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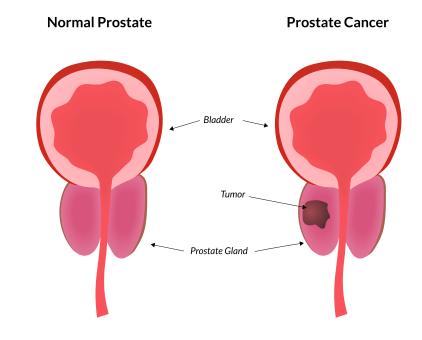


HOW PROSTATE CANCER MAY CHANGE

Learning about prostate cancer and how it may change is an important part of the treatment process. In this brochure, we will understand, explore, and discuss prostate cancer along with the importance of talking with your doctor about your disease.

WHAT IS PROSTATE CANCER?

- Prostate cancer is cancer that occurs in the prostate, a small gland that produces seminal fluid
- Prostate cancer is one of the most common types of cancer in men
- Prostate cancer grows slowly and is initially confined to the prostate gland
- If left untreated or undiagnosed, prostate cancer may grow to be aggressive and can spread quickly
- Prostate cancer that's detected early can usually be treated successfully





DIFFERENT PROSTATE CANCER DIAGNOSES

YOUR DOCTOR MAY DIAGNOSE YOU WITH ONE OF THESE 4 TYPES OF PROSTATE CANCER

- Non-metastatic castration-resistant prostate cancer (nmCRPC) or localized castration-resistant prostate cancer
- Metastatic castration-resistant prostate cancer (mCRPC)
- Non-metastatic hormone-sensitive prostate cancer (nmHSPC) or localized advanced hormone-sensitive prostate cancer
- Metastatic hormone-sensitive prostate cancer (mHSPC)

Your doctor may also tell you your Gleason Score

A Gleason Score is a rating of how rapidly a cancer is likely to grow and spread^{1,2}

GLEASON SCORE	WHAT DOES THE SCORE MEAN? ^{2,3}
6 or lower	 The cancer is likely to grow and spread very slowly If the cancer is small, many years may pass before it becomes a problem You may never need treatment
7	 The cancer is likely to grow and spread at a modest pace If the cancer is small, several years may pass before it becomes a problem To prevent problems, treatment is needed
8–10	 The cancer is likely to grow and spread fast. If the cancer is small, a few years may pass before the cancer becomes a problem To prevent problems, treatment is needed now

References: 1. National Cancer Institute. Stages of prostate cancer. https://www.cancer.gov/types/prostate/patient/prostate-treatment-pdg#section/ 120. Accessed October 2020. 2. American Cancer Society. Tests for prostate cancer. https://www.cancer.org/cancer/prostate-cancer/detection-diagnosis-staging/how-diagnosed.html. Accessed October 5, 2020. 3. American Society of Clinical Oncology. Stages and grades. https://www.cancer.net/cancer-types/prostatecancer/stages-and-grades. Accessed October 2020.





NON-METASTATIC CASTRATION-RESISTANT PROSTATE CANCER AND RISING PSA

WHAT IS nmCRPC?

- "nm" stands for non-metastatic, which means that the cancer has not spread to other parts of the body
- "CR" stands for castration-resistant, and "PC" stands for prostate cancer. Together, they refer to cancer that starts in the prostate gland and keeps growing, even when the amount of testosterone in the body is brought down to very low levels



WHAT DOES IT MEAN WHEN MY PSA RISES?1

- It is very important that your doctor monitors your prostate specific antigen (PSA) levels. Your PSA levels may rise even if you are on hormone therapy*
- If your PSA levels rise, that's because your prostate cancer is castration resistant. That means that the prostate cancer keeps growing even when the amount of testosterone in the body is brought down to very low levels



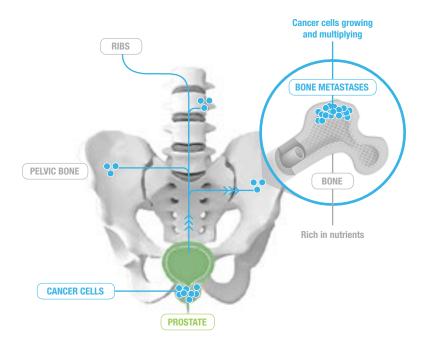
*Hormone therapy includes drug treatments or surgery that lowers testosterone.



IT'S IMPORTANT TO DELAY THE SPREAD OF CANCER

THE GOAL OF TREATMENT IS TO DELAY THE SPREAD OF CANCER

When prostate cancer spreads to other parts of the body, it can cause symptoms, like bone pain, and worsen fatigue. It's important to talk to your doctor if you have new symptoms.



HOW DOES YOUR HEALTHCARE TEAM KNOW IF PROSTATE CANCER HAS SPREAD?

Lab tests examine blood and prostate tissue1-3

- Prostate-specific antigen (PSA) blood test
- Calcium and alkaline phosphatase (ALP) blood tests
- Prostate biopsy

Imaging tests provide pictures of the inside of your body^{1,2}

- X-ray
- Magnetic resonance imaging (MRI)
- Computed tomography (CT) scan
- Positron emission tomography (PET) scan
- Bone scan

References: 1. American Cancer Society. Tests for prostate cancer. https://www.cancer.org/cancer/prostate-cancer/detection-diagnosis-staging/how-diagnosed.html. Accessed October 2020. 2. American Cancer Society. Finding bone metastases. https://www.cancer.org/treatment/understanding-your-diagnosis/advanced-cancer/finding-bone-metastases.html. Accessed October 2020. 3. Verywell Health. How alkaline phosphatase relates to prostate cancer. https:// www.verywellhealth.com/alkaline-phosphatase-and-prostate-cancer-2782255. Accessed November 2020.





DON'T BE SILENT ABOUT ANY SYMPTOMS YOU MAY BE EXPERIENCING

NEARLY 7 IN 10 (68%) PATIENTS ADMITTED TO SOMETIMES **IGNORING SYMPTOMS**¹



The International Prostate Cancer Symptoms Survey was conducted online and by telephone in the United States by Harris Poll on behalf of Bayer between February 12 and October 27, 2015, among men with metastatic prostate cancer (N=927; 410 in the US) and adults who care for someone with metastatic prostate cancer (N=400; 95 in the US). Total sample data are not weighted and therefore representative only of the individuals interviewed.

In the same survey of men with advanced prostate cancer, men with bone metastases in the US most commonly reported the following symptoms¹

- Fatigue, or chronic tiredness, was the most common symptom and was reported by 85% of men
- Pain or aches in specific areas, such as the back, pelvis, or hips, were reported by 71% of patients
- General pain or aches all over the body were reported by 55% of patients
- Numbness or weakness was reported by 55% of patients

Although early prostate cancer usually causes no symptoms, there are several signs and symptoms that are suggestive of more advanced prostate cancer, including²:

- Problems passing urine, needing to urinate often, blood in the urine, or loss of bladder or bowel control²
- Weakness or numbness in the legs or feet, or pain in the hips, back, chest, or other areas²
- Weight loss³

If you experience any symptoms, tell your healthcare team how long you have been experiencing them.





HOW IS ADVANCED PROSTATE CANCER TREATED?

Hormone Therapy¹

Can reduce the levels of androgens, such as testosterone, that help prostate cancer grow

Radiotherapy³

Can reduce symptoms by destroying cancer cells in specific locations with radiation beams, etc.

Immunotherapy²

Uses a person's own immune system to fight cancer

Chemotherapy³

Destroys cancer cells by stopping them from growing or dividing into more cancer cells

Radiopharmaceuticals³

Alpha-emitting and beta-emitting treatments that are designed to treat cancer that has spread to the bone throughout the body

Supportive Care⁴

Treatments that focus on increasing bone mass density or relieving bone pain

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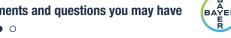


TALK TO YOUR DOCTOR ABOUT TREATMENT OPTIONS AND PREPARE A LIST OF QUESTIONS

Learning about prostate cancer and treatments can be overwhelming. Your healthcare provider is the best source for answers to any questions you may have. Below are a few to get the conversation started.

- 1. What primary treatment are you recommending and why?
- 2. When do you propose that I start this treatment?
- 3. What kind of results can I expect from this treatment?
- 4. What are the specific effects/benefits of the treatment?
- 5. What are the risks of the treatment?
- 6. What are the short-term or long-term side effects?
- 7. How can I best manage the side effects?
- 8. If this treatment is not effective, what other treatments are available?
- 9. What stage is my prostate cancer?
- 10. Are these side effects of my treatments or are these side effects of my prostate cancer?





ORGANIZATIONS ON YOUR SIDE

Support groups and cancer organizations can provide you with valuable information.

CANCERABCs™

www.cancerabcs.org 1.516.445.2026

CANCERCare®

www.cancercare.org 1.800.813.HOPE (1.800.813.4673)

CANCER SUPPORT COMMUNITY

www.cancersupportcommunity.org 1.888.793.9355

MALECARE

www.malecare.org 1.212.673.4920

PROSTATE CANCER FOUNDATION

www.pcf.org 1.800.757.CURE (1.800.757.2873)

PROSTATE CANCER INFOLINK

www.prostatecancerinfolink.net

PROSTATE CANCER INTERNATIONAL

www.pcainternational.org

PROSTATE CANCER RESEARCH **INSTITUTE (PCRI)**

www.pcri.org 1.310.743.2116

PROSTATE CONDITIONS **EDUCATION COUNCIL (PCEC)**

www.prostateconditions.org 1.866.4PROST8 (1.866.477.6788)

PROSTATE HEALTH **EDUCATION NETWORK (PHEN)**

www.prostatehealthed.org www.rapcancer.org 1.617.481.4020

US TOO INTERNATIONAL PROSTATE CANCER EDUCATION & SUPPORT NETWORK

www.ustoo.org 1.800.80.USTOO (1.800.808.7866)

ZERO – THE END OF PROSTATE CANCER

www.zerocancer.org 1.202.463.9455



NOTES	Remember, talking with your healthcare team is very important to your treatment journey. Your healthcare team can help guide you through your treatment options, as well as develop and reassess your treatment plan.				

What is prostate cancer?	Non-metastatic castration-resistant prostate cancer	Symptoms, tests, and talking to your doctor	Treatments and questions you may have ○ ○ ○ ●



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