



# Non-metastatic Castration-Resistant Prostate Cancer (nmCRPC)

## Questions to Ask the Doctor

*Urology Care*  
FOUNDATION™

*The Official Foundation of the  
American Urological Association*

Prostate cancer happens when abnormal cells form and grow in the prostate gland. Unlike benign (or non-cancerous) growths, these are cancerous (malignant). Prostate cancer is the second-leading cause of cancer death for men in the U.S. When caught early, patients live longer. At first, prostate cancer may stop growing with hormone treatment that blocks the hormone testosterone. This is called androgen deprivation treatment (ADT). After time, cancer cells can “outsmart” ADT. The cancer learns to grow, even without testosterone.

Castration-resistant prostate cancer (CRPC) is a form of advanced prostate cancer. With CRPC, the cancer no longer fully responds to treatments that lower testosterone. It shows signs of growth, like a rising PSA (prostate-specific antigen), even with low levels of testosterone.

If the PSA level rises while on hormone therapy, prostate cancer cells could be growing. If it is not found outside of the prostate with imaging such as a CT scan or bone scan, it is called “**non-metastatic**” (nm) or **nmCRPC**.

It helps to talk with your doctor about next steps for nmCRPC care. Below are some questions that you may want to ask your doctor.

### Questions to Ask About Prostate Cancer:

- What kind of prostate cancer do I have – how fast is it growing?
- What do the changes in my PSA level mean over time?
- Do I need any other tests to help me decide what care is best for me?

- What other physical issues should I tell you about? What are skeletal related events (SREs)?
- Are you sure my cancer hasn’t spread outside of my prostate?
- What tests should we do to make sure the cancer has not spread?

### Questions to Ask About Care:

- What are my next steps for care?
- Should I keep taking the same hormone treatment?
- Will you tell me about treatments for non-metastatic CRPC, like apalutamide or enzalutamide? Would either be good for me and why?
- Is watchful waiting the best choice for me (why/why not)?
- Are there clinical trials that I should keep in mind?
- What are the pros and cons of each choice?
- Does my health insurance plan cover the costs for the care choices you suggest?
- What can I do to protect my bones?
- Will vitamin D or other things help?
- What else can help slow down my cancer growth?
- Which choice is most likely to keep my cancer from growing?
- Can you give me the name of some other doctors for a second point of view? Can you put me in touch with a patient or support group?

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### Other Experts

It is common to seek a second point of view, and it helps. You can ask your doctor to suggest a specialist. Doctors are used to this question. If you don't feel good about asking your cancer doctor, ask your primary care doctor or a prostate cancer support group for referrals. If you can, find a doctor who is part of a National Cancer Institute (NCI)-listed Cancer Center.

- A urological oncologist is the doctor who can treat advanced prostate cancer and urinary symptoms. Ask if he/she has a lot of experience treating prostate cancer, CRPC and nmCRPC. Ask if they are up-to-date on the latest treatments for nmCRPC and CRPC.
- A radiation oncologist can tell you about radiation treatment choices for your diagnosis.
- A medical oncologist can offer other therapies if cancer spreads to other parts of your body, or if cancer returns.

### About the Urology Care Foundation

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts. To learn more, visit the Urology Care Foundation's website, **UrologyHealth.org/UrologicConditions** or go to **UrologyHealth.org/FindAUrologist** to find a doctor near you.

### Disclaimer

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologists or health care provider about your health concerns. Always talk to a health care provider before you start or stop any treatments, including medications.

For more information, visit **UrologyHealth.org/Download** or call 800-828-7866.