



10 Tips for Responding to Prostate Cancer Diagnosis

1. In response to prostate cancer diagnosis, it's critical to take a step back, take a few deep breaths, and try to approach the situation calmly and logically knowing that prostate cancer can either be aggressive or slow-growing.
2. Don't let anyone rush you. There's ALWAYS time to evaluate the medical options and get a second opinion from another medical expert who ideally is not affiliated with the same practice as the physician who provided the initial diagnosis or treatment recommendations.
3. Know that watchful waiting or active surveillance can be viable options.
4. Acknowledge that every treatment has side effects, which can include erectile dysfunction and/or incontinence. Understand management options and the potential impact on your quality of life.
5. The skill of the physician and the amount of his or her experience specific to the procedure being performed are very important in minimizing the presence and ongoing impact of side effects.
6. Recognize that prostate cancer affects spouses or partners, as well as family members. Their support for you and support for them is also very important.
7. Reach out for help from others who have already traveled the same path, and plan to reciprocate down the line by helping others who will be grappling with the involuntarily transition into joining the prostate cancer community. Call the Us TOO 800 HelpLine at 800-808-7866 for someone to talk to who understands.
8. Consider attending an Us TOO support group as the platform for peer interaction to learn from other prostate cancer survivors who've "been there and done that." Online support is also available at ProstatePointers.org and Inspire.com.
9. Recognize that managing prostate cancer is a battle. Invest the time and energy necessary to empower yourself with the knowledge you'll need to make informed choices about your path of treatment.
10. Develop a strategy, find the best medical team, and fight back with the support of your spouse or partner, loved ones and fellow prostate cancer veterans who've learned a great deal and are there to help you.