Certain other abnormal blood tests

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

THESE ARE NOT ALL THE POSSIBLE SIDE EFFECTS OF ZYTIGA®.

FOR MORE INFORMATION, ASK YOUR HEALTHCARE PROVIDER OR PHARMACIST.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

ZYTIGA® can interact with many other medicines.

You should not start or stop any medicine before you talk with the healthcare provider who prescribed ZYTIGA®.

Know the medicines you take. Keep a list of them with you to show to your healthcare provider and pharmacist when you get a new medicine.

Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA.

Visit www.fda.gov/medwatch, or call 1-800-FDA-1088 (1-800-332-1088).

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Horsham, PA 19044 USA
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PATIENT INFORMATION

ZYTIGA® (Zye-tee-ga)

(abiraterone acetate)

Tablets

Read this Patient Information that comes with ZYTIGA before you start taking it and each time you get a refill. There may be new information. This information does not take the place of talking with your healthcare provider about your medical condition or your treatment.

What is ZYTIGA?

ZYTIGA is a prescription medicine that is used along with prednisone. ZYTIGA is used to treat men with castration-resistant prostate cancer (prostate cancer that is resistant to medical or surgical treatments that lower testosterone) that has spread to other parts of the body.

ZYTIGA is not for use in women.

It is not known if ZYTIGA is safe or effective in children.

Who should not take ZYTIGA?

Do not take ZYTIGA if you are pregnant or may become pregnant. ZYTIGA may harm your unborn baby.

Women who are pregnant or who may become pregnant should not touch ZYTIGA without protection, such as gloves.

What should I tell my healthcare provider before taking ZYTIGA?

Before you take ZYTIGA, tell your healthcare provider if you:

- have heart problems
- have liver problems
- have a history of adrenal problems
- have a history of pituitary problems
- have any other medical conditions
- plan to become pregnant. See “**Who should not take ZYTIGA?**”
- are breastfeeding or plan to breastfeed. It is not known if ZYTIGA passes into your breast milk. You and your healthcare provider should decide if you will take ZYTIGA or breastfeed. You should not do both. See “**Who should not take ZYTIGA?**”

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. ZYTIGA can interact with many other medicines.

You should not start or stop any medicine before you talk with the healthcare provider that prescribed ZYTIGA.

Know the medicines you take. Keep a list of them with you to show to your healthcare provider and pharmacist when you get a new medicine.

How should I take ZYTIGA?

- Take ZYTIGA and prednisone exactly as your healthcare provider tells you.
- Take your prescribed dose of ZYTIGA 1 time a day.
- Your healthcare provider may change your dose if needed.
- Do not stop taking your prescribed dose of ZYTIGA or prednisone without talking with your healthcare provider first.
- Take ZYTIGA on an empty stomach. **Do not take ZYTIGA with food.** Taking ZYTIGA with food may cause more of the medicine to be absorbed by the body than is needed and this may cause side effects.
- No food should be eaten 2 hours before and 1 hour after taking ZYTIGA.
- Swallow ZYTIGA tablets whole. Do not crush or chew tablets.
- Take ZYTIGA tablets with water.
- Men who are sexually active with a pregnant woman must use a condom during and for 1 week after treatment with ZYTIGA. If their female partner may become pregnant, a condom and another form of birth control must be used during and for 1 week after treatment with ZYTIGA. Talk with your healthcare provider if you have questions about birth control.
- If you miss a dose of ZYTIGA or prednisone, take your prescribed dose the following day. If you miss more than 1 dose, tell your healthcare provider right away.
- Your healthcare provider will do blood tests to check for side effects.

What are the possible side effects of ZYTIGA?

ZYTIGA may cause serious side effects including:

- **High blood pressure (hypertension), low blood potassium levels (hypokalemia) and fluid retention (edema).** Tell your healthcare provider if you get any of the following symptoms:
 - dizziness
 - fast heartbeats
 - feel faint or lightheaded
 - headache
 - confusion
 - muscle weakness
 - pain in your legs
 - swelling in your legs or feet
- **Adrenal problems** may happen if you stop taking prednisone, get an infection, or are under stress.
- **Liver problems.** You may develop changes in liver function blood test. Your healthcare provider will do blood tests to check your liver before treatment with ZYTIGA and during treatment with ZYTIGA.
Liver failure may occur, which can lead to death. Tell your healthcare provider if you notice any of the following changes:
 - yellowing of the skin or eyes
 - darkening of the urine
 - severe nausea or vomiting

The most common side effects of ZYTIGA include:

- weakness
- joint swelling or pain
- swelling in your legs or feet
- hot flushes
- diarrhea
- vomiting
- cough
- high blood pressure
- shortness of breath
- urinary tract infection
- bruising
- low red blood cells (anemia) and low blood potassium levels
- high blood sugar levels, high blood cholesterol and triglycerides
- certain other abnormal blood tests

Tell your healthcare provider if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of ZYTIGA. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store ZYTIGA?

- Store ZYTIGA at room temperature between 68°F to 77°F (20°C to 25°C).

Keep ZYTIGA and all medicines out of the reach of children.

General information about ZYTIGA.

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use ZYTIGA for a condition for which it was not prescribed. Do not give ZYTIGA to other people, even if they have the same symptoms that you have. It may harm them.

This leaflet summarizes the most important information about ZYTIGA. If you would like more information, talk with your healthcare provider. You can ask your healthcare provider or pharmacist for information about ZYTIGA that is written for health professionals.

For more information, call Janssen Biotech, Inc. at 1-800-526-7736 (1-800-JANSSEN) or go to www.Zytiga.com.

What are the ingredients of ZYTIGA?

Active ingredient: abiraterone acetate

Inactive ingredients: colloidal silicon dioxide, croscarmellose sodium, lactose monohydrate, magnesium stearate, microcrystalline cellulose, povidone, and sodium lauryl sulfate.

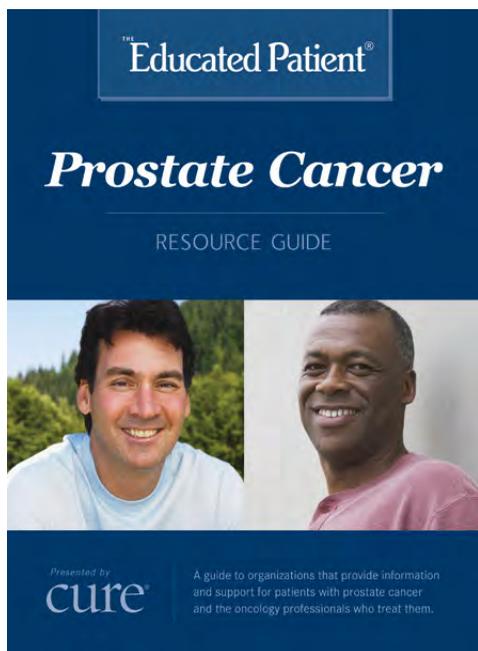
Manufactured by: Patheon Inc. Mississauga, Canada

Manufactured for: Janssen Biotech, Inc. Horsham, PA 19044

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From the Publisher

What You Need To Know About Prostate Cancer



To download a PDF of this Resource Guide, visit www.CureToday.com.

Prostate cancer is the second most common cancer in American men, except for some forms of skin cancer.¹ Although the exact cause of prostate cancer remains unknown,¹ understanding a current diagnosis is helpful toward improving a patient's outcome and quality of life.

This guide delivers an explanation of prostate cancer, and offers helpful tips on how to cope with the disease. The guide's Health, Diet, and Emotional Support section provides patients with suggestions on how to stick to their current treatment plan during their fight against prostate cancer. The Frequently Asked Questions section helps answer some common concerns of patients with prostate cancer. Understanding a prognosis and the procedures available helps the everyday patient work one-on-one with their healthcare provider.

This guide also highlights organizations that share the mission to increase research funding; provide emotional and financial support for patients, their families, and caregivers; and promote public awareness and acceptance of patients with prostate cancer. These websites offer information that helps patients diagnosed with prostate cancer, and their caregivers, pursue the highest possible level of care.

We hope you find this guide useful and wish you the best in your journey.

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Information About Prostate Cancer

What Is Prostate Cancer?

A man's prostate gland is located in the pelvis, below the bladder and in front of the rectum. The prostate surrounds part of the urethra, the thin tube that carries urine from the bladder, through the penis, and out of the body. The prostate is used by the body to make the fluid found in semen, which carries sperm.¹

As a man ages, his prostate grows. This growth or enlargement is caused by a rise in hormones such as testosterone, and usually does not cause any problems until later in life when it causes pressure against the urethra that slows, hinders, or stops the flow of urine out of the body. This condition is known as benign prostatic hyperplasia (BPH). BPH is not cancer, nor does it develop into cancer.¹

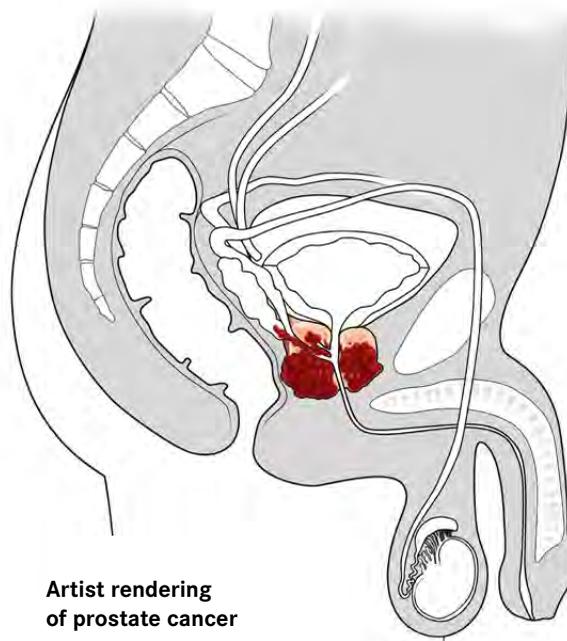
However, it is important to understand that both BPH and prostate cancer can cause your prostate-specific antigen (PSA) level to rise. Therefore, a high level of PSA does not always mean that you have prostate cancer. PSA is a protein produced by prostate cancer cells. When being screened for prostate cancer, the PSA blood test indicates the level of PSA in your bloodstream. The results of the PSA test can be used along with imaging techniques that evaluate the size of the prostate to determine PSA density, which is the PSA level compared with the size of the prostate.²

How Do You Get Prostate Cancer?

Prostate cancer develops when cells of the prostate grow rapidly, out of control, and do not die as they should. This can lead to the formation of a tumor.^{1,2}

Currently, it is not known what causes prostate cancer. But, as with other types of cancer, there are risk factors associated with the development of prostate cancer, and there are things you can do to lower these risks. Studies have suggested that men who eat fewer fruits and vegetables, more red meat, high-fat dairy products, or consume higher amounts of calcium may be at risk for prostate cancer. However, the diet's role in prostate cancer remains unclear and it is important to remember that there are certain health benefits to consuming some of these products. It is important to discuss any concerns about your nutrition with your healthcare professional.¹

Although it's not understood why, black men have a higher incidence of prostate cancer than white, Hispanic, or Asian men. In fact, the death rate from prostate cancer is twice as high for black men as for white men. Also, men whose fathers or brothers have had prostate cancer have twice the risk of developing prostate cancer. If a man has several relatives with prostate cancer, his chances of developing the disease are even greater.^{1,2}



Artist rendering of prostate cancer

Along with a healthy and balanced diet, you should get regular exercise and—especially—follow your doctor's advice about getting screened for prostate cancer. Common prostate cancer screening procedures include the PSA blood test and digital rectal examination (DRE).¹

Screening for Prostate Cancer

What Is the Digital Rectal Exam?

The DRE is critical for helping a doctor to detect an enlarged prostate, or to determine whether the prostate has lumps or areas of abnormal texture. Usually when your doctor suspects a prostate problem, he or she will perform a DRE. During a DRE, your doctor will check your prostate and feel for any bumps or hard areas, either of which could indicate cancer.^{3,4}

The DRE is critical for helping a doctor to detect an enlarged prostate, or to determine whether the prostate has lumps or areas of abnormal texture.³

While you may feel a bit of discomfort during the DRE, it is not painful, and the potential benefits of this simple, quick examination far outweigh any minor unpleasantness you may experience. It is important for you to discuss DRE testing with your healthcare professional, especially once you hit age 40 years and older. If suggested, your healthcare professional may recommend a DRE along with a PSA blood test.^{4,5}

Prostate-Specific Antigen Test

PSA is a protein created by the prostate. The PSA test checks for elevated levels of PSA in your blood, which can be used to help healthcare professionals detect prostate cancer, determine its stage, and aid in treatment planning, as well as monitor treatment results.² Additionally, the results of the PSA test can be used with the results of imaging tests (eg, transrectal ultrasound) to evaluate PSA density, which is the level of PSA in relation to the size of one's prostate. The level of PSA is related to the size of a man's prostate; larger prostates produce more PSA.^{1,2} Therefore, it is important to healthcare professionals to know the size of a man's prostate when diagnosing prostate cancer and determining appropriate treatment with patients.

If your PSA level is high, there could be several reasons for it that do not involve prostate cancer. Other causes of a high PSA level include older age (the prostate grows as a man ages), BPH, bicycle riding, ejaculation (although this causes only a brief rise in PSA level), and infection of the prostate.⁴

The PSA test checks for elevated levels of PSA in your blood, which can be used to help healthcare professionals detect prostate cancer, determine its stage, and aid in treatment planning, as well as monitor treatment results.²

Sometimes a man can have a high PSA level but not have prostate cancer. On the other hand, sometimes men with prostate cancer have low PSA levels. This is the reason that doctors recommend that men have both the DRE and the PSA blood test.⁴ Generally your physician will recommend that you have regular PSA tests if your PSA level is slightly high. These regular tests can help your doctor to determine how quickly your PSA level is rising. This is called PSA doubling time. A PSA level that rises quickly may be an indicator of prostate cancer.²

If you are considering prostate cancer screening, it is important to remember that screening is not recommended for everyone. In fact:

- The US Preventive Services Task Force recommends against PSA screening in healthy men because the potential risks outweigh the potential benefits.⁶
- Guidelines from the American Urological Association and the American Cancer Society recommend that men be informed of the risks and benefits of screening.^{4,5} Although screening can help detect prostate cancer early, test results are not 100% accurate, and unclear results can cause confusion and anxiety.⁴

It is important to understand the risks and benefits of screening and discuss with your healthcare professional whether screening is appropriate for you.

How Often Should You Get Screened?

According to the American Urological Association (AUA) screening guidelines, PSA screening is not recommended in men younger than age 40 years. For men younger than age 55 years who are at high risk for prostate cancer, including African Americans and men who have a history of a close relative affected by prostate cancer, PSA screening should be considered. However, decisions should be individualized. Routine screening is not recommended for men aged 40 to 54 years who are considered at average risk for prostate cancer.⁵

For men aged 55 to 69 years who are considering PSA screening, the AUA guidelines recommend that patients and their healthcare professionals work together when making a decision about screening, and consider the patient's values and preferences. Routine PSA screening is not recommended for patients who are older than 70 years, or for any man with less than a 10- to 15-year life expectancy.⁵

According to the American Society of Clinical Oncology, men with a life expectancy greater than 10 years should make decisions about routine screening based on the potential risks and potential benefits.⁷

Your Healthcare Team

Along with your doctor (also called your primary care physician, or PCP), who may be the first to discover that you have suspicious DRE results or an elevated PSA level, your healthcare team may include a¹:

- urologist
- radiation oncologist
- medical oncologist
- nurse practitioner
- social worker
- pharmacist

Each has a specific role to play. You may not see all of them during the course of your care—it depends on your individual situation.



If You Think You Have Prostate Cancer

Step 1:

If your doctor thinks you may have prostate cancer based on your PSA and/or DRE, other test results, or your specific symptoms, he or she will probably refer you to a specialist.¹

Step 2:

This specialist your doctor refers you to see will most likely be a urologist or urologic oncologist. He or she will discuss the risks and benefits of performing a biopsy of your prostate with you and then perform the biopsy. During a biopsy, a sample of cells is removed and a pathologist examines these cells under a microscope to look for the presence of cancer cells.¹ In 2015, new standards for the use of magnetic resonance imaging (MRI) during prostate biopsy were published (PI-RADS v2).⁸ Discuss the risks and benefits of using MRI during your biopsy with your healthcare professional.

Step 3:

You will receive back results of your biopsy and any additional testing procedures that your healthcare professional may have used to check for prostate cancer. If cancer is found, the pathologist uses the Gleason grading system to grade the tissue examined. The Gleason score usually ranges from 6 to 10, with a lower score indicating that the cancer is less likely to grow or spread. Your lab report (also called a pathology report) will note your Gleason score, so be sure to bring a copy of your lab report with you when you visit the other doctors who will plan and handle your cancer treatment.¹

Step 4:

If cancer is detected, you will work together with the oncologist and care team to establish a treatment plan that is right for you.

Due to the slow-growing nature of most prostate cancers, early stages of the disease can involve active surveillance. Active surveillance is a term that doctors use to indicate a process of not immediately using treatment but rather waiting to see if the cancer shows signs of changing or spreading. In most cases, active surveillance is an option for all men with low risk, early-stage prostate cancer.²

In general, surgery, radiation, or brachytherapy (seed implants) may be considered by men who are in good health, and are accepting of the fact that these treatments may cause serious side effects.¹ The pros and cons of each method—active surveillance, radiation, brachytherapy, or surgery—should be carefully discussed and evaluated with your healthcare team and your family.

The Gleason score usually ranges from 6 to 10, with a lower score indicating that the cancer is less likely to grow or spread.¹

Treatment Options for Newly Diagnosed Prostate Cancer (Localized Disease)

Physicians do not always advise patients to have immediate treatment for their prostate cancer because the treatment itself can have side effects. Shared decision making means that you and your healthcare team should decide on your treatment based on important factors such as your age and general health, your PSA level, the stage of your prostate cancer (stage relates to the size of the tumor in the prostate gland), your Gleason score, and your personal priorities and desires. If considering active surveillance, it is important to discuss a monitoring protocol.^{1,2}

Shared decision making means that you and your healthcare team should decide on your treatment together based on important factors such as your age and general health, your PSA level, the stage of your prostate cancer (stage relates to the size of the tumor in the prostate gland), your Gleason score, and your personal priorities and desires.

For those considering surgery, which is sometimes recommended for early-stage prostate cancer, a radical prostatectomy will be discussed. This procedure involves removing the prostate.^{1,2} Radiation or brachytherapy treatments are excellent alternatives to surgery. Discuss the pros and cons of the different options with your healthcare team.

There are 2 main types of radiation therapy^{1,2}:

- External beam radiation therapy – With external beam radiation therapy, a machine outside the body focuses radiation on cancer cells within the prostate.
- Brachytherapy (prostate seed implant therapy) – Brachytherapy involves the placement of radioactive seeds in or around the prostate.

External radiation is also sometimes used after surgery if the surgeon is not able to remove all of the cancer.¹

Before deciding on your treatment options, be sure to discuss them with your doctor and the rest of your healthcare team, your family, and other men who have had prostate cancer. Support groups (both in-person and online) are an excellent way to connect with others who have been through what you are experiencing (see a list of suggested resources starting on page 16). Making an informed decision about your treatment and being in charge of your own destiny is very important.

Defining Advanced Prostate Cancer

For many, prostate cancer does not progress. However, when prostate cancer cells spread, the cancer has advanced. If the cells spread, they typically first affect the lymph nodes. These cells are also more likely to spread to other portions of the body, including a patient's bones. If prostate cancer spreads beyond the prostate gland into another part of the body, a patient has developed metastatic prostate cancer.^{1,2}

Monitoring For, or Detecting, Advanced Prostate Cancer

Prostate cancer usually grows slowly and symptoms aren't common during early stages. Back or hip pain, bone pain, blood in the urine or semen, and weakness or numbness in the legs or feet may also occur. However, other conditions not related to cancer may also cause these symptoms.¹

It is important to consider the potential value of prostate cancer screening with PSA and discuss being screened with your healthcare professional. Screening can help detect prostate cancer and prevent the cancer from becoming advanced, or can help monitor the progression of the disease if it has advanced.^{2,4}

PSA tests, DREs, and scans such as a computed tomography (CT) scan, an MRI scan, and a bone scan can be used to detect and monitor advanced prostate cancer. Because advanced prostate cancer commonly spreads to a patient's lymph nodes and bones, anyone concerned about advanced prostate cancer should request a body scan with CT or MRI and a bone scan.¹

Treatment For Advanced Prostate Cancer

Treatment options for advanced prostate cancer include chemotherapy, immunotherapy, radiopharmaceuticals, and hormone therapy which blocks testosterone, a hormone that can make prostate cancer cells grow. Second-line hormonal treatments may be added to primary hormone therapy. Not all therapies are appropriate for all patients, and your healthcare team can advise you on treatment choices for your specific situation.^{1,2}

Androgens help to fuel the prostate cancer and help it to grow. The main treatment option for men with advanced prostate cancer is hormone therapy, which may also be referred to as androgen deprivation therapy (ADT).^{1,2}

The goal of hormone therapy, such as ADT, is to suppress or block the production or action of male hormones. Currently available hormone therapies reduce androgen production or block the action of androgens in the body.^{1,9}

Hormone therapy (ADT) is commonly used to treat men with prostate cancer who are not able to have surgery or radiation, or men who can't be cured by these procedures because

the cancer has already advanced. However, it may also be used before radiation treatment in an effort to shrink the cancer and make treatment more effective. Often, hormone therapy (ADT) is used with external beam radiation therapy. Many studies have shown that adding it to external beam radiation therapy improves treatment outcomes when prostate cancers are more aggressive. Some men require short-term (4 to 6 months) ADT while others are on ADT for 24 to 36 months. Hormone therapy may also be suggested for patients whose cancer has returned after prior surgery or radiation treatment.^{1,2}

Unfortunately, most patients with advanced prostate cancer stop responding to hormone therapy (ADT) after a period of months or years. If the cancer continues to grow despite the fact that therapy is still lowering testosterone, the prostate cancer is termed as castration-resistant, and can be treated with additional forms of hormone therapy. These second-line forms of hormone therapy are an additional treatment option for metastatic castration-resistant prostate cancer (mCRPC) and work by interrupting the androgen-making process at an important step or interfering with the connection between androgens and androgen receptors. Adding a second-line form of hormone therapy may help to slow the spread of disease. Ask your physician if these additional therapies may be right for you.¹

As previously explained, other treatment options such as chemotherapy, immunotherapy, radiopharmaceuticals, or radiation therapy may be suggested to help relieve symptoms or control cancer, depending on your prognosis. Chemotherapy uses intravenous or oral drugs to kill cancer cells. It is sometimes used if prostate cancer has spread outside the prostate gland and hormone therapy isn't working. It may also be recommended for use along with hormone therapy. Immunotherapy uses the body's own immune system to help fight off or destroy cancer cells. Immunotherapy may be useful for patients with mCRPC to control cancer and may be used with or without hormone therapy. Radiopharmaceuticals are drugs that can be used to treat prostate cancer that has spread to the bones. Radiopharmaceuticals are injected into a vein, settle in areas of bone damage, and give off radiation to kill cancer cells. Unlike external beam radiation therapy, radiopharmaceuticals target all bones affected by cancer at one time.^{1,2}

Clinical Trials

New agents are constantly being developed to treat prostate cancer. While some have been approved by the FDA, others are being studied and developed to improve the outlook on cancer, and are available as clinical trials. Clinical trials are studies that test potential treatments on volunteers to help researchers determine if a treatment is beneficial in the management of a particular medical

It is important to discuss your prognosis with your healthcare team when considering which treatment may be appropriate for you. Getting involved in your treatment decisions can make a real difference.

condition. Clinical trial studies are commonly suggested as a possible option for cancer patients to consider. Although clinical trials may sound risky, it is important to understand that each clinical trial has been carefully evaluated and approved by a variety of regulatory organizations (for example, the FDA). Each year, many patients benefit from participating in clinical trials.¹⁰

For patients with advanced prostate cancer, especially those who have already been treated with hormone therapy and are castration-resistant, enrolling in a clinical trial is suggested.²

Before making your treatment decision, be sure to educate yourself about clinical trials. To receive information about clinical trials in your area, speak to your healthcare professional. The resources in this guide can also provide you with information about clinical trials.

Understanding Your Prognosis

As with most cancers, how long you live depends on a number of factors, and no one can predict this for you with certainty. These factors include how aggressive the cancer is and how far it has progressed, your age, your overall health, and other variables. If you are interested, a number of sources on the Web cite survival statistics, including many of the resources mentioned later in this guide. Please keep in mind that these figures represent averages and not your particular situation.¹

It is important to discuss your prognosis with your healthcare team when considering which treatment option may be appropriate for you. There are a number of variables that come into play, such as your age, health, and stage of cancer, but your healthcare team will suggest treatment or therapy choices that would be most effective in your particular case.¹

Health, Diet, and Emotional Support

Sticking with your treatment plan and staying as healthy as possible will help you immensely as you fight prostate cancer. You may not necessarily feel like exercising when you're not feeling so well, but it just might make you feel more energetic and improve your mood. Likewise, eating a balanced, nutritious diet is important, as is seeking the emotional support of loved ones and other men with prostate cancer. Not smoking and eliminating or lowering your alcohol consumption are 2 more things you can do to improve your health and maintain a positive outlook.¹

Rest and Exercise

If you are being treated for prostate cancer, you surely know that it makes you tired. Although it is of course important to get the sleep you need, you may be surprised to learn that exercise can actually give you more energy, make you feel less weary and exhausted, and improve your mood. One major plus of exercise is that it reduces stress—something you are no doubt very familiar with after your diagnosis. There are other advantages to exercise, too. These include maintaining muscle tone, controlling your weight (and ideally, not gaining any unless you are underweight), and maintaining or increasing your strength.¹

Your doctor should know about—and approve of—your exercise plans before you start. It might even be best if he or she sets your exercise program up for you. If your doctor gives the okay and you feel up to it, try to exercise for at least 30 minutes a day for at least 3 days a week. If you do activities that you enjoy, you will be more apt to stick with your routine.¹¹ The more exercise you get, the greater your endurance will be and the better you'll be able to improve your health. Again, you should get this cleared by your doctor, especially before undertaking an exercise program that may be more vigorous than one you followed before your diagnosis.

Diet

Along with your exercise regimen, you should be sure to eat healthy and nutritious food while undergoing treatment. It is very important to maintain your strength and emotional well-being.¹ Another benefit to certain foods is that they can slow down the growth of cancer, although some foods can speed up the growth of cancer.¹¹

Men with prostate cancer should eat fruits and vegetables that are colorful. There are a number of these, but some

general ideas are tomatoes, grapes, plums, berries, carrots, sweet potatoes, spinach, peas, broccoli, cabbage, and garlic. The most nutritious fruits and vegetables are generally deeper and richer in color, though not always. Many foods that are red in color (tomatoes, watermelon, and pink grapefruit) are rich in lycopene, an antioxidant.¹¹

Antioxidants fight cancer, and many fruits and vegetables contain them. In addition to the foods mentioned above, vegetables such as cabbage, broccoli, kale, and soy are thought to limit the damage of carcinogens (substances that cause cancer). Black and green teas are rich in antioxidants and are better for you than sugary drinks. You should also eat whole-grain products and try to avoid white flour and white rice. Fish that is baked or steamed is a great choice. Foods to avoid include grilled meats that are charred (that is, slightly burned), foods with excess sugar, and starchy food such as white bread and white potatoes.¹¹

Eating too many sugary or starchy foods can make you gain weight easily and thus have a negative

impact on your health and well-

being. Charred meats contain carcinogens that can trigger chronic inflammation in the prostate. Charbroiling and pan-frying should be

avoided; baking or steaming meats is always healthier.¹¹

Although there are benefits to consuming the foods mentioned above, the

diet's role in prostate cancer remains unclear. For this reason, it is important to discuss any concerns about your nutrition with your healthcare professional.¹

Emotional Support

Keeping your body in tip-top shape through exercise and diet is critical to minimizing stress and keeping you happy. But do not neglect your mental well-being. It is just as necessary to get emotional and moral support from your loved ones and other men who have had prostate cancer. Now is definitely not the time to be the strong, silent type. Talk to others about your concerns and fears. Get things off your chest—most people would love to help you in some way.¹

In this guide we've included a number of website resources to help you find this support. Starting on page 16, you will find a variety of resources that can help you learn more about prostate cancer, the treatments available, and those who can help.



Frequently Asked Questions

You or your family members may have many concerns about prostate cancer. This section includes some of the more common questions that patients ask. However, it is important to understand that the information in this section, and guide, is not sufficient to diagnose prostate cancer. You should discuss any health concerns with your healthcare professional. You'll undoubtedly have questions that are not addressed here, so the resources starting on page 16 should help you find what you need.

There are various treatment options available. In what order is treatment suggested?

The main options for treating and managing prostate cancer include active surveillance, surgery, radiation, brachytherapy, hormone therapy, chemotherapy, immunotherapy, and radiopharmaceuticals. Your healthcare professional will consider several variables when making decisions about how to treat your cancer.¹

In most cases, active surveillance is an option for all men with low risk, early-stage prostate cancer. Surgery may be considered by men who are in good health (with a low stage cancer). Radiation or brachytherapy treatments are excellent alternatives to surgery in patients with localized disease. Radiation is also sometimes used after surgery if the surgeon is not able to remove all of the cancer.¹

Hormone therapy is commonly used to treat men with prostate cancer who are not able to have surgery or radiation or men who can't be cured by these procedures because the cancer has already advanced. However, it may also be used before radiation treatment in an effort to shrink the cancer and make treatment more effective. Hormone therapy may also be suggested for patients whose cancer has returned after prior surgery or radiation treatment. If the cancer continues to grow despite the fact that therapy is still lowering testosterone, the prostate cancer is termed as castration-resistant, and can be treated with additional forms of hormone therapy that are different from the therapy you have been on.¹

Chemotherapy, immunotherapy, radiopharmaceuticals, or radiation therapy may also be suggested to help relieve symptoms or control cancer in instances of advanced disease, depending on your prognosis.¹ For patients with advanced prostate cancer, especially those who have already been treated with hormone therapy and have castration-resistant disease, enrolling in a clinical trial may be suggested.²

What factors should be considered prior to beginning treatment?

If cancer is detected, you will work together with your oncologist and care team to establish a treatment plan that is right for you. Physicians do not always advise patients to have



immediate treatment for their prostate cancer because the treatment itself can have side effects.² Additionally, different treatment options have different dosage and administration requirements, and some are more expensive than others.^{1,2} Shared decision making means that you and your healthcare team should decide on your treatment based on important factors such as your age and general health, your PSA level, the stage of your prostate cancer (stage relates to the size of the tumor in the prostate gland), your Gleason score, and your personal priorities and desires.^{1,2}

What side effects are common while on treatment?

Treatment side effects may vary depending on the type of treatment you receive. However, some of the more common ones include fatigue, anemia, decreased mental sharpness, loss of muscle mass, changes in weight, loss of appetite, nausea and vomiting, incontinence, impotence, urinary problems, and bowel problems. Some treatment side effects might last a long time or may not show up until years after you have finished treatment.¹ It is important to discuss the likelihood and potential side effects of treatment with your healthcare professional before beginning therapy.

How may daily life be affected from both a disease symptom and treatment standpoint?

If you have been diagnosed with cancer, you will undoubtedly have concerns about how your cancer and treatment may affect your daily life. Making changes to your lifestyle may include learning how to manage any symptoms associated with your cancer (although early prostate cancer usually doesn't cause symptoms), as well as side effects from treatment

(which may vary). Prostate cancer treatment can cause various side effects as well as affect a man's sexual function, relationships, and his emotions. It is important that you discuss your concerns about your daily life with your healthcare professional.¹

Sticking with your treatment plan and staying as healthy as possible will help you immensely as you fight prostate cancer. Adopting a healthy lifestyle that includes regular physical activity and better nutritional choices for your diet can help improve your physical health. Equally important is seeking support from friends and family, other patients, support groups, and healthcare professionals to discuss anything that is affecting your personal journey.¹

What can patients expect when starting on a new treatment option?

There are various treatment options available to patients with prostate cancer, and each of them targets cancer in a different way. Treatment options such as hormone therapy may only work for a certain period of time, and most prostate cancers treated with hormone therapy may become resistant to it after a period of months or years.¹

Before beginning on a new treatment, it is important to explore your goals and options, and the potential side effects of treatment, with a healthcare professional and share any concerns with him or her. If you aren't completely comfortable with their recommendation, it may be helpful to seek a second opinion from a different oncologist.¹

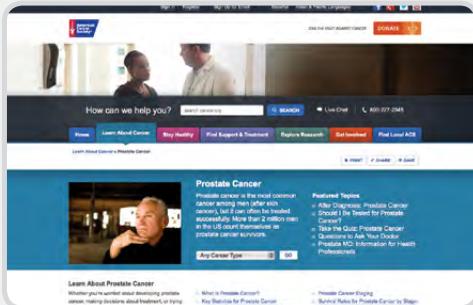
What should patients know about paying for treatment?

Before beginning treatment, it is important for you to discuss any financial concerns with your healthcare professional. Some of the common financial considerations of patients prior to beginning therapy include the cost of the recommended treatment, the location where treatment is administered, the number of follow-up appointments needed with members of the cancer care team, the costs of at-home or long-term care, coverage for medications that treat side effects from therapy, and concerns about the ability to continue working and providing for regular family and living expenses.

Be sure to connect with your insurance provider to become educated regarding the coverage provided by your health insurance plan, and talk to your cancer care team about additional support available through resources such as treatment savings programs and advocacy groups. The organizations listed on pages 16 through 30 in this guide can also provide guidance on financial assistance.¹²

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ADDRESS:
250 Williams Street NW
Atlanta, GA 30303

CONTACT:
Phone: 1-800-227-2345
E-mail: (Web form)
www.cancer.org/Aboutus/HowWeHelpYou/app/contact.us.aspx

American Cancer Society: Prostate Cancer

cancer.org/Cancer/ProstateCancer/index

If you have been diagnosed with prostate cancer or you're just looking for information about it, this site can help you find what you need. Among its many features are several downloadable PDFs that explain all aspects of prostate cancer, including statistics, survival rates, and more.

The American Cancer Society site has information on all types of cancer, not just prostate cancer. It is an excellent resource that even includes videos about prostate cancer and its treatment, as well as a comprehensive section entitled "Testing for Prostate Cancer: Should I Be Tested? Is It the Right Choice for Me?"



ADDRESS:
BG 9609 MSC 9760
9609 Medical Center Drive
Bethesda, MD 20892

CONTACT:
Phone: 1-800-422-6237

National Cancer Institute: Prostate Cancer

cancer.gov/types/prostate

The National Cancer Institute's (NCI's) site provides accurate, up-to-date information about many types of cancer, including prostate cancer.

The NCI provides assistance to anyone affected by cancer through its online chat feature and toll-free hotline. The prostate cancer section of the site includes information about screening for, testing for, and treating prostate cancer, as well as clinical trials, resources for people dealing with cancer, and information for researchers and healthcare professionals.



National Comprehensive Cancer Network® (NCCN®)

nccn.org/patients/default.aspx

NCCN is a nonprofit alliance of 27 of the world’s leading cancer centers. The goal of the site is to provide information on all aspects of cancer.

ADDRESS:

Attn: Patient and Caregiver Resources
275 Commerce Drive
Suite 300
Fort Washington, PA 19034

CONTACT:

Phone: 1-215-690-0300
Fax: 1-215-690-0280
E-mail: patientinformation@nccn.org

On the “Patient and Caregiver Resources” section of the site, viewers can select “By Cancer Type” and then choose to learn more about prostate cancer. Here, users can download the NCCN Guidelines for Patients and NCCN Quick Guide™ for Prostate Cancer, which are patient-friendly translations of the same guidelines used by oncologists. Additionally, the site contains information about “Clinical Trials,” “Life With Cancer,” “Life After Cancer,” and “Patient and Payment Assistance,” and provides a “Dictionary” and “Video Library” where site visitors can learn more.



Prostate Health Education Network

prostatehealthd.org

The Prostate Health Education Network (PHEN) is a nonprofit founded in 2003 by Thomas A. Farrington, a prostate cancer survivor and author of 2 books about prostate cancer. For the past several years, PHEN has hosted the Annual African American Prostate Cancer Disparity Summit, an event designed to illustrate the differences between black men and other groups when it comes to prostate cancer.

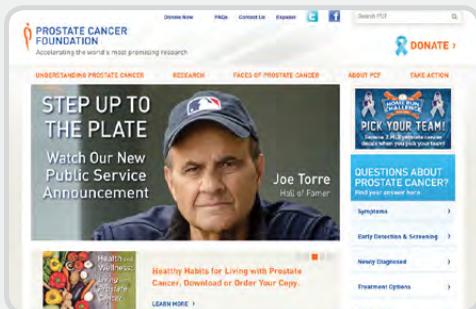
ADDRESS:

500 Victory Road
Fourth Floor
Quincy, MA 02171

CONTACT:

Phone: 1-617-481-4020
Fax: 1-617-481-4021
E-mail: rapcancer@prostatehealthd.org

The PHEN site includes educational material about prostate cancer, along with information about clinical trials, treatment centers, and more. Also featured is “PHEN TV Programs,” a section devoted to various videos about prostate cancer education and treatment.



ADDRESS:
1250 Fourth Street
Santa Monica, CA 90401

CONTACT:
Phone: 1-800-757-2873; 1-310-570-4700
Fax: 1-310-570-4701
E-mail: info@pcf.org

Prostate Cancer Foundation

pcf.org

The Prostate Cancer Foundation (PCF) is the world’s leading philanthropic organization funding and accelerating prostate cancer research. Founded in 1993, PCF funds more than 2000 research programs at nearly 200 cancer centers and universities. The PCF global research enterprise now extends to 19 countries. The Foundation’s website provides valuable information for those who have prostate cancer, and their family members or caregivers.

Along with research and prostate cancer educational materials, the section titled “Faces of Prostate Cancer” features stories about prostate cancer survivors, everyday heroes, and PCF-funded researchers. The site also includes a frequently-asked-questions section.



ADDRESS:
5777 West Century Boulevard
Suite 800
Los Angeles, CA 90045

CONTACT:
Phone: 1-310-743-2116
Fax: 1-310-743-2113
E-mail: info@pcrri.org

Prostate Cancer Research Institute

pcrri.org

The Prostate Cancer Research Institute (PCRI) is a charitable nonprofit organization whose mission is to educate men about prostate cancer and improve the quality of life of patients and their families. According to the site, it’s imperative that a patient understand his prostate cancer and the treatment he’s receiving in order to be “empowered to communicate more effectively with his physicians and obtain a better outcome.”

This need to empower the patient is the motivator behind this site. Among other tips, it tells men to take their time deciding on their treatment and not let others rush them to decide. It also advises that they seek out experts in pathology, imaging, and the treatment(s) they are considering. Site visitors can also sign up to receive the free PCRI quarterly newsletter, *PCRI Insights*.



ADDRESS:
7009 South Potomac Street
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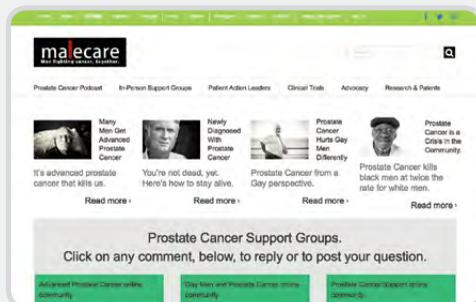
CONTACT:
Phone: 1-866-477-6788; 1-303-316-4685
Fax: 1-303-320-3835
E-mail: info@prostateconditions.org

Prostate Conditions Education Council

prostateconditions.org

For over 27 years, Prostate Conditions Education Council (PCEC) has been reaching patients, caregivers, nurses, physicians, and industry; each of the key components in healthcare. PCEC's innovative contributions are closing the gap in prostate cancer by bringing access and cutting edge information on new prostate cancer biomarkers, genomic testing, and advanced treatments to patients who will benefit from them.

As the founder and coordinator of the national Prostate Cancer Awareness Week/Month and the SET the PACE event series, PCEC is dedicated to saving lives through advancing the awareness and education of men, the women in their lives, as well as the medical community. The PCEC site provides valuable educational resources and information on clinical trials, biomarkers and genomic testing, men's health screening events, outreach programs, medical professional educational events, and how to get involved. To stay informed on all things "PROSTATE," visit PCEC on Facebook and Twitter and subscribe to the PCEC *Get Checked* newsletter.



ADDRESS:
Third Floor, #39
85 Delancey Street
New York NY 10002

CONTACT:
Phone: 1-212-673-4920
E-mail: info@malecare.org

Malecare

malecare.org

Devoted solely to cancers that occur in men, including prostate cancer, Malecare is a nonprofit group staffed by oncologists, psychologists, and social workers that was founded in 1997. Because men, on average, die younger than women, Malecare was founded to address this problem.

The site has a number of resources devoted to prostate cancer. Unlike some other sites, the language can be down-to-earth and frank. For example, the "Read this, first" page says, "Rarely does any man die within the first few years of his diagnosis, no matter what, if any, treatment he has chosen." The site lets you know you're not alone and that you have "thousands of new brothers" who have prostate cancer.



ADDRESS:
PO Box 10188 - #77550
Newark, NJ 07101

CONTACT:
Phone: 1-201-289-8221
E-mail: support@prostatenet.org

The Prostate Net

prostatenet.org

The Prostate Net is a nonprofit foundation created by Virgil Simons, a survivor of prostate cancer who was determined to provide men with the educational resources that were not available to him when he was diagnosed. Among The Prostate Net's goals is to educate men who are most at risk of receiving a diagnosis of prostate cancer, enhance awareness, and eliminate the prostate cancer rate disparity between black men and other groups.

The site features numerous prostate cancer-oriented resources, including a physician finder, podcasts, patient support, treatment options, and more. There's also an *In the Know* newsletter archive which features additional helpful information.



CONTACT:
E-mail: advocacyconnector@patientresource.com

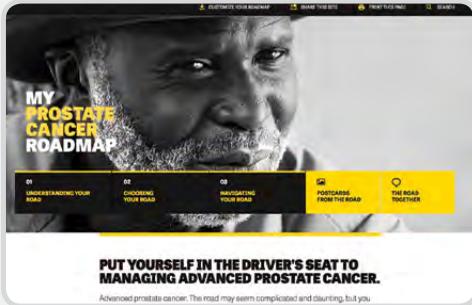
The Advocacy Connector

advocacyconnector.com

The Advocacy Connector is a resource designed to help healthcare providers, patients, and caregivers impacted by cancer, including prostate cancer, connect with the advocacy groups that are most relevant to their individual needs.

On the site, viewers can simply select their cancer type and search for the types of the advocacy groups they are interested in (state or national), as well as the types of services and resources they are interested in.

The Advocacy Connector provides assistance in regard to services and information on cancer research, clinical trials, caregiver support, financial assistance, legal and insurance assistance, survivorship, veterans' services, wellness activities, and nutrition and exercise, among others. Search results provide contact information and website URLs, and can be printed.



CONTACT:

Us TOO International Prostate Cancer Education & Support Network
 Phone: 1-800-808-7866

My Prostate Cancer Roadmap®

myprostatecancerroadmap.com

My Prostate Cancer Roadmap® is an educational and support resource that puts men with advanced prostate cancer, along with their friends and family, in the driver's seat. It contains a wide range of information and resources throughout this stage of the cancer journey for men with advanced prostate cancer and those who care for someone who has received such a diagnosis.



ADDRESS:

666 Plainsboro Road
 Building 300
 Plainsboro, NJ 08536

CONTACT INFO:

Phone: 1-800-210-2873
 E-mail: info@curetoday.com

CURE®

curetoday.com

CURE® magazine is the indispensable guide to every stage of the cancer experience. Along with CURE Media Group's many other unique and award-winning products, it has since 2002 provided information and inspiration to patients and families on the cancer journey. Continually expanding since its inception, CURE magazine now reflects the entire cancer continuum, including supportive care issues and long-term and late effects.

Visit the "Prostate Cancer" section of the site for extensive news, resources, online videos, and more pertaining to the needs of prostate cancer patients and caregivers, and subscribe for free to CURE magazine.



ADDRESS:
515 King Street
Suite 420
Alexandria, VA 22314

CONTACT:
Phone: 1-888-245-9455
E-mail: info@zerocancer.org

ZERO—The End of Prostate Cancer

zerocancer.org

The goal of ZERO is zero prostate cancer deaths, zero cases of prostate cancer, and zero PSA levels. The group is dedicated to increasing research funding from the federal government to find new treatments and, ultimately, a cure for prostate cancer.

The ZERO site provides a number of educational resources to help inform you about prostate cancer. There's also the ZEROHour newsletter that you can sign up for online. ZERO also sponsors several events designed to raise funds for prostate cancer research.



ADDRESS:
PO Box 75972
Washington, DC 20013

CONTACT:
Phone: 1-202-543-6461 ext. 101
E-mail: info@menshealthnetwork.org

Men's Health Network

menshealthnetwork.org

Men's Health Network (MHN) is a nonprofit organization whose goal is to reduce early mortality in men and boys. Although not primarily a prostate cancer site, there is a good amount of information about the disease available on this site.

The site's "Prostate Health Guide" is loaded with information for men with benign prostatic hyperplasia, prostatitis, and prostate cancer. There's also a "For Women" page that helps women recognize their partner's symptoms of prostate enlargement.



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2720 South River Road
Suite 112
Des Plaines, IL 60018

CONTACT:
Phone: 1-800-808-7866; 1-630-795-1002
Fax: 1-630-795-1602
E-mail: ustoo@ustoo.org

Us TOO Prostate Cancer Education & Support

ustoo.org

Us TOO is a nonprofit prostate cancer education and support network of more than 300 support group chapters around the world. The site contains support group-related information and numerous links under headings such as “Take Action – Get Connected,” and “Prostate Cancer.”

Us TOO provides free publications for newly diagnosed patients and those with advanced disease or those experiencing recurrence.



ADDRESS:
1220 L Street NW
Suite 100-271
Washington, DC 20005

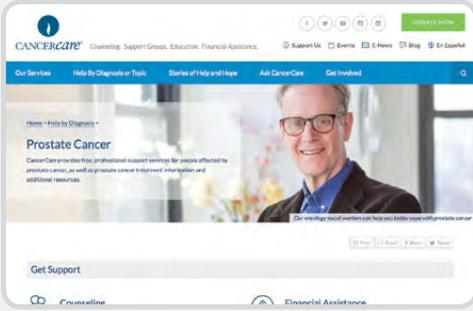
CONTACT:
Phone: 1-202-805-3266
E-mail: info@womenagainstprostatecancer.org

Women Against Prostate Cancer

womenagainstprostatecancer.org

Women Against Prostate Cancer is a nonprofit group created to help the women who are affected by a loved one’s prostate cancer diagnosis. Its site contains news, information about prostate cancer, and a prostate cancer blog.

Among other features, there’s a “WAPC Intimacy Resource Center” that helps address sex and intimacy questions related to prostate cancer. There’s also a resource titled *Your Family Medical Tree*, which you can print out and write in all relevant health information for your immediate family.



ADDRESS:
275 Seventh Avenue
New York, NY 10001

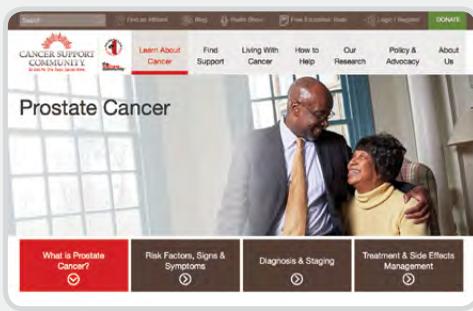
CONTACT:
Phone: 1-800-813-4673
E-mail: info@cancercare.org

CancerCare

cancercare.org/diagnosis/prostate_cancer

CancerCare provides free professional support services to anyone affected by cancer, including patients, caregivers, children, loved ones, and the bereaved. The organization helps more than 100,000 people annually face the crisis of cancer, and the website has become a leading online resource for cancer information, with more than 1 million unique visitors last year.

CancerCare’s prostate cancer site features news and information about the disease, upcoming workshops, podcasts, and inspirational stories. It even has an “Ask CancerCare” section where you can ask specific questions.



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E-mail: help@cancersupportcommunity.org

Cancer Support Community: Prostate Cancer

cancersupportcommunity.org/learn-about-cancer/learn-about-cancer-types/prostate-cancer

The Cancer Support Community (CSC) is one of the largest providers of cancer support worldwide, encompassing 55 affiliates, 120 satellite locations, a full suite of online groups and services, and a telephone helpline. CSC is the largest nonprofit employer of psychosocial oncology mental health professionals in the United States. The organization offers services and education free of charge that put patients at the center of their care so that no one has to face cancer alone. Through the combination of direct patient services and data from the Research and Training Institute and the Cancer Policy Institute, CSC strives to answer the social and emotional needs of those affected by cancer and ensures that all affected by cancer are empowered by knowledge, strengthened by action, and sustained by their community.

Men with prostate cancer and their caregivers are invited to join the “Cancer Experience Registry: Prostate Cancer” program to share their stories and help researchers better understand the full impact of a cancer diagnosis. To join, please visit www.cancereperienceregistry.org.



ADDRESS:
 1010 Wayne Avenue
 Suite 315
 Silver Spring, MD 20910

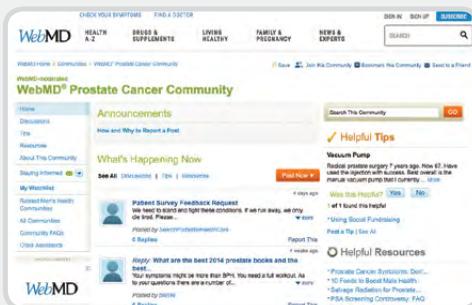
CONTACT:
 Phone: 1-877-622-7937
 E-mail: info@canceradvocacy.org

National Coalition for Cancer Survivorship

canceradvocacy.org

The National Coalition for Cancer Survivorship (NCCS) advocates for patient-centered, coordinated care for all those affected by cancer. The NCCS is credited with defining the term “survivorship” and defines someone as a cancer survivor from the time of diagnosis and for the balance of life.

The NCCS’s flagship product is its “Cancer Survival Toolbox,” a free online audio program created by top cancer organizations to help you develop coping skills to tackle your illness.



CONTACT:
 E-mail: (Web form)
<https://customer-care.webmd.com/ics/support/ticketnewwizard.asp?style=classic&deptID=18003&>

WebMD Prostate Cancer Community

exchanges.webmd.com/prostate-cancer-exchange

WebMD’s “Communities” section contains numerous forums (not all of which are cancer-related) in which patients and others can post questions and receive replies and advice from other readers and healthcare professionals.

The prostate cancer forum is moderated by physicians who are experts in prostate cancer. The forum’s topics cover all aspects of prostate health and prostate cancer.



ADDRESS:
PO Box 45
Sparta, MI 49345

CONTACT:
Phone: 1-844-722-2848
Fax: 1-616-453-1846
E-mail: paact@paact.help

Prostate Advocates Aiding Choices in Treatment

paact.help

Established in 1984, Prostate Advocates Aiding Choices in Treatment (PAACT) is made up of staff members who share a desire to help patients develop a better understanding of their own prostate cancer and help them participate more effectively in their own cancer care. For newly diagnosed patients, the PAACT website offers a “Step By Step” online tool designed to bring direction and clarity to an overwhelming journey of choosing treatment(s).

First-time prostate cancer or advocacy callers to PAACT can ask to receive the PAACT initial patient package of prostate cancer information. The educational material is designed to provide specific information for their individual cancer situation. PAACT also provides a free quarterly newsletter called *Prostate Cancer Communication*, free Helpline, and other educational projects and initiatives. PAACT is a 501c3 nonprofit organization.



ADDRESS:
421 Butler Farm Road
Hampton, VA 23666

CONTACT:
Phone: 1-800-532-5274
Fax: 1-757-873-8999
E-mail: help@patientadvocate.org

Patient Advocate Foundation

patientadvocate.org

The Patient Advocate Foundation (PAF) offers assistance to patients who receive a diagnosis of a life-threatening or debilitating disease. PAF case managers assist patients with issues specific to insurance, an employer, or a creditor regarding insurance, job retention, and debt crisis matters.

The site contains a number of resources, including information about webinars, how to apply for help, a co-pay relief program, patient services, events, how you can donate, and more.



ADDRESS:
275 Seventh Avenue
New York, NY 10001

CONTACT:
Phone: 1-866-552-6729
E-mail: information@cancercarecopay.org

CancerCare Co-Payment Assistance Foundation/ Sources of Financial Assistance

cancercarecopay.org

The nonprofit CancerCare Co-Payment Assistance Foundation was founded in 2007 to help patients who can't afford their cancer medication co-payments. Although not designed specifically for prostate cancer, it is one of the covered diseases. The website includes information about who's eligible, how you can apply for assistance, frequently asked questions, covered diseases and medications, and other resources.

American Cancer Society: Understanding Health Insurance

cancer.org/treatment/findingandpayingfortreatment/understandinghealthinsurance/index

This page provides a number of resources for all patients with cancer, not just those with prostate cancer. There are links to topics such as options for the uninsured, sources of financial help, disability benefits, health plans, things to know about health insurance, what to do if you have problems paying a medical bill, handling claims denials, and more.



ADDRESS:
250 Williams Street NW
Atlanta, GA 30303

CONTACT:
Phone: 1-800-227-2345
E-mail: (Web form)
www.cancer.org/Aboutus/HowWeHelpYou/app/contact-us.aspx

HealthWell Foundation

healthwellfoundation.org

The HealthWell Foundation is a nonprofit organization that was founded in 2003 to help patients with insurance who can't afford their co-payments, premiums, and co-insurance for certain important treatments. The Foundation's goal is to eliminate barriers for underinsured individuals with life-altering illnesses.

The site contains general information on what the Foundation does and does not do, how you can apply for assistance, and tips for providers and advocates on applying on behalf of a patient.



ADDRESS:
PO Box 220410
Chantilly, VA 20153

CONTACT:
Phone: 1-800-675-8416
Fax: 1-800-282-7692
E-mail: grants@healthwellfoundation.org

CONTACT:
Phone: 1-888-477-2669
E-mail: (Web form)
www.pparx.org/about_us/contact_us

Partnership for Prescription Assistance

pparx.org

The Partnership for Prescription Assistance (PPARX) helps qualifying patients who do not have prescription drug coverage get the drugs they need for free or for reduced cost. PPARX is sponsored by pharmaceutical research companies, and its member programs offer more than 2500 medicines.

The site contains patient FAQs, which answer most questions that you may have about the program. Also included is an application for patients to fill out to determine if they're eligible for free or low-cost medication.

ADDRESS:
 1331 F Street NW
 Suite 975
 Washington, DC 20004

CONTACT:
Phone: 1-866-316-7263
E-mail: contact@panfoundation.org

Patient Access Network Foundation

panfoundation.org

The Patient Access Network (PAN) Foundation was founded in 2004 to assist underinsured patients and provide financial support for out-of-pocket costs associated with a wide range of drugs to treat a number of conditions, including prostate cancer. Since its inception, the organization has provided more than \$300 million to more than 180,000 underinsured patients.

Site visitors can learn about assistance programs that may be available to them and learn whether they are eligible to receive co-payment assistance, and can submit a patient enrollment application to PAN directly through the website.



CONTACT:

E-mail: (Web form)

www.mygooddays.org/contact-us/

Good Days

mygooddays.org

Good Days is strongly committed to patients struggling with chronic disease, cancer, and other life-altering conditions. Through its progressive assistance programs, the organization is able to provide financial support to those who cannot afford the medications they desperately need.

With a unique business structure, as well as an innovative approach to implementing its technology and proprietary systems, Good Days has virtually redefined the way physicians and pharmacies connect with patients. By utilizing a modernized workflow, a prevalent public fundraising presence, and its expansive network of trusted partners, Good Days is continuously pursuing its mission to remove barriers to patient access.

