

As you prepare for your prostate cancer treatment it is important to identify and address other underlying health conditions that may impact your recovery. Several conditions that can go undiagnosed for years such as diabetes or high blood pressure are known to contribute to challenges directly related to common prostate cancer treatments.

Additionally, when considering treatment for prostate cancer it is important to consider life expectancy as prostate cancer is typically slow-growing. Treatment for men with other serious health conditions should be carefully considered to ensure survival benefit and optimal quality of life.

Be sure to take this checklist to your primary care physician. He/she is an important part of your care team and can help you to be sure your body is in the best possible condition prior to treatment.

PHYSICAL EXAM: Review overall health status, perform a thorough physical exam and discuss health related topics.

BLOOD PRESSURE: High blood pressure (Hypertension) has no symptoms, but can cause permanent damage to body organs.

TB SKIN TEST: Should be done on occasion of exposure or suggestive symptoms at direction of physician. Some occupations may require more frequent testing for public health indications.

BLOOD TESTS & URINALYSIS: Screens for various illnesses and diseases (such as cholesterol, diabetes, kidney or thyroid dysfunction) before symptoms occur.

EKG: Electrocardiogram screens for heart abnormalities.

TETANUS BOOSTER: Prevents lockjaw.

HEMOCCULT: Screens the stool for microscopic amounts of blood that can be the first indication of polyps or colon cancer.

COLORECTAL HEALTH: A flexible scope examines the rectum, sigmoid and descending colon for cancer at its earliest and treatable stages. It also detects polyps, which are benign growths that can progress to cancer if not found early.

CHEST X-RAY: Should be considered in smokers.

TESTOSTERONE SCREENING: Low testosterone symptoms include low sex drive, erectile dysfunction, fatigue and depression. Initial screening for symptoms with a questionnaire followed by a simple blood test.

SEXUALLY TRANSMITTED DISEASES (STDs): Sexually active adults who consider themselves at risk for STDs should be screened for syphilis, chlamydia and other STDs.

OTHER AREAS TO CHECK:

Testicle: To find lumps in their earliest stages.

Skin: To look for signs of changing moles, freckles, or early skin cancer.

Oral: To look for signs of cancerous lesions in the mouth.

Breast: To find abnormal lumps in their earliest stages.

Bone mineral density test under the supervision of your primary care physician