

Questions to Ask Your Healthcare Team

Print this checklist to bring to your next appointment.

If you've been diagnosed with prostate cancer, having an open conversation with your doctor is important. Below is a list of questions that may help you learn more about your condition and treatment options. Bring this list with you to help get the conversation started. You should also provide anyone accompanying you with a copy.

Questions to ask if you've just been diagnosed:

- What tests should be performed to make sure I get the most accurate diagnosis?

Notes: _____

- What is my Gleason score? What does this mean in terms of treatment and prognosis (outlook)?

Notes: _____

- What is my PSA level? What does this mean for me? What does it mean if my PSA level is rising rapidly?

Notes: _____

- Has my cancer spread beyond the prostate? How does this affect my treatment plan?

Notes: _____

Questions about treatment:

- What are the different ways prostate cancer is treated?

Notes: _____

- What are the possible side effects of these treatments?

Notes: _____

- What treatment makes the most sense for me?

Notes: _____

- Are there alternative treatments that might be useful?

Notes: _____

- Should I get a second opinion before deciding on a treatment plan?

Can you recommend another specialist for me to consult?

Notes: _____

- What are the chances that my prostate cancer will come back (recur)?

Notes: _____

- What can I do after treatment to help prevent my cancer from recurring?

Notes: _____

- What follow-up visits can I expect after I'm treated?

Notes: _____

- How should I change my diet and exercise routine to stay healthy and maintain my energy?

Notes: _____

- What are the pros and cons of joining a clinical trial?

Notes: _____

(continued on back)

