



Create Your Prostate Cancer Plan



Information to share with your doctor

Filling out the information below can help you have detailed conversations with your doctor about how you're feeling. The more your doctor knows about you, the better he or she can make decisions that are right for you.

▶ **Write down any symptoms you're experiencing or any changes in your day-to-day life.**

| Symptoms: | Mild | Moderate | Severe | Impact on you: | | |
|---|------|----------|--------|----------------|---|-------|
| <input type="checkbox"/> Fatigue (feeling tired) | ① | ② | ③ | ④ | ⑤ | _____ |
| <input type="checkbox"/> Bone pain | ① | ② | ③ | ④ | ⑤ | _____ |
| <input type="checkbox"/> Bladder control problems | ① | ② | ③ | ④ | ⑤ | _____ |
| <input type="checkbox"/> Trouble with erections | ① | ② | ③ | ④ | ⑤ | _____ |
| _____ | ① | ② | ③ | ④ | ⑤ | _____ |
| _____ | ① | ② | ③ | ④ | ⑤ | _____ |

▶ **Write down things that are important in your day-to-day life. These can include activities you enjoy and your daily responsibilities or job.**

Take notes on the last page 



Questions to ask your doctor

These questions can help you and your doctor manage your prostate cancer and prepare for what's next.

- What do my symptoms mean?
- What do the results of my previous test(s) mean? Do I need any additional tests to help monitor my prostate cancer?
- What can we do to prepare in case my prostate cancer progresses in the future?
- What treatment options are available if my cancer progresses?
- Based on what's important to me, which future treatment option(s) may be right for me?



