

# Prostate Cancer: Newly Diagnosed



Being told you have prostate cancer can be scary, and you may have many questions. But you have people on your healthcare team to help.

## Coping with fear

It's normal to feel afraid. Learning about prostate cancer and your treatment can help you feel less afraid. It also helps you work with your healthcare team to make the best choices for your treatment. You can also ask to speak with a counselor.

## Working with your healthcare team

Your healthcare team will likely include:

- **Urologist.** This healthcare provider treats diseases in organs of the urinary system and male reproductive system, including the prostate.
- **Medical oncologist.** This healthcare provider specializes in treating cancer with chemotherapy and other medicines.
- **Radiation oncologist.** This healthcare provider specializes in treating cancer with radiation.

You will likely have many other healthcare professionals on your team, too. They will answer any questions you may have. They'll help you through each of the steps you'll take before, during, and after treatment. Your team will let you know what tests you need and the results of those tests. They'll guide you in making treatment decisions and help prepare you and your loved ones for what's ahead.

## Learning about treatment choices

To decide the best course of treatment for you, your healthcare team needs to know as much as they can about the cancer. This may involve getting some tests and working with more than one healthcare provider. And you may decide that you want to get a second opinion to help you choose a treatment. Your team can help you do this.

If treatment is needed for prostate cancer, it usually starts a few weeks to months after a diagnosis. This gives you time to get all the details your healthcare provider needs by having more tests. You also have time to talk with your healthcare providers about treatment choices, get a second opinion, decide about treatment, and prepare yourself and your loved ones. Ask your team about good websites and other resources you can use to learn about prostate cancer and how it's treated.

## Getting support

Coping with cancer can be very stressful. Talk with your healthcare team about seeing a counselor. They can refer you to someone who can help. You can also visit support groups in person or online to talk with other people coping with cancer. Ask your healthcare team about local support groups. Speaking with a member of the clergy may be helpful.

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