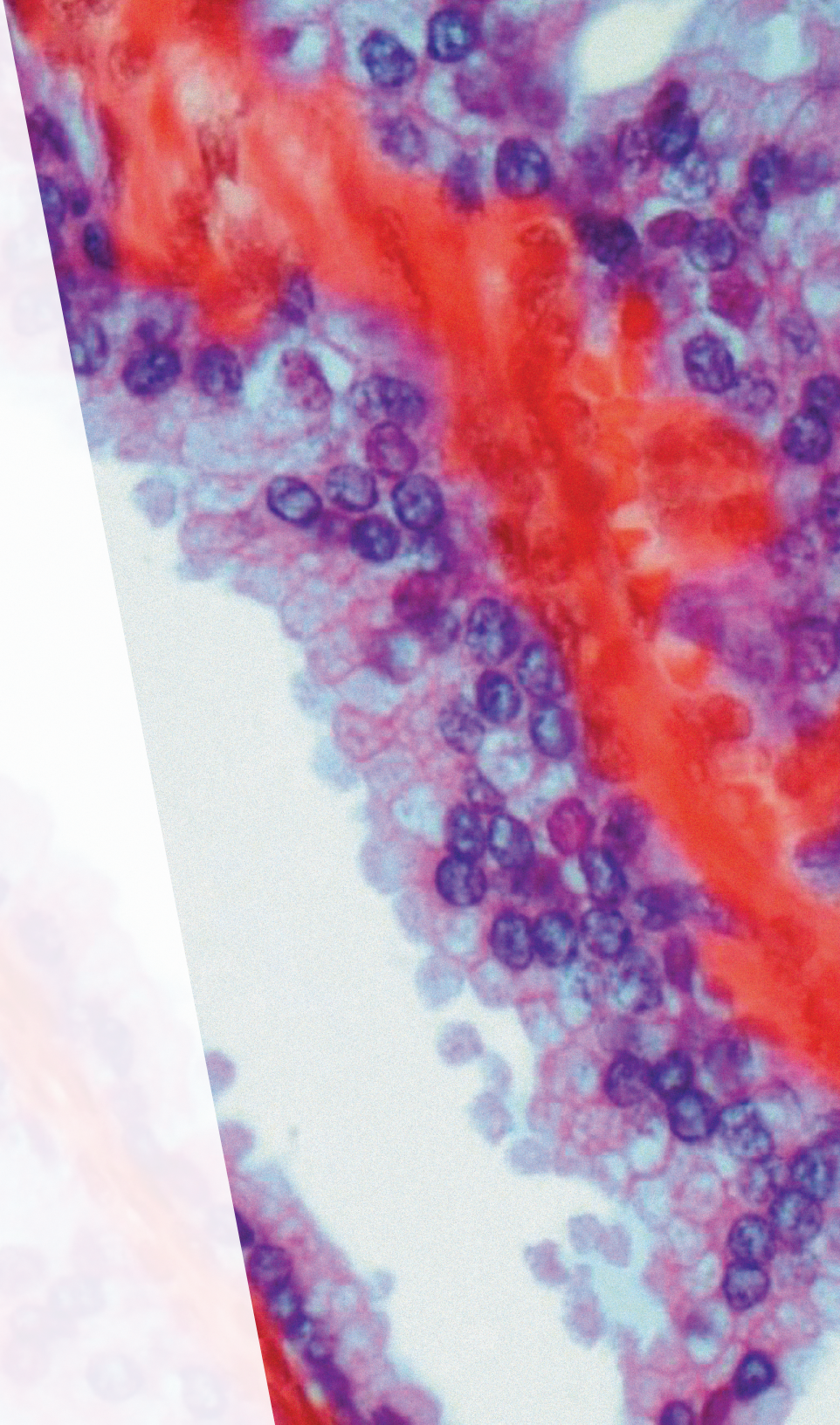
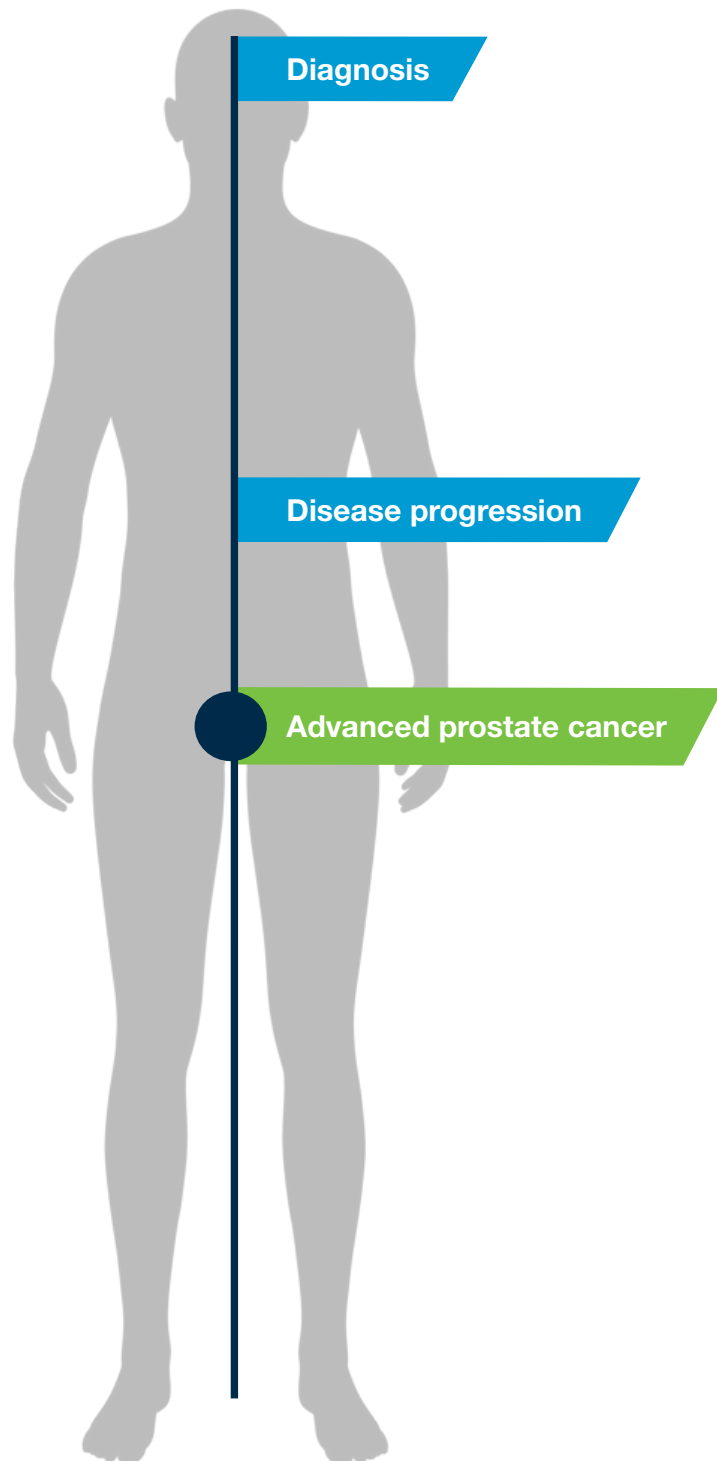




Continuing the Conversation: Focusing on Overall Wellness

A guide for patients with advanced
prostate cancer and their caregivers





What is this guide?

This brochure provides you and your caregiver with a guide to help recognize common cancer- or treatment-related symptoms and side effects, which may be difficult to distinguish from symptoms related to other conditions and aging as they often overlap. Use this guide to help identify changes to your health and discuss them with your healthcare team, to take an active role in managing your health.

Advanced Prostate Cancer

What is advanced prostate cancer?

When prostate cancer has spread beyond the prostate (metastases), it is often called advanced prostate cancer.

Your treatment team

Treating advanced prostate cancer involves a team: you, your healthcare providers, and especially your caregivers. Together, your team can help you monitor your health.

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 help you receive appropriate care.

Maintaining quality of life

It is important to include quality of life in the discussion with your healthcare provider. Working with your doctor to help manage symptoms and side effects that impact your quality of life and maintaining a healthy lifestyle are important.



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 help identify potential symptoms that may be difficult to recognize. If you or your caregiver recently noticed a change or answer “yes” to any of the questions, this may be a topic to discuss with your doctor.



If your quality of life is not what you want it to be, ask your doctor if there are changes you can make that could help.

Resources

American Cancer Society. Treating Prostate Cancer

<https://www.cancer.org/content/dam/CRC/PDF/Public/8796.00.pdf>

National Comprehensive Cancer Network. NCCN Guidelines for Patients – Prostate Cancer

<https://www.nccn.org/patientresources/patient-resources/guidelines-for-patients>

The Prostate Health Education Network

<http://prostatehealthed.org/>

Malecare – People Fighting Cancer, Together

<https://malecare.org>

ZERO – We’ll Face Prostate Cancer Together

<https://zerocancer.org/>

Answer Cancer Foundation (AnCan) – Advocacy, Navigation, Support

<https://ancan.org/>

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

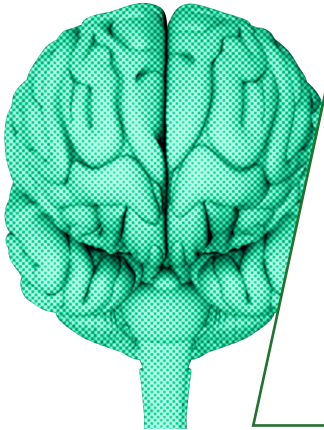
- ☐ Have you noticed weight loss that is not due to a change in diet or exercise?



Issues with urination

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

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



Patients 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. If you or your caregiver recently noticed a change or answer “yes” to any of the questions, this may be a topic 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?



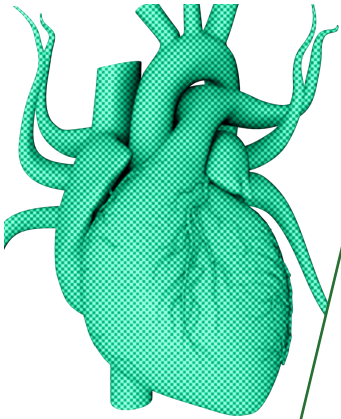
Falls

- ☐ 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, ask your doctor if there are changes you can make to your treatment plan that could help.

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



Depending on pre-existing risk factors, some patients 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. If you or your caregiver recently noticed a change or answer “yes” to any of the questions, this may be a topic 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.



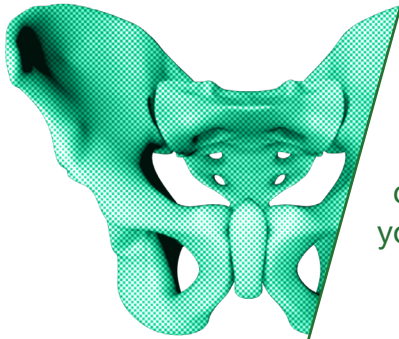
High blood pressure

- ☐ 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, ask your doctor if there are changes you can make that could help.

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Loss of bone density can put you at risk for 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, this may be a topic 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?

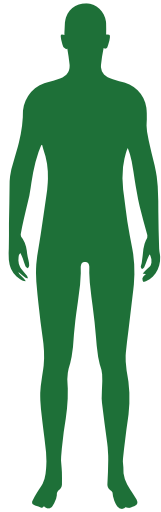


Pain

- ☐ 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, ask your doctor if there are changes you can make that could help.

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Achieving and maintaining a healthy lifestyle is important for overall wellness during treatment for advanced prostate cancer.

Consider the 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

American College of Sports Medicine. Moving Through Cancer

https://www.exerciseismedicine.org/support_page.php/moving-through-cancer/

Cancer Research UK. Thinking and Memory

<https://www.cancerresearchuk.org/about-cancer/prostate-cancer/practical-emotional-support/hormone-symptoms/sex-hormones-thinking-memory>

Centers for Disease Control. Staying Healthy During Cancer Treatment

<https://www.cdc.gov/cancer/survivors/patients/staying-healthy-during-cancer-treatment.htm>

National Institute on Aging. Get Fit For Life: Exercise & Physical Activity for Healthy Aging

<https://order.nia.nih.gov/publication/get-fit-for-life-exercise-physical-activity-for-healthy-aging>

National Osteoporosis Foundation. Healthy Bones for Life

<https://www.bonehealthandosteoporosis.org/wp-content/uploads/2016/02/Healthy-Bones-for-life-patient-guide.pdf>

Movember TrueNorth. Exercise and Diet

<https://truenorth.movember.com/article/diet-exercise/>

Things You Can Do to Help 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, ask your doctor if there are changes you can make that could help.

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 that results in a person coming to rest on the ground

Fatigue

A distressing and persistent sense of physical, emotional, and/or mental tiredness or exhaustion that is worse than the normal fatigue 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

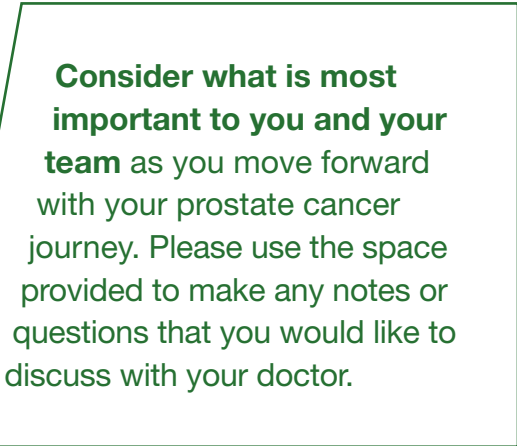
An unpleasant sensory and emotional experience associated with, or resembling that associated with, actual or potential tissue damage. Cancer-related pain can happen to multiple parts of the body, and present in different forms, such as pain during urination and ejaculation, or pain in the hips, legs, 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

[illegible]