



## **The Prostate Cancer Tick List**

Use these questions as starters for your first meeting with your urologist after you are diagnosed with prostate cancer.

**Print these out and had to your doctor at the start of your meeting.**

- Tick one box next to the questions you are curious about.
- Tick two boxes next to the questions you feel are most important.
- Leave the tick boxes blank for questions that you have little or no interest in.

Feel encouraged add on your own questions. For example, you might want to ask about recovery time so that you can plan your job or family schedules. If you still want to have children, ask if you can sperm bank

before starting treatment. The only stupid questions are the one's that you don't ask.

**Your doctor wants a happy patient, and getting ALL of your questions answered before treatment is good for everyone.**

Not all of these questions apply to you, so just tick the ones that you care most about and be sure to write in any questions that are not listed here.

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Can I make a voice recording (on my phone or voice recorder) of our meeting, so I can review what we talk about today?

Why don't I feel anything? Any pain? Any discomfort?

How do you know if my prostate cancer metastasized?

Did we catch this early enough to keep me alive?

If most prostate cancer patients live for five years or longer, then how long will it take before I know if the treatment really worked?

Am I going to need another prostate cancer biopsy?

Are there any “new kinds” of prostate cancer tests that I could take, just to make sure?

What do the results of my previous test(s) mean? Do I need any more tests to help monitor my prostate cancer?

What can we do to stop my prostate cancer from spreading?

Tell me more about what my biopsy tells you.

What treatments can I do if my prostate cancer spreads?

How can we arrange for me to get a copy of everything written about me?

Please ask me about what is important to me about my life.

How do I obtain a copy of my pathology report?

How often do I need to see you, now that I have prostate cancer?

Am I going to be seeing other doctors, too, like specialists?

Is my Gleason score really bad?

Can I get someone else (second opinion) to look at my biopsy slides to make sure the Gleason Score is correct?

How much money is all of this prostate cancer treatment going to cost?

What do you mean, I should make a treatment choice...isn't there a "best way" to treat this?

What is this thing called, "active surveillance;" how will we know when or whether or not I should receive treatment?

Can't you treat me with everything you've got? I want to live and I don't care how.

How likely is my prostate cancer going to spread without treatment?

Did anal receptive sex cause my prostate cancer?

Can I spread prostate cancer to others?

Will I ever ejaculate again?

Will having other illnesses like diabetes or HIV interfere with my treatment?

I live alone. Will I need someone to take care of me?

Do I have to eat or not eat any particular foods?

Will I need to wear diapers?

Will I be able to hold my urine during sex after treatment?

What is active surveillance and is it an option for me?

What are the “new on the market” latest treatments like?

What about alternative treatments?

I don't want any treatment or surveillance ... will you still be my doctor if I change my mind later?

Are there other tests I can try?

If treatment really cuts the risk of my prostate cancer spreading, why doesn't everyone get treated?

Is there a way to tell how quickly my cancer is growing or if it is high risk to grow and spread?

Is there a way to avoid becoming impotent and incontinent after treatment?

Will my prostate cancer make me feel pain?

Am I going to need some sort of home health care?

- Is my son at risk?
- Will I be able to work again?
- Am I going to get other kinds of cancers from the treatment?
- How likely is the treatment going to work the first time around?
- I don't want to die. Please do everything you can to keep me alive.
- What or who is Gleason and why should I care about a Gleason score?
- How long can I wait until I start treatment?
- I feel scared. Can you give me sedatives or sleeping pills?
- There are different stages and scores and measures. What do I call my particular prostate cancer?
- Will you be the actual doctor performing the treatment, or will you just be supervising someone else?

Will you be performing treatment only on me, or will you be doing two or more treatments on other men simultaneously to mine?

Where did you go to medical school?

Why are you a urologist?

I have African blood in me, from parents or grandparents or great-grand-parents....do I have a different kind of prostate cancer than a white man?

I hear that gay men have worse emotional outcomes but better treatment outcomes than straight men...can you help me to understand that?

How soon after treatment can I perform vaginal insertive sex?

How soon after treatment can I perform anal insertive or receptive sex?

How soon after treatment can I have oral sex?

Why might I have to take erectile drugs like Viagra?



Can I get your email address? Cell phone number??

Will you be the doctor I get to follow up with after treatment?

Will you be my doctor for the rest of my life, or, only for this particular treatment?

Why are there treatment choices that I have to make?

Will you contact me if I ever forget or delay contacting you?

How do I make sure I am doing OK after treatment....what tests and how frequently?

Can I send you reports from the Cancergraph mobile app for side effects and symptom reporting?

Write your own questions on the next blank page.

