

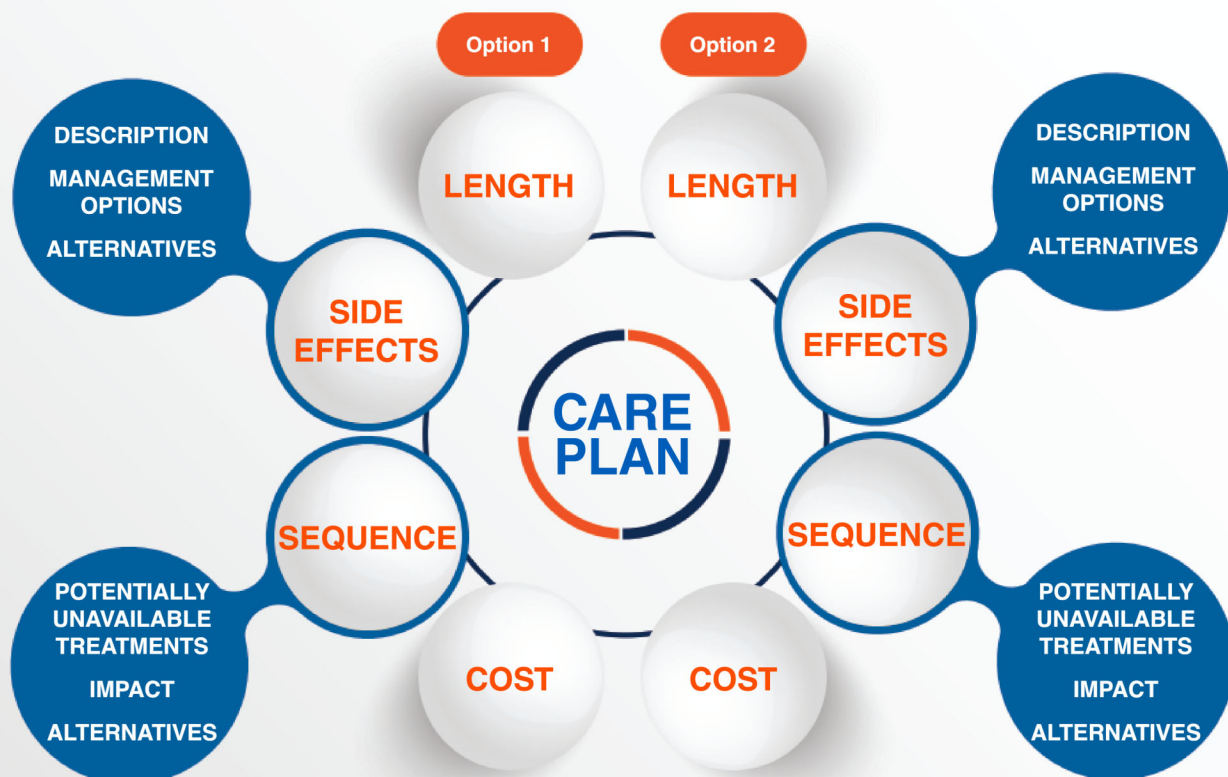
Prostate cancer in early diagnosis presents an ideal opportunity for shared decision-making as the patient navigates the various stages of prostate cancer in their lifetime.

The importance of shared decision-making:

- Sharing and addressing the pros and cons of treatment choices allows patients to be comfortable with their decisions and curtails patient regret. They are less likely to look back or second-guess their decision if they are well-informed.
- Patients face many choices throughout their prostate cancer treatment; these choices may often be equal in the eyes of the clinicians, but are often a challenge to sort through. Oncology nurses can help the patient understand how to navigate treatment options.
- Patients who are involved in their decision-making and are well-informed tend to be happier with their choice and are more adherent.
- In today's healthcare environment, patients should be involved with choosing how they want to proceed with treatment options or not, and the provider's role is to facilitate that.

The graphic below represents a shared decision-making process about treating prostate cancer.

Treatment Options





Shared Decision Making in Prostate Cancer

Patients have many options as they navigate a new prostate cancer diagnosis.

It is important that patients understand they are not alone on this cancer journey and the care team is available to provide education and emotional support. Care team members can start the discussion with,



“ WE WOULD LIKE TO REVIEW THE PROS AND CONS OF EACH TREATMENT OPTION THAT YOU ARE A CANDIDATE FOR. THAT WAY, WHEN YOU MAKE THE FINAL DECISION ABOUT TREATMENT, YOU WILL FEEL CONFIDENT THAT IT FITS YOUR LIFESTYLE. ”

Other conversation starters might be:

“ SOMETIMES, SO MANY CHOICES CAN BE CHALLENGING. WE WANT TO TALK ABOUT WHAT DECISIONS YOU HAVE TO MAKE RIGHT NOW AND HOW YOU MIGHT WEIGH THE PROS AND CONS OF THOSE OPTIONS SO YOU CAN MAKE A DECISION THAT FITS YOUR LIFESTYLE. ”

“ WE KNOW FROM EXPERIENCE THAT IF PATIENTS HAVE TIME TO PROCESS THE INFORMATION WE GIVE THEM, AND CONSIDER WHICH CHOICE FITS THEIR LIFESTYLE AND CARE GOALS, THEY DO BETTER WITH THEIR CHOICES. IN FACT, PATIENTS PARTICIPATE IN THEIR TREATMENT MORE FULLY WHEN THEY ARE A SIGNIFICANT PART OF THE DECISION-MAKING PROCESS. ”

“ PROSTATE CANCER HAS MANY TREATMENT CHOICES, SO WE LIKE THE PATIENT TO BE VERY INVOLVED WITH EACH CHOICE THROUGHOUT THE PROCESS. ”

“ WE LIKE THE PATIENT TO BE INFORMED AND WANT TO PROVIDE RESOURCES TO HELP YOU MAKE THE BEST DECISION FOR YOU AND YOUR CAREGIVERS. ”

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Shared Decision Making in Prostate Cancer

FAQs and Considerations for Patients with Prostate Cancer

A diagnosis of prostate cancer comes with many uncertainties. Prostate cancer and/or its treatments can affect sexual health, urinary continence, and more. The following information can help you start conversations with your care provider about success rates, side effects, the pros and cons of treatment options, and how to find the treatment that is the best fit for you.

Getting all of your questions answered by your care team is important. Make sure you ask them about the potential side effects and the likelihood of each. Also, understanding treatment options if your cancer returns puts you in control. Keep in mind that available treatment options may differ based on your original front-line treatment choice. Personal questions you could ask your care team when you meet with them to hear about your choices for treatment of prostate cancer include:

- Can my caregiver/partner/spouse be involved in this decision making?
- It seems like there are so many choices. How will I choose what is best for me?
- When do I have to decide on a treatment?
 - Will my cancer progress dangerously while I'm thinking about my choices?
 - Am I at increased risk if I wait to think about my choice after today?
- If I choose option "A" does that mean option "B" will not be available to me later?
 - What considerations should I keep in mind about the possible order of treatments?
- Who helps me decide between treatment options?
 - Or is there another way I'm expected to reach my decision?
- What references or resources can you offer to help inform my decision about the choices you presented today?
- Do you have a patient who has been through this who could be a resource to me as I make my decision?
- What should I know about adverse side effects in the choices you gave me today?
- What might we have missed?
 - What else do you want to be sure I know before I make my decision?
- Will insurance or finances be influencing which treatments are available to me based on our discussion today?
- What should I do once I make my decision?

Including your significant other in the decision-making process can also be helpful. Remember, you are a team, and this cancer diagnosis can affect both of you. Although the final decision is yours to make, having your partner's input can be valuable. Finally, talking with a prostate cancer mentor who has already been treated may provide further support and understanding.