

# Advanced Prostate Cancer: How to Be an Empowered Patient

## Educate Yourself About Your Prostate Cancer

- Utilize Your Patient Portal
  - View your medical records.
  - Communicate with your healthcare team.
  - Access educational resources.

*If you don't know how to use the patient portal, just ask your doctor's office – they should have a set of instructions on hand.*

- Research Prostate Cancer
  - Visit credible prostate cancer advocacy groups to learn about your condition.
  - Ask your healthcare team for recommendations.

### What Is an Empowered Patient?

The World Health Organization (WHO) defines being an empowered patient as “a process through which people gain greater control over decisions and actions affecting their health.”<sup>1</sup>

## Speak Up and Be Your Own Advocate

- Write down questions before your appointments.
- Bring a friend or loved one to your appointments to help you remember information and to take notes.
- Be honest about how you feel. Share any treatment side effects or symptoms you may be having with your healthcare team.
- Consider a second opinion to help you feel confident in your care and to provide peace of mind.
- Don't hesitate to ask questions. **YOU** are your own best advocate.

Visit [powerfulpatients.org/PC](https://powerfulpatients.org/PC) for videos, office visit planners, resources, and more on advanced prostate cancer.

Learn more:



<sup>1</sup>WHO Guidelines on Hand Hygiene in Health Care: First Global Patient Safety Challenge Clean Care Is Safer Care. Geneva: World Health Organization; 2009. 2, Patient empowerment and health care. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK144022/>