

QUESTIONS FOR YOUR HEALTHCARE TEAM

**BE PREPARED. BE INFORMED.
BE EMPOWERED.**

A practical guide to help you ask the right questions, understand your options, and make confident decisions about your prostate cancer care.



THE RIGHT QUESTIONS
**CAN LEAD TO BETTER ANSWERS,
BETTER TREATMENT, AND
BETTER OUTCOMES.**



You are the center of your care.
This guide is here to help you
take an active role in every step
of your journey.



ASK WITH CONFIDENCE

Get clear, practical
questions to guide
every conversation.



UNDERSTAND YOUR OPTIONS

Learn what to ask
about tests, treatments,
and next steps.



PARTNER IN YOUR CARE

Build a stronger
relationship with your
healthcare team.



MAKE INFORMED DECISIONS

Feel empowered to
choose the path that's
right for you.



TAKE CONTROL OF YOUR HEALTH

Stay engaged, stay
informed, and advocate
for your well-being.



Turning Survival Into Action.

A PERSONAL MESSAGE

FROM CURT



“

Knowledge is powerful, but conversations change lives.

Sometimes the most important question we can ask is also the simplest:
“How are you doing?”

When I was diagnosed with prostate cancer, I quickly realized that the physical battle was only part of the journey.

There were questions, fears, difficult conversations, and moments when I wished someone had simply helped me understand what to expect.

That’s one of the reasons Curt Cares exists.

This guide was created to educate, encourage, and empower you with practical information while reminding you that you don’t have to face this journey alone.

Whether you’re learning about prostate health for yourself, supporting someone you love, or simply taking steps to protect your future, I hope these pages give you confidence, hope, and a reason to start meaningful conversations.

Knowledge is powerful, but conversations change lives. Sometimes the most important question we can ask is also the simplest:

“How are you doing?”

That one conversation can lead to a screening, early detection, life-saving treatment, or the reassurance that someone is not walking through this alone.

Thank you for trusting Curt Cares to be part of your journey.

I hope this guide encourages you to ask questions, seek trusted medical advice, and share what you’ve learned with others.

Together, we can break the silence surrounding prostate cancer and help more families experience hope through awareness, education, and early detection.

Thank you for being here—and thank you for helping us make a difference, one conversation at a time.

Curtis L. Murray Jr.

Founder & Prostate Cancer Survivor
Curt Cares, Inc.



MEDICAL DISCLAIMER

Please read before using this guide.

The information in this guide is provided by Curt Cares, Inc. for educational purposes only. It is not intended to replace professional medical advice, diagnosis, or treatment.

EDUCATIONAL PURPOSE

This guide is designed to educate, inform, and encourage conversations about prostate health. It is not a substitute for care from a licensed healthcare professional.

NOT MEDICAL ADVICE

The content in this guide should not be interpreted as medical advice. Decisions about your health should be made in consultation with your healthcare provider based on your individual circumstances.

CONSULT YOUR HEALTHCARE PROVIDER

Always speak with a qualified healthcare professional about your symptoms, PSA results, screening decisions, treatment options, and overall health.

EMERGENCY SITUATIONS

If you believe you are experiencing a medical emergency, call 911 or go to the nearest emergency room immediately.

NO DOCTOR-PATIENT RELATIONSHIP

Reading this guide or using Curt Cares resources does not establish a doctor-patient relationship between you and any healthcare provider or Curt Cares, Inc.

MEDICAL INFORMATION CHANGES

Medical research, screening guidelines, and treatment recommendations evolve over time. Information in this guide is current as of the date of publication but may change. Consult current sources and your healthcare provider for the most up-to-date guidance.

EXTERNAL RESOURCES

This guide may include links to websites or resources provided by other organizations. These are offered for your convenience only. Curt Cares, Inc. does not endorse or guarantee the accuracy of third-party content.

ACCESSIBILITY

If you have questions or need help understanding any of the information in this guide, please talk with your healthcare provider or a trusted health professional.



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The right questions can lead to better answers, better treatment decisions, and greater confidence throughout your prostate cancer journey. This guide will help you prepare for appointments, understand your diagnosis, explore treatment options, and stay actively involved in your care.



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Keep all of your important appointment information in one place, write down answers from your healthcare team, track your next steps, and organize important medical contacts.



YOU ARE YOUR BEST ADVOCATE.



The more informed you are, the more confident you'll feel in making decisions about your care.

Don't be afraid to ask questions, seek clarification, or request a second opinion.

Every conversation is an opportunity to better understand your health and take an active role in your journey.



KNOWLEDGE EMPOWERS.



QUESTIONS MATTER.



WE'RE WITH YOU.



It starts with a conversation.

ASK THE QUESTIONS.

UNDERSTAND YOUR OPTIONS.

TAKE AN ACTIVE ROLE IN YOUR CARE.

PREPARING FOR YOUR APPOINTMENT



A little preparation can help you feel more confident, get the information you need, and make the most of your time with your healthcare team.



WHAT TO BRING



LIST OF QUESTIONS

Bring this guide and your list of questions to stay on track.



MEDICAL RECORDS

Relevant test results, imaging, and prior biopsy reports.



MEDICATION LIST

Include all prescriptions, supplements, and vitamins.



SUPPORT PERSON

Consider bringing a trusted family member or friend.



NOTEBOOK OR DEVICE

Take notes or record (with permission) so you don't forget.

GET THE MOST FROM YOUR VISIT

- ☐ Write down your top concerns before the appointment.
- ☐ Prioritize your questions (most important first).
- ☐ Be ready to discuss your family history and lifestyle.
- ☐ Ask about all available options, including the pros and cons.
- ☐ Clarify next steps, timelines, and follow-up appointments.
- ☐ Confirm who to contact with questions after your visit.

My Top Questions:

1. _____
2. _____
3. _____
4. _____
5. _____



HELPFUL TIPS

- ✓ **BE HONEST AND OPEN.**
Share your full health history, symptoms, and concerns. This helps your provider make the best recommendations.
- ✓ **DON'T BE AFRAID TO ASK.**
There are no "bad" questions. Asking is the best way to understand your options and make informed decisions.
- ✓ **TAKE YOUR TIME.**
It's okay to pause, take notes, or ask for clarification. You deserve to feel comfortable and confident in your care.
- ✓ **FOLLOW UP.**
If you think of more questions later, reach out. Your healthcare team is there to help.
- ✓ **YOU ARE IN CONTROL.**
You have a voice in your care. This is your journey, and your healthcare team is here to walk with you.



PREPARATION EMPOWERS YOU.

When you come prepared, you take an active role in your care and get the most out of every conversation.

*You deserve clear answers
and confident care.*



QUESTIONS ABOUT YOUR DIAGNOSIS



Understanding your diagnosis is the first step toward making informed choices. These questions can help you gain clarity about your condition and what it means for your future.



ABOUT YOUR PSA

- What was my PSA level?
- How has my PSA changed over time?
- What does my PSA level mean for me?
- What factors could be affecting my PSA?
- How often should I have my PSA tested?



ABOUT YOUR BIOPSY

- What type of biopsy was performed?
- How many cores were taken?
- How many cores were positive?
- Where were the positive cores located?
- Should I consider a repeat biopsy or additional testing?



ABOUT YOUR GLEASON SCORE

- What is my Gleason score?
- What does my Gleason score mean?
- Is my cancer grade group 1, 2, 3, 4, or 5?
- How does my Gleason score affect my risk level and treatment options?
- Can my Gleason score change over time?



ABOUT YOUR STAGE

- What stage is my cancer?
- What does this stage mean?
- Has the cancer spread outside the prostate?
- Do I need any imaging tests (MRI, CT, bone scan, or PSMA PET)?
- How does my stage affect my treatment options?



ABOUT YOUR MRI

- What were the results of my MRI?
- What was my PI-RADS score?
- Were there any areas of concern?
- Do I need additional imaging or follow-up scans?
- How does the MRI help guide my treatment plan?



ABOUT GENOMIC TESTING

- Should I consider genomic or molecular testing?
- What test do you recommend and why?
- How will the results help guide my treatment decisions?
- Will my insurance cover this testing?

“

KNOWLEDGE EMPOWERS YOU.

Don't be afraid to ask questions until you truly understand.



There are no “silly” questions when it comes to your health.



DID YOU KNOW?

The more you understand about your diagnosis, the more confident and empowered you can be in choosing the right path forward.



YOU DESERVE CLEAR ANSWERS AND COMPASSIONATE CARE.



YOUR HEALTHCARE TEAM IS HERE TO HELP.

Write down your questions, take notes, and bring a family member or friend to help you listen and remember important information.

*You are not alone.
We are in this together.*



Turning Survival Into Action.

QUESTIONS FOR YOUR HEALTHCARE TEAM

CURTCARES.ORG

QUESTIONS ABOUT YOUR TREATMENT



There are many treatment options for prostate cancer. These questions can help you understand the pros, cons, and potential side effects of each choice so you can make the best decision for your life and your goals.



ACTIVE SURVEILLANCE

- Am I a good candidate for active surveillance?
- What does active surveillance involve?
- How often will I need PSA tests, MRIs, or biopsies?
- What changes would indicate that I need treatment?
- What are the risks of delaying treatment?



SURGERY (PROSTATECTOMY)

- What type of surgery do you recommend and why?
- What are the potential risks and complications?
- What are my chances of urinary incontinence?
- What are my chances of erectile dysfunction?
- How long is the recovery time?



RADIATION THERAPY

- What type of radiation therapy is best for me?
- How many treatments will I need?
- What are the short-term and long-term side effects?
- How might radiation affect my urinary and sexual function?
- Can radiation be used if I need treatment again later?

“

THERE IS NO ONE-SIZE-FITS-ALL SOLUTION.



The best treatment is the one that aligns with your cancer, your health, your values, and your life.



HORMONE (ADT) THERAPY

- Do I need hormone therapy?
- How long will I need to be on it?
- What are the side effects?
- How will this affect my energy, mood, and sex drive?
- Are there ways to manage the side effects?



CLINICAL TRIALS

- Are there clinical trials that may be right for me?
- What are the potential benefits and risks?
- How do I qualify?
- Where can I learn more about trials near me?



SIDE EFFECTS & OUTCOMES

- What are the most common side effects of this treatment?
- How will this treatment affect my quality of life?
- What are my chances of beating or controlling the cancer?
- What support services are available to me?



DID YOU KNOW?

Getting a second opinion can confirm your treatment plan or give you new options to consider. It's okay to ask.



ASK. LEARN. DECIDE WITH CONFIDENCE.

You have the right to understand every option available so you can choose the treatment that's right for you.

You are in control of your care and your future.



QUESTIONS ABOUT RECOVERY & LONG-TERM HEALTH

Treatment is only one part of your journey. These questions can help you plan for recovery, monitor your health, and maintain the best quality of life possible for years to come.

MONITORING & FOLLOW-UP

- How often will I need PSA tests?
- What should my PSA level be after treatment?
- What signs or symptoms should I watch for?
- How will we monitor for recurrence?
- When is my next appointment?

PHYSICAL HEALTH & WELLNESS

- When can I return to exercise?
- What types of exercise are safe for me?
- Are there any activities I should avoid?
- How can I improve my strength and energy?
- What nutrition advice do you recommend?

SEXUAL HEALTH & INTIMACY

- How might treatment affect my sexual function?
- What are my options for managing erectile dysfunction?
- When can I resume sexual activity?
- How can I improve intimacy with my partner?
- Are there resources to help me and my partner?

URINARY HEALTH & FUNCTION

- What urinary side effects might I experience?
- How can I manage incontinence or leakage?
- Will my bladder function improve over time?
- Are there pelvic floor exercises that can help?
- When should I be concerned?

MENTAL & EMOTIONAL WELL-BEING

- What is normal to feel after treatment?
- How can I manage stress, worry, or fear of recurrence?
- Are there support groups or counseling services available?
- How can I take care of my mental health?
- Where can I find encouragement and community?

WORK & DAILY ACTIVITIES

- When can I return to work or my normal routine?
- Should I adjust my work or activities?
- How can I manage fatigue or low energy?
- Are there any long-term limitations I should know about?
- What can I do to stay productive and engaged?

LONG-TERM SURVIVORSHIP

- What are my long-term health risks?
- How can I reduce my risk of recurrence?
- What other screenings should I keep up with?
- How can I live a longer, healthier life?
- What new research or advances should I know about?

SUPPORT & RESOURCES

- What resources are available to me?
- Are there local or online support groups?
- Can you recommend reliable websites or organizations?
- Who can I contact with questions between appointments?
- How can my family and caregivers get support?



FIVE THINGS EVERY SURVIVOR SHOULD REMEMBER

1

YOU ARE NOT ALONE.

A strong community of survivors, family, and friends is here to support you.

2

ASK QUESTIONS.

There are no small questions when it comes to your health and your future.

3

BE AN ACTIVE PARTNER.

The more involved you are in your care, the better your outcomes can be.

4

TAKE CARE OF YOU.

Focus on your physical, emotional, and mental well-being every day.

5

THERE IS HOPE.

With the right care, healthy choices, and support, you can live a full and meaningful life beyond prostate cancer.



YOU ARE STRONGER THAN YOU THINK.



YOUR JOURNEY IS UNIQUE.

These questions are a guide, not a checklist. Use what applies to you, and add your own questions. Your health, your life, your way.

*One conversation today
can lead to a healthier
tomorrow.*



APPOINTMENT NOTES & NEXT STEPS



Use this page to capture important information, answers, and next steps from your appointment. Bring it with you to every visit.



MY APPOINTMENT INFORMATION



Physician / Provider: _____



Date: _____ Time: _____



Location / Facility: _____



My PSA Level: _____



Next Appointment: _____



QUESTIONS I STILL HAVE

Write down any additional questions to ask at your next appointment.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



ANSWERS FROM MY HEALTHCARE TEAM

Use this space to record important information, explanations, and guidance from your appointment.



NEXT STEPS

Check the items that apply to you.

- ☐ Schedule follow-up appointment
- ☐ Complete lab work / tests
- ☐ Fill prescription(s)
- ☐ Review treatment options
- ☐ Ask about support services
- ☐ Discuss with family / loved ones
- ☐ Lifestyle changes (exercise, nutrition, etc.)
- ☐ Other: _____



IMPORTANT CONTACTS

Keep your care team and support system close.



UROLOGIST

Name: _____

Phone: _____

Notes: _____



RADIATION ONCOLOGIST

Name: _____

Phone: _____

Notes: _____



PRIMARY CARE PROVIDER

Name: _____

Phone: _____

Notes: _____



NURSE NAVIGATOR

Name: _____

Phone: _____

Notes: _____



EMERGENCY CONTACT

Name: _____

Phone: _____

Relationship: _____



Your health. Your life. Your future.
WE'RE HERE WITH YOU.



THE BEST HEALTHCARE DECISIONS
BEGIN WITH INFORMED CONVERSATIONS.