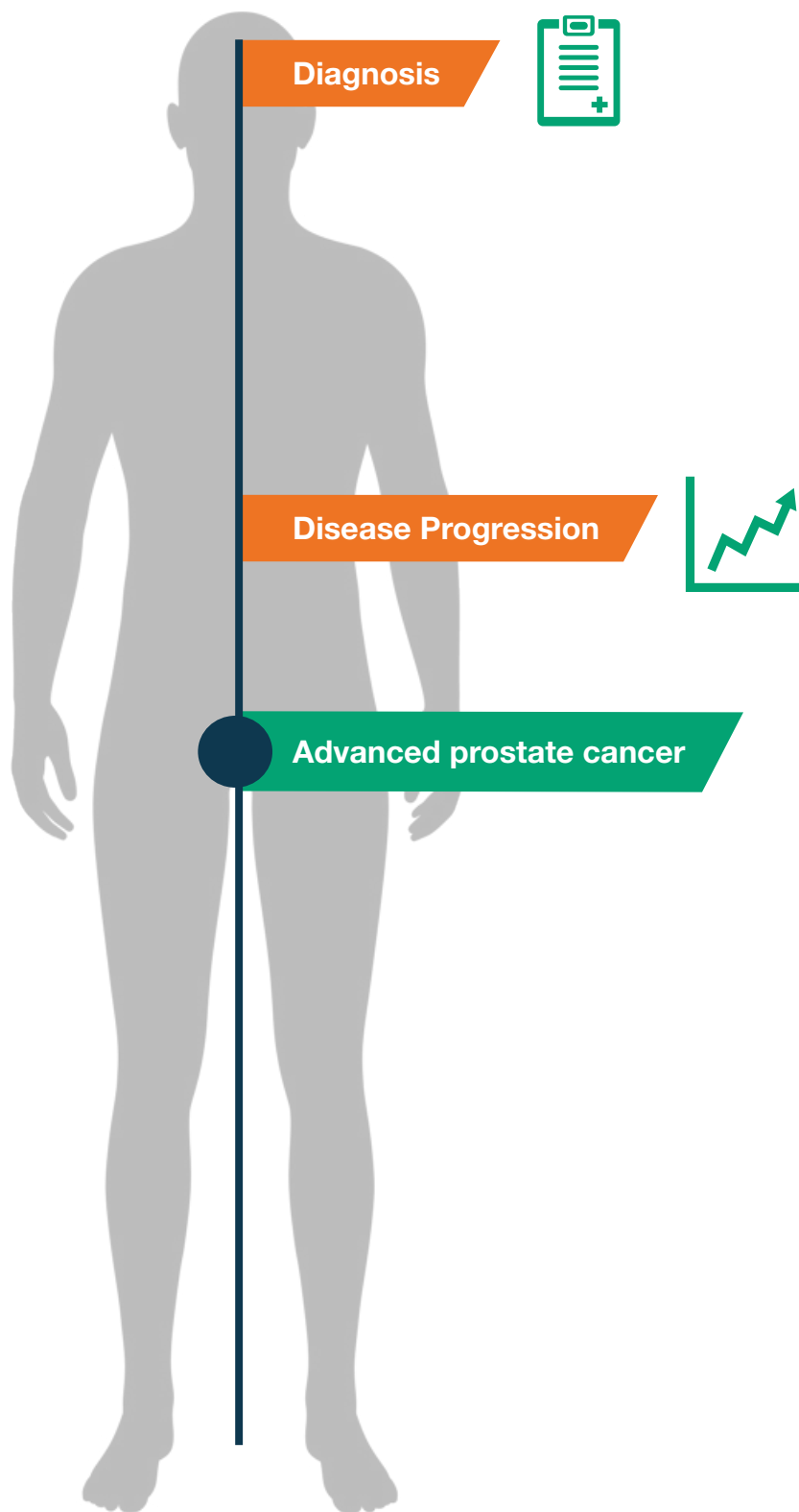


The background of the page is a microscopic image of prostate tissue, showing glandular structures with purple nuclei and pinkish-red cytoplasm and stroma. A large, solid green triangle is positioned on the right side of the image, pointing towards the bottom right corner. The title text is overlaid on the dark blue background on the left.

Continuing the Conversation: Focusing on Overall Wellness

A guide for men with advanced
prostate cancer and their caregivers

MA-PFM-ONC-ALL-0242-2



What is this guide?

This brochure provides you and your treatment team with a guide to recognize potential symptoms and side effects of your cancer or treatment. There may be many treatment options, and each will have a unique safety profile that may affect you differently. Use this guide to discuss with your doctor what treatments will work best for you to maintain your quality of life during treatment for advanced prostate cancer.

Advanced Prostate Cancer

What is advanced prostate cancer?

When PSA rises despite being treated with androgen deprivation therapy (ADT) or prostate cancer has spread beyond the prostate (metastases), it is often called advanced prostate cancer.

Men with prostate cancer whose PSA level doubles in less than 10 months are at an increased risk for metastases.

Your treatment team

Treating advanced prostate cancer involves a team: you, your health care providers, and especially your caregivers. Together, your team can help you monitor symptoms and side effects to maintain your quality of life.

Recognizing symptoms and side effects

It is important that you and your team can recognize the symptoms of prostate cancer and the potential side effects of treatment, so that your doctor can ensure that you receive the best possible care.

Maintaining quality of life

Appropriate therapy can help men with prostate cancer live longer and maintain their quality of life; therefore, it is important to include quality of life in the treatment selection discussion. Working with your doctor to manage symptoms and side effects that impact your quality of life and maintaining a healthy lifestyle are important components of living better with advanced prostate cancer.

GENERAL SYMPTOMS AND SIDE EFFECTS

To Discuss



Fatigue (extreme tiredness)

- ☐ Do you feel tired despite a good night's sleep?
- ☐ Does lack of energy interfere with your usual activities (eg, climbing stairs)?



Sexual health

- ☐ Do you have any concerns regarding your sexual function, such as erectile dysfunction, low libido or lack of desire, or problems with ejaculation or orgasm?



Unexplained weight loss

- ☐ Have you noticed weight loss that is not due to a change in diet or exercise?



Issues with urination

- ☐ Do you have difficulty passing urine or have bloody urine?
- ☐ Do you need to urinate more often than usual?

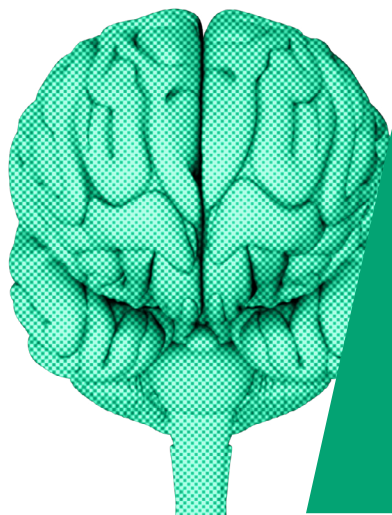


Cancer- or treatment-related symptoms and side effects may be difficult to distinguish from those related to other conditions and aging.

Consider the questions on the right to identify additional symptoms or side effects that may be difficult to recognize. If you or your caregiver recently noticed a change or answer “Yes” to any of the questions, mark the topic as “to discuss” with your doctor.

If your quality of life is not what you want it to be, please talk to your doctor to see if another treatment may have an optimal profile for you.

Resources



Men being treated for cancer may experience mental health issues such as distress, anxiety, depression, and fear of recurrence. Some patients notice a difference in how they think or their ability to concentrate.

Consider the questions on the right to identify potential brain health symptoms or side effects. If you or your caregiver recently noticed a change or answer “Yes” to any of the questions, mark the topic as “to discuss” with your doctor.

How You Can Improve Your Brain Health



Keep your mind active

- ☐ Engage in meaningful activities such as volunteering or hobbies
- ☐ Learn a new skill



Maintain good sleep hygiene

- ☐ Keep a regular bedtime and wake time every day and reduce exposure to bright light before bed



Stay socially connected

- ☐ Connect virtually or visit with friends and family
- ☐ Engage in virtual or face-to-face community programs or activities



Reach out for support

- ☐ Ask family members, friends, those who share your faith, a support group, or a psychologist for support when needed

To Discuss



Anxiety, depression, and distress

- ☐ Do you have little interest or enjoyment in hobbies or things you usually do for fun?
- ☐ Do you feel sad, depressed, or hopeless?
- ☐ Do you feel more worried or nervous than usual?



Memory loss and difficulty thinking

- ☐ Do you have trouble multitasking or paying attention?
- ☐ Do you have trouble remembering things?
- ☐ Do you feel your thinking is slow?



Dizziness

- ☐ Have you recently experienced feeling lightheaded, faint, or unbalanced?

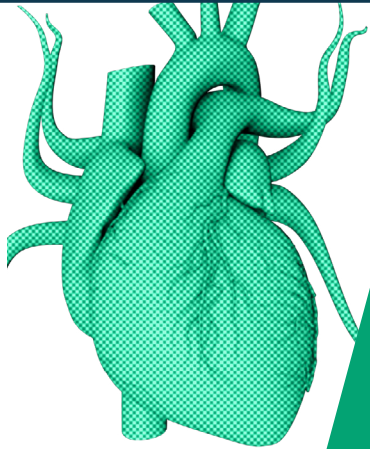


Falls

- ☐ Has your balance been worse than usual?
- ☐ Have you fallen recently, even if you did not hurt yourself?



If your quality of life is not what you want it to be, please talk to your doctor to see if another treatment may have an optimal profile for you.



Depending on pre-existing risk factors, some men may be at an increased risk for heart-related conditions such as high blood pressure and heart attack, during or after treatment for cancer

Consider the questions on the right to identify potential cardiovascular symptoms or side effects. If you or your caregiver recently noticed a change or answer “Yes” to any of the questions, mark the topic as “to discuss” with your doctor.

How You Can Improve Your Cardiovascular Health



Engage in general physical activity regularly

- Engage in physical activity daily, such as brisk walking, jogging, swimming, and cycling. Work toward at least 2.5 hours of moderate-intensity (talking is easy) activity per week
- Participate in muscle strengthening exercises at least twice a week
- Avoid sitting for long periods of time



Minimize alcohol intake and avoid tobacco products

- Limit intake to 2 drinks per day



Keep diabetes, high blood pressure, and/or high cholesterol under control

- Speak with your doctor about how best to manage these conditions alongside your cancer treatment

To Discuss



Heart attack or heart disease

- ☐ Have you experienced chest pain or trouble breathing after daily activities (eg, walking up stairs)?
- ☐ Do you have trouble breathing when lying flat, wake up at night needing to get air, or experience lasting leg swelling?

A heart attack is a medical emergency. Seek immediate medical attention if you think you are having a heart attack.

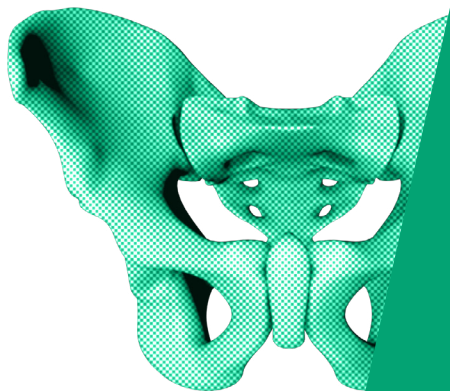


High blood pressure

- ☐ Have you experienced shortness of breath, chest pain, blurred vision, dizziness, swelling in your legs, or a heart attack?
- ☐ Has your doctor told you that your blood pressure was high at previous checkups?



If your quality of life is not what you want it to be, please talk to your doctor to see if another treatment may have an optimal profile for you.



Loss of bone density can put you at risk for dangerous bone fractures that can have a negative impact on your ability to perform daily tasks

Consider the potential risk factors for fracture and questions on the right. If you or your caregiver recently noticed a change or answer “Yes” to any of the questions or risk factors, mark the topic as “to discuss” with your doctor.

How You Can Improve Your Bone Health



Engage in muscle strengthening

- Participate in muscle strengthening exercises at least twice a week
- Add balance exercises (such as standing on one foot, heel-to-toe walk, and Tai Chi) into your daily routine
- Avoid sitting for long periods of time



Talk with your doctor about additional supplements and medications

- Calcium and vitamin D supplements can help maintain your bone mass and reduce the risk of fracture
- Bone health agents (as prescribed by your doctor) may help prevent the loss of bone mass and can reduce the risk of fracture

Factors That May Increase Your Risk of Bone Fracture



Older age



Prior fracture



Current tobacco Smoking



Long-term use of oral glucocorticosteroids (a class of steroid hormones) at any point in your life



Daily alcohol consumption of 3 or more drinks



Long-term androgen deprivation therapy

To Discuss



Falls

- ☐ Has your balance been worse than usual?
- ☐ Have you fallen recently, even if you did not hurt yourself?



Frailty

- ☐ Do you feel that you’ve lost strength?
- ☐ Do you often feel exhausted?
- ☐ Have you lost weight without trying to?
- ☐ Does it take you longer to complete physical tasks since having prostate cancer?
- ☐ Do you limit or avoid physical activity?

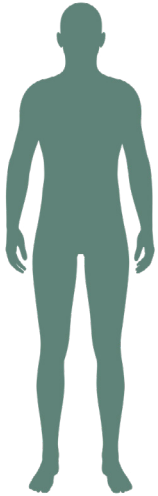


Pain

- ☐ Do you have aches and pains that bother you? If so, which specific parts of your body ache?
- ☐ Does your pain keep you from doing things that you want to do?

If your quality of life is not what you want it to be, please talk to your doctor to see if another treatment may have an optimal profile for you.

**All words that appear in orange are explained in more detail in the glossary*



Achieving and maintaining a healthy lifestyle is important for men's overall health and quality of life during treatment for advanced prostate cancer.

Consider the wellness checklist on the right to identify strategies to improve your overall wellness. If your quality of life isn't what you want it to be despite these suggestions, please talk with your doctor.

Additional Resources

Things You Can Do to Improve Overall Wellness

To get started, get moving!
Avoid sitting for long periods of time



Incorporate physical activity into your routine

- Engage in physical activity daily, such as brisk walking, jogging, swimming, and cycling. Work toward at least 2.5 hours of moderate-intensity (talking is easy) activity per week.
- Stretch your whole body every day
- Participate in muscle strengthening at least twice a week



Achieve and maintain a healthy body weight

- Pay attention to your daily caloric intake (consider a food diary or calorie counter app)
- Follow a healthy diet



Maintain a healthy diet

- Eat a diet high in vegetables, fruits, and whole grains; avoid sugars and fats
- Drink enough water (ask your doctor how much is right for you)
- Limit red meat, and avoid processed meat



Manage other medical conditions

- Speak with your doctor about any other medical conditions you have and how best to manage these conditions alongside your cancer treatment



If your quality of life is not what you want it to be, please talk to your doctor to see if another treatment may have an optimal profile for you.

Anxiety, depression, and distress

Emotional experiences that may interfere with the ability to cope effectively with stressful situations, such as cancer diagnosis, its symptoms, and its treatment

Dizziness

The feeling of being lightheaded, faint, or unbalanced

Fall

An unplanned event which results in a person coming to rest on the ground. Prostate cancer therapy can be associated with an increase in falls, which can result in costly or life-threatening injuries

Fatigue

A distressing and persistent sense of physical, emotional, and/or mental tiredness or exhaustion that is worse than the normal fatigue a with your daily activities and routines

Fracture

Breaks or cracks in the bone, which can be caused by falls

Frailty

Characterized by an increased physical weakness, shrinking, slowness, exhaustion, and inactivity

Heart attack

When the blood supply that normally sends oxygen to the heart is cut off and the heart muscle begins to die

High blood pressure

The force of blood pushing against the walls of arteries; high blood pressure, when left untreated, can lead to major health problems such as stroke, heart disease, eye problems, and kidney failure

Urinary issues

Difficulty passing urine. Urinary issues may include incontinence, the leakage of urine that you can't control

Memory loss and difficulty thinking

Problems with the ability to think, learn, remember, and make decisions

Pain

An unpleasant sensation that can range from mild, localized discomfort to agony. Cancer-related pain can happen to multiple parts of the body, and present in different forms, such as pain during urination and ejaculation, or pain in the hips, legs, feet, or bones

Sexual Health

Any concerns regarding sexual function, sexual activity, sexual relationships, or sex life.

Unexplained weight loss

Weight loss that is not explained due to change in diet or exercise

