

# Being a Supportive Caregiver

Learning that someone you care about has locally advanced prostate cancer can be difficult. You may be worried, overwhelmed, and even feel a little helpless. These are all completely normal reactions, and the same feelings that patients have at many points of the diagnosis and treatment process. While every person and situation is different, you should remember:

- More than 2 million men in the United States who have learned they have prostate cancer are still alive today.



## What can you do?

As the caregiver of a person with locally advanced prostate cancer, the most important thing you can do is remain as engaged and supportive as possible. Diagnosis and treatment of locally advanced prostate cancer can be a difficult journey, but there are several things you can do to help make it easier:

## Learn about locally advanced prostate cancer and potential treatment options

Understanding locally advanced prostate cancer—such as the kinds of tests performed and common treatment approaches—can help put you at ease. It can also give you the information you need to ask good questions and help the patient make the best choices possible about treatment. There are resources available to help you understand treatment options and information about locally advanced prostate cancer:

- [www.Firmagon.com](http://www.Firmagon.com)
- FIRMAGON Patient Care Kit

You should encourage the patient to request these materials from their health care provider.

## Keep your family and friends close

While locally advanced prostate cancer can be a very personal topic to discuss with friends and family, it's important to keep relatives and close acquaintances involved in your journey. They can be a solid source of support for both you and the patient and provide reassurance and comfort.

## Join a support group

When someone you care about is diagnosed with locally advanced prostate cancer, you may be asking yourself how you can be as supportive as possible. In fact, you may be going through a stressful time as well. One way to learn about providing emotional and physical support to your loved one is to get in touch with a local prostate cancer patient support group. Click below for a list of the organizations that offer education and support to help you deal with your family member's locally advanced prostate cancer.

Here are just a few of the organizations (see reverse) that offer education and support to help you and your family deal with locally advanced prostate cancer.



FIRMAGON is a prescription medicine used in the treatment of advanced prostate cancer.



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## Join a support group (continued)

### Us TOO International

www.ustoo.org • 1-800-80-Us-TOO (1-800-808-7866)

Started by prostate cancer survivors, this organization provides timely and reliable information about the diagnosis and treatment of prostate cancer. Ferring Pharmaceuticals is currently working with Us TOO to conduct research on patient attitudes toward advanced prostate cancer and to share important information about FIRMAGON® (degarelix for injection).



### American Cancer Society

www.cancer.org • 1-800-ACS-2345 (1-800-227-2345)

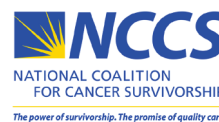
This nationwide organization works toward eliminating cancer and improving quality of life for those facing the disease. Their activities include research, public education, advocating responsible cancer legislation, and helping cancer patients and their families manage their condition.



### National Coalition for Cancer Survivorship

www.canceradvocacy.org • 1-888-650-9127

Another organization started by cancer survivors, this group advocates quality cancer care and helps empower those who are living with cancer. They offer legislative advocacy on cancer issues and provide access to accurate information for patients.



### Patient Advocates for Advanced Cancer Treatments

www.paactusa.org • 1-616-453-1477

This Web site offers practical, up-to-date information for patients and physicians on the management of prostate cancer. It includes information on new treatment options, as well as links to additional information sources.



## Take care of yourself

As a primary caregiver of someone with locally advanced prostate cancer, it's important that you take care of yourself, as well as help take care of loved ones. Be sure to:

- Eat healthy
- Get plenty of rest
- Ask for help when you need it

For more information, please visit [www.firmagon.com](http://www.firmagon.com) or please call 1-888-FERRING.

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### Important Safety Information

FIRMAGON should not be given to people who are allergic to any of the ingredients in FIRMAGON. It should not be given to women who are pregnant or may become pregnant. FIRMAGON can harm an unborn baby when given to a pregnant woman.

Before receiving FIRMAGON, tell your healthcare provider about all your medical conditions, including if you have any heart problems, problems with balance of your body salts or electrolytes (such as sodium, potassium, calcium, and magnesium), or have kidney or liver problems.

The common side effects of FIRMAGON include: hot flashes, injection site pain, redness and swelling (especially with the first dose), weight gain, increase in some liver enzymes, tiredness, hypertension, back and joint pain, chills, urinary tract infection, and decrease sex drive and trouble with erectile function (impotence).

Please see enclosed full prescribing information for FIRMAGON.

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