

/ DOCTOR DISCUSSION GUIDE /

FOR USE BY A MAN WITH PROSTATE CANCER OR HIS CAREGIVER

In prostate cancer, as in sports, men may be tempted to grit their teeth and play through any discomfort they're experiencing. But for men with advancing prostate cancer, ignoring symptoms like pain, fatigue or trouble sleeping can be a signal to break the silence.

/ IT'S TIME TO SPEAK UP /

A recent survey has revealed that men with advancing prostate cancer do not speak up when it matters most.¹

Findings uncovered that almost **7 in 10** men admit to sometimes ignoring their symptoms, even though they realize the potential impact.¹ What's more, although approximately **9 in 10** men say they are comfortable talking to their doctors about their symptoms, pain and well-being – the reality is when they enter the doctor's office, **less than half** are actually speaking up about how they feel.¹

Your doctor can play a major role in assessing how you're feeling and what to do next.

These conversations are important, but they aren't always easy. Here, we have outlined some practical tips to help you make the most of your next appointment with your doctor.

/ 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.
- ✓ Keep a diary or list in a notebook any symptoms you have been experiencing (e.g., unexplained pain, difficulty climbing stairs, trouble sleeping). 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.

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.



Reference:

¹ Prostate Cancer Symptoms Survey: U.S. Results, 2015.

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PP-600-US-2003