

Find comfort in being informed.

A prostate cancer diagnosis comes with many questions and can feel overwhelming. There is a lot to consider, but you don't have to face it alone.

You will have a healthcare team leading the way, and this guide has been created to help you play an active role in your prostate cancer journey.

Use the resources in this guide to help prepare for the road ahead and create meaningful conversations with your healthcare team. The more knowledge you have, the more you'll be able to navigate difficult questions.

Assisting Your Priorities

Your healthcare team will have a series of questions to help assess your unique needs and goals related to your quality of life and health predicaments. To help prepare for those conversations, here's a list of items to consider as you develop a plan with your health team.

- How are you feeling about your diagnosis?
- What is your biggest concern related to your diagnosis?
- What is your treatment goal?
- What medications are you currently taking?
- Do you have any friends or family to talk to?
- Do you live independently?
- Are you confident doing daily tasks such as bathing, cooking, running errands, etc?
- Are you able to get to medical appointments on your own?
- Do you belong to any community groups?
- What activities do you like to participate in?
- How frequently do you travel?
- What events or milestones are you looking forward to? For example, birthdays, celebrations, anniversaries, graduations, etc.

What to ask your Doctor

Learning about your condition, possible treatments, side effects, and ways to make living with prostate cancer better is a great place to start with your healthcare team.

You can print this form **on the next page** to bring it to your next appointment and take any notes in the spaces provided.

Here's a list of common questions to consider discussing with your Doctor.





QUESTIONS ABOUT ADVANCED PROSTATE CANCER

What stage is my cancer? Is It treatable?

What are prostate-specific antigen (PSA) levels?

Has the cancer spread beyond my prostate?

Will I need more tests?

What should I know about testosterone and advanced prostate cancer?



QUESTIONS ABOUT TREATMENT OPTIONS

What treatment options are available to me?

How can I prepare myself for treatment?

What types of doctors should I meet with before deciding on a treatment option?

What risks or side effects should I expect from my treatment options?

How much time do I have to decide on a treatment option?

How can I treat side effects if I experience any?

Where will my treatment be done (hospital location) and how long will it last?

What are the chances my cancer will come back with the treatment plans we have discussed? What would be our next step if this happened?



QUESTIONS ABOUT LIFESTYLE CHANGES

How could treatment affect my day to day life?

Can I continue working?

How will this affect my family life?

Are there any foods or beverages I should avoid?

How will this affect my intimacy?

What type of activities should I do? Can I exercise?

Patient Discussion Guide | Page 3 of 4



Tips for Living with Prostate Cancer

Making a few simple changes in your daily life can go a long way to helping you feel better while living with advanced prostate cancer.

Good Nutrition:

Try increasing the variety of healthy food you eat, maintaining a healthy weight and limiting or eliminating the amount of alcohol you drink.

Here's a list of healthy foods you can start incorporating into your diet:

Fruits and Vegetables such as brussels sprouts, broccoli, kale, bok choy, turnips, cauliflower, tomatoes, oranges, cantaloupes, carrots, sweet potatoes and dark leafy vegetables.

Whole grains such as fiber-rich oatmeal, brown rice, quinoa and barley.

Low-fat and protein-packed legumes and beans such as chickpeas, soybeans, lentils, carob and peanuts.

Exercise:

If possible, regular physical activity, including walking, is a sure way to help you stay energized. Other movement exercises such as low-impact yoga may help you feel energized as well.

Stress Management:

Pay attention to the stress that affects your body and mental health and recognize when you need to slow down and find relief.

Use Your Network:

Having a strong network of family and friends can help you maintain a positive attitude and stay social. Look for support groups in your community as well.



Additional Resources

For more helpful resources, articles and information, visit our partners at the following sites:

ProstateCancerResources.ca

prostatecanada.ca

procure.ca

pcscprogram.ca

ifiweretom.ca

www.lifeonadt.com



Scan with your phone to visit:
ProstateCancerResources.ca



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