

Your Guide

 **Zytiga**[®]
(abiraterone acetate)
250 mg, 500 mg tablets



Supporting You on Your Treatment Journey

An Ally With You

Living with a form of advanced prostate cancer known as metastatic prostate cancer—prostate cancer that has spread to other parts of the body—often means taking a closer look at how you live each day. Your treatment journey may take you on unexpected turns. Inside this guide, you'll find direction to help you understand your diagnosis and this treatment option.

You'll also find detailed instructions and materials to help you stay on schedule and keep track of how you're doing.

It's important to try and make the most of every moment—and of your treatment plan.

Remember, you and your loved ones are not beginning this journey alone. You always have an ally.

Find the information you need to make the most of your treatment.



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Please see the **Important Safety Information** on pages 13–18 and the full **Prescribing Information** and **Patient Information** for ZYTIGA®, and discuss any questions you have with your doctor.



**Living with metastatic
prostate cancer doesn't
have to define you.**

metastatic prostate cancer = prostate cancer that has spread to other parts of the body



Your Diagnosis

Your Journey

When first diagnosed with metastatic prostate cancer—prostate cancer that has spread to other parts of the body—it is natural to feel a range of emotions such as fear or frustration. Learning more about metastatic prostate cancer can help reduce any confusion that may come with a new diagnosis. This can help you take a more active role in the choices you make about your care.

It can be a difficult journey, so don't hesitate to ask for help—or accept it—from friends, loved ones, and members of your community. Consider this guide your ally as well.

Understanding Advanced Prostate Cancer

There are different forms of advanced prostate cancer. Two types are metastatic castration-resistant prostate cancer (mCRPC) and metastatic castration-sensitive prostate cancer.

- Metastatic castration-resistant prostate cancer is a form of prostate cancer that is resistant to medical (eg, hormonal) or surgical treatments that lower testosterone and has spread to other parts of the body.
- Metastatic castration-sensitive prostate cancer is a form of prostate cancer that still responds to medical (eg, hormonal) or surgical treatments that lower testosterone and has spread to other parts of the body. Certain men may be considered to have metastatic high-risk castration-sensitive prostate cancer. Talk to your doctor about what this may mean for you.

*Androgen deprivation – A treatment to suppress or block the production or action of male hormones. (National Cancer Institute: NCI Dictionary of Cancer Terms. Bethesda, MD: National Cancer Institute, 2015. Available at www.cancer.gov/dictionary. Accessed November 21, 2022.)

Selecting Your New Treatment

Choosing a new treatment with your doctor can come with many questions. For you and your loved ones to feel more confident with your treatment choices, it's helpful to learn how your treatment works and what you can expect on the road ahead. Be sure to have conversations with your doctor about your goals—what you want to get from your treatment—and how you're doing.

Building Your Support Team

It's important to establish a support network with your doctor, nurse, loved ones, and members of your community. If you find you need something beyond what your network can offer, you and your loved ones may consider reaching out to advocacy groups, who can help connect you with helpful resources and information. Things like legal and financial assistance, counseling, and support for caregivers are a few of the many resources available. Find and contact advocacy groups at [AdvocacyConnector.com](https://www.advocacyconnector.com).



Navigating your journey

Visit My Prostate Cancer Roadmap to learn more about advanced prostate cancer and answers to commonly asked questions. www.myprostatecancerroadmap.com

How Loved Ones Can Help

The role of caregiver can be complex. Here are some ways you can help and show your support:



Offer to come to doctor's appointments. Often another person listening to what the doctor is saying and also taking notes can help with remembering what was discussed during the visit.



Ask if any help is needed with remembering to take medications or when to request a refill.



Keep your own journal of what you notice about how he's doing. Don't be afraid to share your observations, which may help give a sense of how he's really feeling.

It isn't always easy for him to talk about how he's feeling. Encouraging open conversations about his and your journey can help support both of you.

For more caregiver tips, visit [myprostatecancerroadmap.com/supporting-caregivers.html](https://www.myprostatecancerroadmap.com/supporting-caregivers.html).



Hear Stories

Hear real patients share their stories about diagnosis, their treatment journey, and how they approach each day.

Visit myprostatecancerroadmap.com

“I think just being positive and looking ahead and saying, ‘I’m going to keep going as long as I can.’”



Please see the Important Safety Information on pages 13–18 and the full Prescribing Information and Patient Information for ZYTIGA®, and discuss any questions you have with your doctor.



Choosing ZYTIGA®

(abiraterone acetate)

What is ZYTIGA®?

ZYTIGA® (zye-tee-ga) is a prescription medicine that is used along with prednisone. ZYTIGA® is used to treat men with prostate cancer that has spread to other parts of the body.

It is not known if ZYTIGA® is safe and effective in females or children.

Before taking ZYTIGA®, tell your healthcare provider about all of your medical conditions, including if you:

- Have heart problems
- Have liver problems
- Have diabetes
- Have a history of adrenal problems
- Have a history of pituitary problems
- Are receiving any other treatment for prostate cancer
- Are pregnant or plan to become pregnant. ZYTIGA® can cause harm to your unborn baby and loss of pregnancy (miscarriage). Females who are or may become pregnant should not handle ZYTIGA® uncoated tablets or other ZYTIGA® tablets if broken, crushed, or damaged without protection, such as gloves
- Have a partner who is pregnant or may become pregnant
 - Males who have female partners who are able to become pregnant should use effective birth control (contraception) during treatment with ZYTIGA® and for 3 weeks after the last dose of ZYTIGA®
- Are breastfeeding or plan to breastfeed. It is not known if ZYTIGA® passes into your breastmilk

Tell your healthcare provider about all the medicines you take or treatments you receive, including prescription and over-the-counter medicines, vitamins, and herbal supplements. ZYTIGA® can interact with many other medicines.

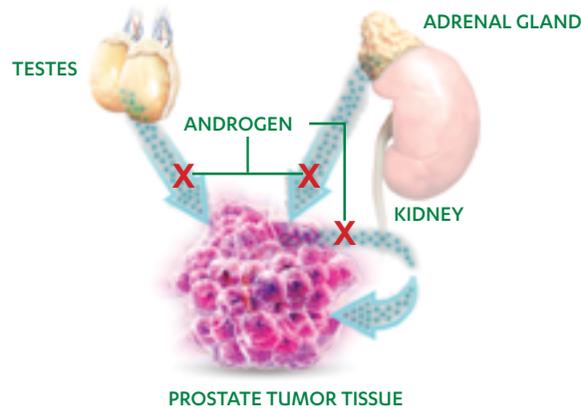


Please see the **Important Safety Information** on pages 13–18 and the full **Prescribing Information** and **Patient Information** for ZYTIGA®, and discuss any questions you have with your doctor.

How ZYTIGA® (abiraterone acetate) Works

Androgens, like testosterone, are male hormones the body produces naturally. Androgens also play a role in fueling prostate cancer. Reducing the production of androgen is important in helping you and your doctor manage your illness. ZYTIGA® works by interrupting the androgen-making process at an important step. It inhibits androgen at the following 3 sources:

- The testes
- The adrenal glands
- The prostate tumor tissue



ZYTIGA® is different from some medicines that only decrease androgen production in the testes and do not affect the adrenal glands or prostate tumor tissue.

The Role of Prednisone With ZYTIGA®

Because of the way ZYTIGA® works, certain side effects may occur. To decrease the chance of certain serious side effects from happening, you must take prednisone with ZYTIGA® exactly as your healthcare provider tells you. Talk to your doctor about what this may mean for you. Do not stop taking your prescribed dose of ZYTIGA® or prednisone without talking to your healthcare provider first.

ZYTIGA® may cause serious side effects including:

- **High blood pressure (hypertension), low blood potassium levels (hypokalemia), fluid retention (edema), and irregular heartbeats can happen during treatment with ZYTIGA®.** This can be life-threatening. To decrease the chance of this happening, you must take prednisone with ZYTIGA® exactly as your healthcare provider tells you. Your healthcare provider will check your blood pressure, do blood tests to check your potassium levels, and check for any signs and symptoms of fluid retention every month during treatment with ZYTIGA®
- **Tell your healthcare provider if you get any of the following symptoms:**
 - Dizziness
 - Confusion
 - Fast or irregular heartbeats
 - Muscle weakness
 - Feel faint or lightheaded
 - Pain in your legs
 - Headache
 - Swelling in your legs or feet
- **Adrenal problems** may happen if you stop taking prednisone, get an infection, or are under stress
- **Severe liver problems.** You may develop changes in liver function blood tests. Your healthcare provider will do blood tests to check your liver before treatment with ZYTIGA® and during treatment with ZYTIGA®. Liver failure may occur, which can lead to death. Tell your healthcare provider right away if you notice any of the following changes:
 - Yellowing of the skin or eyes
 - Darkening of the urine
 - Severe nausea or vomiting
- **Increased risk of bone fracture and death** when ZYTIGA® and prednisone or prednisolone is used in combination with a type of radiation called radium Ra 223 dichloride. Tell your healthcare provider about any other treatments you are taking for prostate cancer



Please see the **Important Safety Information** on pages 13–18 and the full **Prescribing Information** and **Patient Information** for ZYTIGA®, and discuss any questions you have with your doctor.

Clinical Study Experience With ZYTIGA® (abiraterone acetate)

ZYTIGA® was approved by the FDA based on 3 clinical studies with more than 3,000 men with metastatic prostate cancer—prostate cancer that has spread to other parts of the body—based on the following measures:

OVERALL SURVIVAL

How long men lived taking ZYTIGA® + prednisone vs placebo* + prednisone

DISEASE PROGRESSION

Length of time men lived without their disease getting worse† or dying while taking ZYTIGA® + prednisone vs placebo + prednisone

Not all measures are applicable to all clinical trials

*Placebo—An inactive substance or treatment that looks the same as, and is given the same way as, an active drug or treatment being tested. (National Cancer Institute: NCI Dictionary of Cancer Terms. Bethesda, MD: National Cancer Institute, 2015. Available at www.cancer.gov/dictionary. Accessed August 1, 2019.)

†As measured by imaging studies.

• **Severe low blood sugar (hypoglycemia).** Severe low blood sugar with ZYTIGA® can happen in people who have diabetes and take certain antidiabetic medicines. You and your healthcare provider should check your blood sugar levels regularly during treatment with ZYTIGA® and after you stop treatment. Your healthcare provider may also need to change the dose of your antidiabetic medicines. Signs and symptoms of low blood sugar may include:

- Headache
- Drowsiness
- Weakness
- Dizziness
- Confusion
- Irritability
- Hunger
- Fast heartbeat
- Sweating
- Feeling jittery

• **The most common side effects of ZYTIGA® include:**

- Feeling very tired
- Joint pain
- High blood pressure
- Nausea
- Swelling in your legs or feet
- Low blood potassium levels
- Hot flushes
- Diarrhea
- Vomiting
- Infected nose, sinuses, or throat (cold)
- Cough
- Headache
- Low red blood cells (anemia)
- High blood cholesterol and triglycerides
- High blood sugar levels
- Certain other abnormal blood tests

ZYTIGA® may cause fertility problems in males, which may affect the ability to father children. Talk to your healthcare provider if you have concerns about fertility.

THESE ARE NOT ALL THE POSSIBLE SIDE EFFECTS OF ZYTIGA®.

Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Please see the **Important Safety Information** on pages 13–18 and the full **Prescribing Information** and **Patient Information** for ZYTIGA®, and discuss any questions you have with your doctor.



Please see the **Important Safety Information** on pages 13–18 and the full **Prescribing Information** and **Patient Information** for ZYTIGA®, and discuss any questions you have with your doctor.

WHAT IS ZYTIGA®?

ZYTIGA® (abiraterone acetate) is a prescription medicine that is used along with prednisone. ZYTIGA® is used to treat men with prostate cancer that has spread to other parts of the body.

It is not known if ZYTIGA® is safe and effective in females or children.

IMPORTANT SAFETY INFORMATION

Before taking ZYTIGA®, tell your healthcare provider about all of your medical conditions, including if you:

- Have heart problems
- Have liver problems
- Have diabetes
- Have a history of adrenal problems
- Have a history of pituitary problems
- Are receiving any other treatment for prostate cancer
- Are pregnant or plan to become pregnant. ZYTIGA® can cause harm to your unborn baby and loss of pregnancy (miscarriage). Females who are or may become pregnant should not handle ZYTIGA® uncoated tablets or other ZYTIGA® tablets if broken, crushed, or damaged without protection, such as gloves
- Have a partner who is pregnant or may become pregnant
 - Males who have female partners who are able to become pregnant should use effective birth control (contraception) during treatment with ZYTIGA® and for 3 weeks after the last dose of ZYTIGA®

- Are breastfeeding or plan to breastfeed. It is not known if ZYTIGA® passes into your breast milk

Tell your healthcare provider about all the medicines you take or treatments you receive including prescription and over-the-counter medicines, vitamins, and herbal supplements. ZYTIGA® can interact with many other medicines.

You should not start or stop any medicine before you talk with the healthcare provider that prescribed ZYTIGA®.

Know the medicines you take. Keep a list of them with you to show to your healthcare provider and pharmacist when you get a new medicine.

How should I take ZYTIGA®?

- Take ZYTIGA® and prednisone exactly as your healthcare provider tells you
- Take your prescribed dose of ZYTIGA® 1 time a day. Your healthcare provider may change your dose if needed
- **Do not change or stop taking your prescribed dose of ZYTIGA® or prednisone without talking to your healthcare provider first**

Important Safety Information continued on next page



Please see the full [Prescribing Information](#) and [Patient Information](#) for ZYTIGA®, and discuss any questions you have with your doctor.

Continued from previous page

- Take ZYTIGA® tablets as a single dose one time a day on an **empty stomach. Do not eat food 2 hours before and 1 hour after taking ZYTIGA®**
- **Do not take ZYTIGA® with food.** Taking ZYTIGA® with food may cause more of the medicine to be absorbed by the body than is needed, and this may cause side effects
- Swallow ZYTIGA® tablets whole. Do not crush or chew tablets
- Take ZYTIGA® tablets with water
- If you miss a dose of ZYTIGA® or prednisone, take your prescribed dose the following day. If you miss more than 1 dose, tell your healthcare provider right away
- Your healthcare provider will do blood tests to check for side effects

What are the possible side effects of ZYTIGA®?

ZYTIGA® may cause serious side effects including:

- **High blood pressure (hypertension), low blood potassium levels (hypokalemia), fluid retention (edema), and irregular heartbeats can happen during treatment with ZYTIGA®.** This can be life-threatening. To decrease the chance of this happening, you must take prednisone with ZYTIGA® exactly as your healthcare provider tells you. Your healthcare provider will check your blood pressure, do blood tests to check your potassium levels, and check for any signs and symptoms of fluid retention every month during treatment with ZYTIGA®

- **Tell your healthcare provider if you get any of the following symptoms:**
 - Dizziness
 - Fast or irregular heartbeats
 - Feel faint or lightheaded
 - Headache
 - Confusion
 - Muscle weakness
 - Pain in your legs
 - Swelling in your legs or feet
- **Adrenal problems** may happen if you stop taking prednisone, get an infection, or are under stress
- **Severe liver problems.** You may develop changes in liver function blood tests. Your healthcare provider will do blood tests to check your liver before treatment with ZYTIGA® and during treatment with ZYTIGA®. Liver failure may occur, which can lead to death. Tell your healthcare provider right away if you notice any of the following changes:
 - Yellowing of the skin or eyes
 - Darkening of the urine
 - Severe nausea or vomiting
- **Increased risk of bone fracture and death** when ZYTIGA® and prednisone or prednisolone is used in combination with a type of radiation called radium Ra 223 dichloride. Tell your healthcare provider about any other treatments you are taking for prostate cancer

Important Safety Information continued on next page



Please see the full [Prescribing Information](#) and [Patient Information](#) for ZYTIGA®, and discuss any questions you have with your doctor.

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• **Severe low blood sugar (hypoglycemia).** Severe low blood sugar with ZYTIGA® can happen in people who have diabetes and take certain antidiabetic medicines. You and your healthcare provider should check your blood sugar levels regularly during treatment with ZYTIGA® and after you stop treatment. Your healthcare provider may also need to change the dose of your antidiabetic medicines. Signs and symptoms of low blood sugar may include:

- Headache
- Drowsiness
- Weakness
- Dizziness
- Confusion
- Irritability
- Hunger
- Fast heartbeat
- Sweating
- Feeling jittery

• **The most common side effects of ZYTIGA® include:**

- Feeling very tired
- Joint pain
- High blood pressure
- Nausea
- Swelling in your legs or feet
- Low blood potassium levels
- Hot flushes
- Diarrhea
- Vomiting
- Infected nose, sinuses, or throat (cold)
- Cough
- Headache
- Low red blood cells (anemia)
- High blood cholesterol and triglycerides
- High blood sugar levels
- Certain other abnormal blood tests

ZYTIGA® may cause fertility problems in males, which may affect the ability to father children. Talk to your healthcare provider if you have concerns about fertility.

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Call your healthcare provider for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

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**“I try to make
every day count.”**

Getting ZYTIGA®



Please see the Important Safety Information on pages 13–18 and the full Prescribing Information and Patient Information for ZYTIGA®, and discuss any questions you have with your doctor.

Getting ZYTIGA®

(abiraterone acetate)

How to Get ZYTIGA®

Specialty Pharmacy

Your doctor will most likely send your ZYTIGA® and prednisone prescriptions to a specialty pharmacy. Specialty pharmacies carry certain medications that are not available at retail pharmacies.



WHEN YOU
RECEIVE YOUR
PRESCRIPTION

Your doctor's office will complete the necessary paperwork with you to be submitted to the specialty pharmacy.

Before you leave the doctor's office, make sure your paperwork has been submitted.

WITHIN A
FEW DAYS

The specialty pharmacy will call you to arrange delivery by mail of your ZYTIGA®. Ask your nurse for the number of the specialty pharmacy in order to recognize the call.

If you don't receive a call, contact your doctor's office.

WITHIN
2 WEEKS

Your ZYTIGA® prescription should arrive right to your front door within 14 days. If not, contact your doctor's office or the specialty pharmacy.

Every month, you will be contacted by your specialty pharmacy to coordinate your monthly refills.

Doctor's Office Pharmacy

If your doctor's office has its own pharmacy, your ZYTIGA® may be available for pick-up there.



Please see the **Important Safety Information** on pages 13–18 and the full **Prescribing Information** and **Patient Information** for ZYTIGA®, and discuss any questions you have with your doctor.

How Your Specialty Pharmacy Can Help

Specialty pharmacies offer many services to assist you—from helping you understand your coverage to finding financial assistance. Your specialty pharmacy will also be able to provide you with other helpful information about ZYTIGA®.



Once you and your doctor have decided that ZYTIGA® is right for you, Janssen CarePath will help you find the resources you may need to get started and stay on track.

- **Paying for ZYTIGA®:** We can identify cost support options that may help with managing your out-of-pocket costs—whether you have commercial or private health insurance, government coverage such as Medicare or Medicaid, or have no insurance coverage.
- **Getting Started:** Janssen CarePath can review your health plan benefits and insurance coverage for ZYTIGA®, and offer treatment education resources.
- **Staying on Track:** We understand how important it is for you to take the ZYTIGA® your doctor prescribed. Janssen CarePath provides ongoing support to help you stay on track with your ZYTIGA® treatment.

Call a Janssen CarePath Care Coordinator at 855-ZYTIGA-1 (855-998 4421), Monday – Friday, 8:00 AM to 8:00 PM ET. Multilingual phone support is available.

Set up a personal Janssen CarePath account at MyJanssenCarePath.com.

Visit JanssenCarePath.com/ZYTIGA.

Janssen CarePath Savings Program for eligible commercially insured patients



Eligible patients pay \$10 per month*

Get instant savings on your out-of-pocket costs for ZYTIGA®.

Depending on your health insurance plan, savings may apply toward co-pay, co-insurance, or deductible.

*Eligible patients **pay \$10 per month**, with a \$12,000 maximum program benefit per calendar year or one-year supply, whichever comes first. Not valid for patients using Medicare, Medicaid, or other government-funded programs to pay for their medications. Terms expire at the end of each calendar year and may change. Offer not valid in CA or MA or for MA residents (250-mg tablet only). There is no income requirement. For full eligibility requirements, please visit Zytiga.JanssenCarePathSavings.com.

Create an online account and enroll at MyJanssenCarePath.com or call a Janssen CarePath Care Coordinator at 855-ZYTIGA-1 (855-998-4421) Monday–Friday, 8:00 AM to 8:00 PM ET.



Please see the Important Safety Information on pages 13–18 and the full Prescribing Information and Patient Information for ZYTIGA®, and discuss any questions you have with your doctor.

Taking ZYTIGA®

(abiraterone acetate)

How to Take ZYTIGA®

ZYTIGA® is a once-daily, oral medication you can take at home. It's important to take ZYTIGA® and prednisone exactly as your healthcare provider tells you and to stay on the treatment schedule recommended by your doctor to give ZYTIGA® the best opportunity to work.



- It's important to **take your prescribed dose of ZYTIGA® tablets once daily.**
- Swallow ZYTIGA® tablets whole. Do not crush or chew tablets.
- Take ZYTIGA® tablets with water.



- Take ZYTIGA® tablets as a single dose one time a day on an **empty stomach. Do not eat food 2 hours before and 1 hour after taking ZYTIGA®.**
- **Do not take ZYTIGA® with food.** Taking ZYTIGA® with food may cause more of the medicine to be absorbed by the body than is needed and this may cause side effects.



- While taking ZYTIGA® you will also take prednisone.
- Take your prednisone exactly how your healthcare provider tells you. **Do not change or stop taking your prescribed dose of ZYTIGA® or prednisone without talking to your healthcare provider first.**



Please see the **Important Safety Information** on pages 13–18 and the full **Prescribing Information** and **Patient Information** for ZYTIGA®, and discuss any questions you have with your doctor.

Follow Your Doctor's Instructions

Take your prescribed dose of ZYTIGA® (abiraterone acetate) one time a day. Your healthcare provider may change your dose if needed.

Take ZYTIGA® and prednisone exactly as your healthcare provider tells you.

Taking Other Medications With ZYTIGA®

Tell your healthcare provider and your pharmacist about all the medicines you take or treatments you receive, including prescription and over-the-counter medicines, vitamins, and herbal supplements. ZYTIGA® can interact with many other medicines.

You should not start or stop any medicine before you talk with the healthcare provider that prescribed ZYTIGA®.

Know the medicines you take. Keep a list of them with you to show to your healthcare provider and pharmacist when you get a new medicine.

What If You Miss a Dose

If you ever miss a dose of ZYTIGA® or prednisone, take your prescribed dose the following day.

If you miss more than 1 dose of ZYTIGA® or prednisone, tell your healthcare provider right away.

Medication Reminders and Refills



It's helpful to develop a system or plan to help you take your ZYTIGA® every single day and plan ahead for refills.



Be sure to plan ahead if you're going on a trip and will need a refill of your medicine. It's also a good idea to ask your friends or loved ones to help you keep track of your medications.



Navigating your journey

Visit My Prostate Cancer Roadmap to learn more about advanced prostate cancer and answers to commonly asked questions. www.myprostatecancerroadmap.com



Please see the **Important Safety Information** on pages 13–18 and the full **Prescribing Information** and **Patient Information** for ZYTIGA®, and discuss any questions you have with your doctor.

How Long Should You Continue Taking ZYTIGA® (abiraterone acetate)

There are many factors your doctor will consider in evaluating how ZYTIGA® is working and how long to continue your treatment.

These may include:

Your PSA Levels

You and your doctor will most likely have conversations about your prostate-specific antigen (PSA) level. PSA is a protein produced exclusively by the prostate gland. Your doctor will use your PSA levels along with other tests to determine if your therapy is effective.

Disease Progression

Your doctor will periodically monitor your metastatic prostate cancer to see if it has progressed by reviewing imaging tests, including bone scans.

Talk to your doctor about what this may mean for you.

metastatic prostate cancer = prostate cancer that has spread to other parts of the body

Please see the [Important Safety Information](#) on pages 13–18 and the full [Prescribing Information](#) and [Patient Information](#) for ZYTIGA®, and discuss any questions you have with your doctor.



Monitoring

Your healthcare provider will monitor how you're doing with certain tests and check-ups. These moments are important opportunities to talk with your doctor about how you are doing.

- **High blood pressure, low blood potassium levels, fluid retention, and irregular heartbeats.** Take prednisone with ZYTIGA® exactly as your healthcare provider tells you. Your healthcare provider will check your blood pressure, do blood tests to check your potassium levels, and check for any signs and symptoms of fluid retention every month during treatment with ZYTIGA®.
- **Severe liver problems.** You may develop changes in your liver function blood tests. Your healthcare provider will do blood tests to check your liver before treatment with ZYTIGA® and during treatment with ZYTIGA®. Liver failure may occur, which can lead to death. Tell your healthcare provider if you notice any of the following changes:
 - Yellowing of the skin or eyes
 - Darkening of the urine
 - Severe nausea or vomiting



Get Care4Today® Connect

Manage your medications from your mobile phone or computer. This can also be used by family members and loved ones to help with monitoring medications. [care4today.com](https://www.care4today.com)

Janssen Websites and Tools

Finding Support Groups and Resources

Advocacy Connector

This online tool connects you to resources organized by different types of cancer, including prostate. This makes it easy to find advocacy groups that provide resources based on your needs.

AdvocacyConnector.com

Learning About Prostate Cancer

My Prostate Cancer Roadmap

To find a wide range of information and resources for those who have or care for someone with advanced prostate cancer, visit

MyProstateCancerRoadmap.com

Medication Reminders

Care4Today® Connect

Manage your medications from your mobile phone or computer with Care4Today® Connect. This can also be used by family members and loved ones to help with monitoring medications.



Download the free app today at the App Store, Google Play™, or at care4today.com.

TIPS FOR TALKING TO YOUR DOCTOR



Prepare your questions ahead of time.



Don't be afraid to ask for the information you want.



Bring someone with you to your appointment. They'll help you keep track of the information your doctor gives you.



Repeat back what your doctor tells you in your own words to make sure you've understood it.

TIPS TO HELP YOU STAY ON YOUR TREATMENT SCHEDULE



Keep your medications in a safe, familiar location as a reminder to take them.



Use an alarm or timer as a reminder to take your medications.



Consider using a calendar or leaving a note in a place where you'll see it every day to remind you to take your medications.

Staying on Track

Use these next few pages to keep track of how you're doing so you and your loved ones can share with your doctor how your treatment is working.



My Guide

My goals:

How is this month going?

What activities did I do?
Consider sharing this with my doctor or loved ones.

Questions to ask at my next appointment:

Your Support Team

Consider asking your loved ones for their opinion of how you're doing. Talking about how you're feeling is one of the most helpful things you can do to feel supported. Sharing these conversations with your doctor can provide accurate insight on how your treatment is working for you.

My goals:

How is this month going?

What activities did I do?

Consider sharing this with my doctor or loved ones.

Questions to ask at my next appointment:

Is There a Word or Term You Don't Understand?

For a glossary of common medical terms, visit myprostatecancerroadmap.com/defining-terms-glossary.html

My goals:

How is this month going?

What activities did I do?

Consider sharing this with my doctor or loved ones.

Questions to ask at my next appointment:

Finding Help and Support

Living with metastatic prostate cancer can be difficult to deal with emotionally and physically. There are support networks available that are specifically designed for people facing similar challenges. To explore what's available near you, visit AdvocacyConnector.com

metastatic prostate cancer = prostate cancer that has spread to other parts of the body

My goals:

How is this month going?

What activities did I do?

Consider sharing this with my doctor or loved ones.

Questions to ask at my next appointment:

Know the Medicines You Take

Use this space to write down all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Refer to this list to show to your healthcare provider and pharmacist when you get a new medicine.

Name of medication _____
The dose I take _____
Doctor who prescribed it _____
When I started taking it _____

Name of medication _____
The dose I take _____
Doctor who prescribed it _____
When I started taking it _____

Name of medication _____
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The dose I take _____
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When I started taking it _____

Name of medication _____
The dose I take _____
Doctor who prescribed it _____
When I started taking it _____

Important Contact Phone Numbers

Your Doctor and Nurse:

Your Specialty Pharmacy Provider:

Janssen CarePath:

855-ZYTIGA-1 (855-998-4421)

Emergency Contact:

Please see the full [Prescribing Information](#) and [Patient Information](#) for ZYTIGA® (abiraterone acetate) and discuss any questions you have with your doctor.

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