THE PROSTATE CANCER SYMPTOMS SURVEY SEK OUT TO ILLUSTRATE HOW THE SYMPTOMS OF ADVANCED PROSTATE CANCER CAN IMPACT MEN AND THOSE WHO LOVE THEM, SO MEN RECOGNIZE THE TRIGGERS OF PROGRESSING DISEASE AND KNOW WHEN TO SPEAK UP AND TAKE ACTION WITH THEIR DOCTORS.

THE STEPS OF THE SURVEY: USING REAL-WORLD DATA TO HELP MEN NAVIGATE PROSTATE CANCER SYMPTOMS

1. **Establish the baseline understanding that exists surrounding the symptoms of advancing prostate cancer**

   The most common advanced prostate cancer symptoms reported by men with bone metastases in the US include:
   - Difficulties sleeping
   - Headaches or pressure in head
   - Loss of appetite
   - Numbness or weakness
   - Overall body pain
   - Difficulty doing normal activities
   - Fatigue
   - Anxious or depressed
   - Increased urinary frequency or incontinence
   - Difficulty with erections
   - Painful or frequent urination
   - Changes in bowel habits
   - Loss of weight or unintended weight gain
   - Feeling very tired
   - Numbness or weakness
   - Difficulty breathing
   - Changes in sexual function

2. **Characterize how survey respondents interpret their own advanced prostate cancer symptoms**

   Men don’t always act on their symptoms:
   - Nearly 1 in 5 men (22 percent) reported that talking about their pain makes their pain worse.
   - Nearly 7 in 10 (68 percent) admitted to sometimes ignoring symptoms like pain.

   And 55 percent reported feeling daily pain and discomfort is just something they have to live with.

   Men shouldn't have to grit their teeth through any symptoms they’re experiencing.

3. **Bridge the gap between recognizing symptoms and knowing when to break the silence**

   So why aren’t men taking action?

   97 percent of men say they feel comfortable discussing symptoms and pain with their physicians, even though only 42 percent actually did discuss pain in any visit for their prostate cancer.

   And 39 percent of survey respondents admitted to waiting to tell their healthcare team about pain they’re experiencing.

   Remember: Physicians can play a major role in the fight against advancing prostate cancer, if men are willing to voice their symptoms and concerns. According to patients, the following would motivate them to talk about their pain with their physician:
   - Keep cancer from getting worse
   - Keep cancer from spreading
   - Manage their own pain or live with it
   - Discussing symptoms and pain with their physicians, even though only 42 percent actually did discuss pain in any visit for their prostate cancer.

   Men who speak up about their symptoms and pain can help reduce the number of deaths from prostate cancer in the US.

**REFERENCES:**


**LIMITATIONS:**

- This study is based on responses from 1,028 men with advanced prostate cancer in the U.S. and 957 caregivers of men with advanced prostate cancer from March 1, 2015 to April 20, 2015.
- Men were recruited through a specially commissioned survey by M1000 Marketing Services, Inc.
- Caregivers were surveyed in the United States by telephone and online in English or Spanish.

**DEFINITIONS:**

- Advanced prostate cancer: Cancer that has spread beyond the prostate gland to other parts of the body, typically the lymph nodes, bones, liver, or lungs.
- Metastases in the US: Metastases in men with bone metastases in the US.
- Men with advanced prostate cancer: Men with cancer that has spread outside the prostate gland.
- Caregivers: Adults who care for someone with advanced prostate cancer.

**METASTATIC PROSTATE CANCER PATIENT AND CAREGIVER STUDY**

The Metastatic Prostate Cancer Patient and Caregiver Study was conducted online and by telephone in the United States by Research Now SSI (now known as Qualtrics Research Solutions). Men with metastatic prostate cancer (n=410) and adults who care for someone with metastatic prostate cancer (n=95) were surveyed between March 1 and April 20, 2015. Men and caregivers were surveyed in the United States by telephone and online in English or Spanish. Men were recruited through a specially commissioned survey by M1000 Marketing Services, Inc. Caregivers were surveyed in the United States by telephone and online in English or Spanish.

Men living with advanced prostate cancer, the symptoms of progressing disease can be a signal to break the silence.