

You Have a Role in Your Prostate Cancer Care Decisions

What is Shared Decision-Making?

The process of communication by which patients and clinicians collaborate to make healthcare decisions. The process encourages patients to take a more active role in their care and treatment.

How to Be an Active Member of Your Health Care Team

Educate Yourself About Prostate Cancer

- Ask your doctor's office for information and resources.
- Review online resources from advocacy groups, such as:
 - The Prostate Cancer Foundation: pcf.org
 - The Prostate Cancer Research Institute: pcri.org
 - The Prostate Health Education Network: prostatehealthed.org
 - ZERO—The End of Prostate Cancer: zerocancer.org

Did You Know?

Studies show that patients who **engage in their care** may have better outcomes and experiences.¹

Engage in Your Treatment and Care Decisions

- Understand and communicate** the goals of your care before making any decisions.
- Be informed** about your options and ask for supporting materials, if necessary.
- Ask how **your lifestyle** may be impacted by each approach.
- Discuss the **risks and benefits** of each option.
- Request resources** to aid in decision-making.
- Bring a friend or family member** to appointments and discuss your options with loved ones.
- Remember – **YOU are at the center of your care** and you should feel informed and comfortable with your care choices.

Learn more:



¹Hibbard, J. H., & Greene, J. (2013). What the evidence shows about patient activation: better health outcomes and care experiences; fewer data on costs. *Health affairs (Project Hope)*, 32(2), 207–214. <https://doi.org/10.1377/hlthaff.2012.1061>