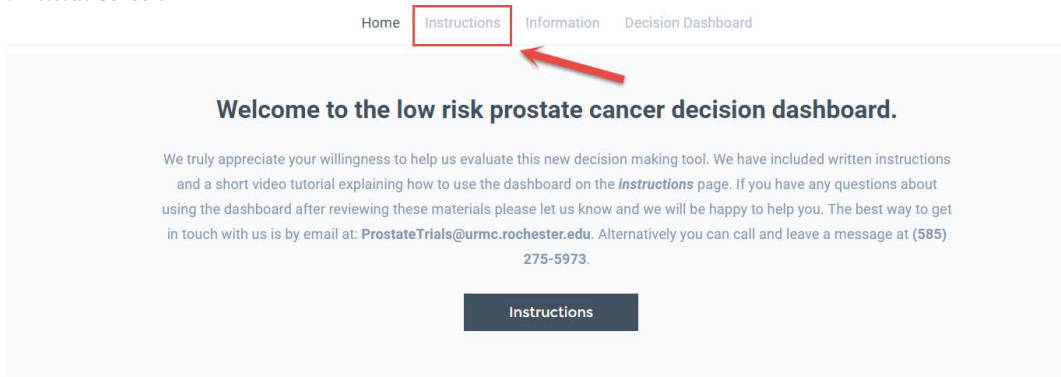


# How to use the dashboard

When you first arrive at the dashboard site, you will see the screen shown in figure 1 below. These instructions are available by clicking the button marked “Instructions” or by clicking the Instructions link on the navigation pane.

Figure 1: Initial screen



Purpose	Source	Other sites
<b>What is the purpose of the dashboard?</b> <ul style="list-style-type: none"><li>The information provided is intended to provide a general overview of the differences among currently recommended prostate cancer treatment options</li><li>Remember, this information may or</li></ul>	<b>Where does the information come from?</b> <ul style="list-style-type: none"><li>The information presented in the dashboard is based on the current medical literature and the judgments of a group of doctors who regularly treat patients with prostate cancer.</li></ul>	<b>Where else can I find information about prostate cancer treatment?</b> <ul style="list-style-type: none"><li>Agency for Healthcare Research and Quality (AHRQ) clinically localized prostate cancer decision aid</li><li>National Cancer Institute Prostate Cancer Information page</li></ul>

In addition to reading the instructions, be sure to read the information under the Purpose, Source, and Other Sites headings shown in Figure 2.

Figure 2: Important information about the dashboard

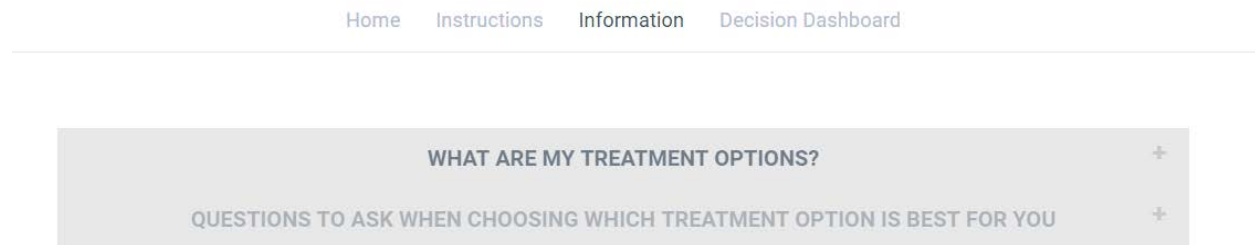
Purpose	Source	Other sites
<b>What is the purpose of the dashboard?</b> <ul style="list-style-type: none"><li>The information provided is intended to provide a general overview of the differences among currently recommended prostate cancer treatment options</li><li>Remember, this information may or may not be a good fit for your prostate cancer.</li><li>Therefore, <b>you should not make any decisions about your cancer treatment without consulting your health care provider(s).</b></li></ul>	<b>Where does the information come from?</b> <ul style="list-style-type: none"><li>The information presented in the dashboard is based on the current medical literature and the judgments of a group of doctors who regularly treat patients with prostate cancer.</li><li>The dashboard presents the full range of outcome likelihoods most newly diagnosed men can expect.</li></ul>	<b>Where else can I find information about prostate cancer treatment?</b> <ul style="list-style-type: none"><li>Agency for Healthcare Research and Quality (AHRQ) clinically localized prostate cancer decision aid</li><li>National Cancer Institute Prostate Cancer Information page</li><li>National comprehensive cancer network guidelines for patients</li><li>The prostate cancer foundation</li><li>Us TOO International Prostate Cancer Education &amp; Support Network</li></ul>

[Next](#)

When you are finished, go to the Information page. You can reach this page either by clicking on the “Next” button at the bottom of the initial page or clicking the Information tab in the navigation area at the top of the page.

The information page will open. It will look like Figure 3, below:

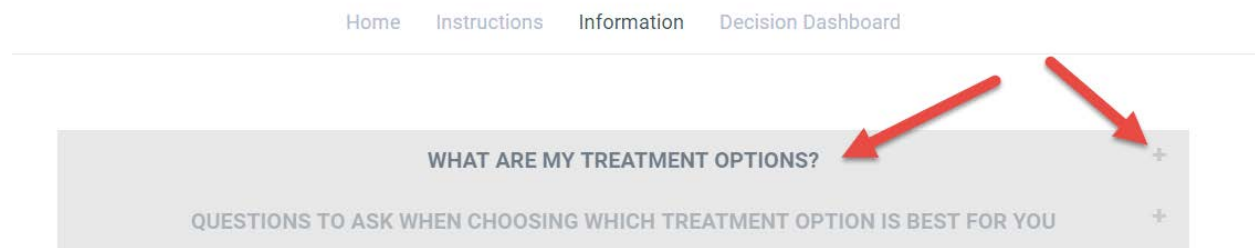
*Figure 3: The information page*



The information page includes a description of currently recommended treatment options for men with newly diagnosed intermediate risk prostate cancer and a series of questions to consider when choosing the treatment that will be most appropriate for you.

To see this information, click on the appropriate heading, either the words or the little + sign on the right as shown below:

*Figure 4: Viewing treatment information*



Clicking on “What are my treatment options” will reveal the screen shown in Figure 5 on the next page.

Figure 5: Treatment options information

**WHAT ARE MY TREATMENT OPTIONS?**

**Active Surveillance**  
Active surveillance consists of no treatment now with testing on a regular basis so that treatment can be started when needed.

**External Beam Radiation**  
External beam treatment uses x-rays from an external machine to kill the cancer cells.

**Brachytherapy**  
Brachytherapy involves inserting radioactive pellets directly into the prostate gland.

**Surgery**  
An operation to remove the prostate gland & the cancer inside. Several surgical methods are available. Which is best depends on your individual situation.

Clicking on any of the treatment options in the blue boxes will take you to additional information about the treatment.

Note that proton beam therapy, cryotherapy, and several other treatments you may have heard about are not currently recommended outside of clinical study protocols. More information is available by clicking on the link at the bottom of the screen, shown in the picture above.

Clicking on the “Questions to ask when choosing which treatment option is best for you” will open the information shown in Figure 6.

Figure 6: Questions to ask

WHAT ARE MY TREATMENT OPTIONS? +

QUESTIONS TO ASK WHEN CHOOSING WHICH TREATMENT OPTION IS BEST FOR YOU -

**How effective are the treatment options?**

- 1. How likely am I to die of prostate cancer?**  
In the dashboard you will be able to explore this question by looking either at the chances of dying from prostate cancer or the chances of being a prostate cancer survivor associated with each treatment option.
- 2. What is the chance that the prostate cancer will come back after treatment?**  
Usually the first sign that a prostate cancer is coming back is an increase the PSA (prostate specific antigen) blood test.

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**What are the side effects of treatment?**

- 1. What effects will the treatment have on my sexual function?**
- 2. What effects will the treatment have on my urinary function?**
- 3. What effects will the treatment have on my bowels and rectal function?**

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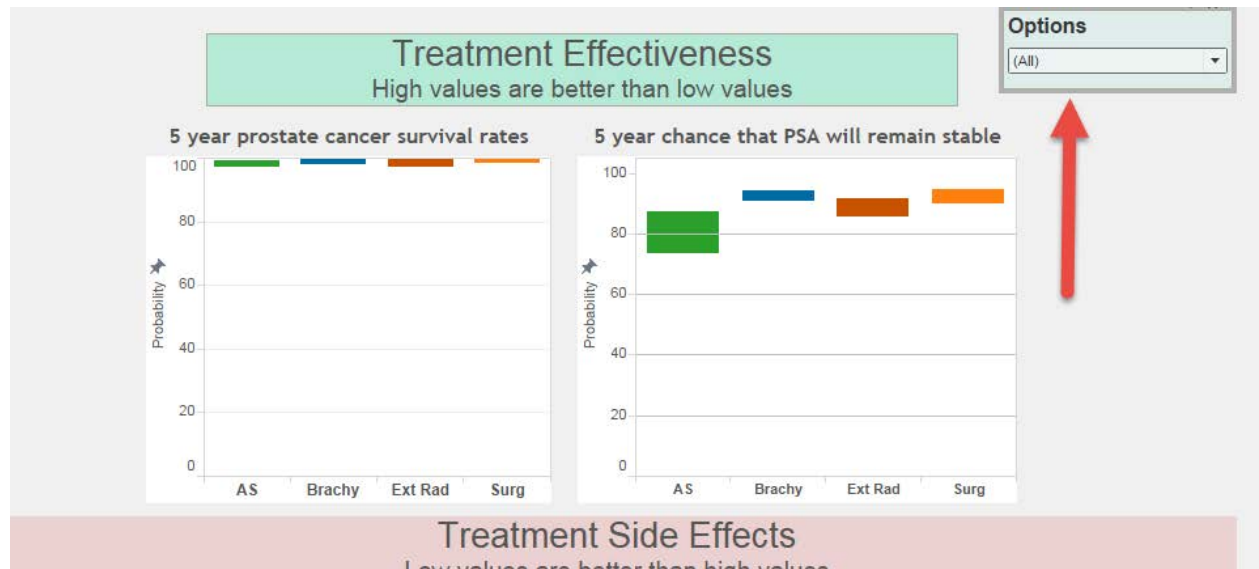
**What do the treatments involve?**

- 1. Are there any activity restrictions during treatment?**
- 2. How much time will the treatment take?**
- 3. Where will I be treated & how much travel will be involved?**
- 4. What do the treatments cost?**

Currently no additional information is available about these questions.

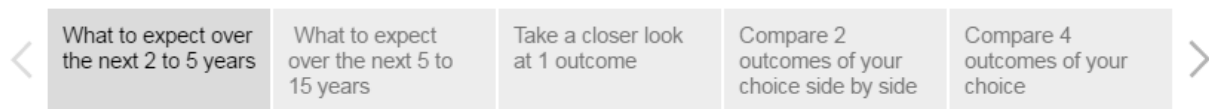
Finally, clicking on the “Decision Dashboard” tab on the top of the screen will open the screen shown in Figure 7 on the next page.

Figure 7: Decision dashboard



The dashboard has five separate areas, illustrated by the navigation bar shown below. Clicking on any one will take you to the respective screen

Figure 8: Dashboard navigation

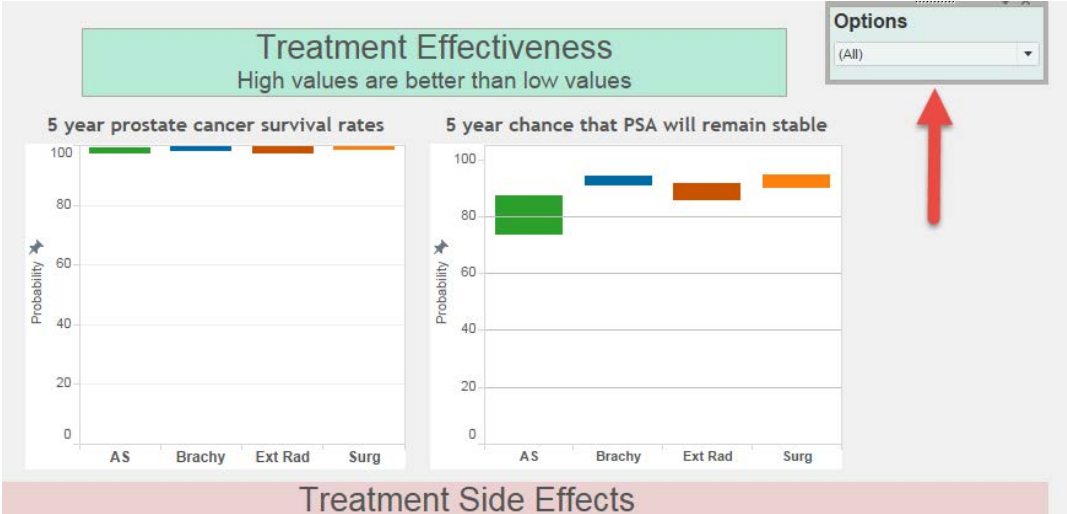


Each chart in the dashboard will show the four recommended treatment options. The abbreviations used are shown at the bottom:

**Abbreviations:** **AS** = Active Surveillance; **Brachy** = Brachytherapy; **Ext Rad** = External beam radiation; **Surg** = Surgery

Clicking the “options” button on the right side will open a list of the options as shown in Figure 9 below. By default, all four options will be displayed.

Figure 9: Options list, all displayed



To remove one or more options from the display, click on the box next to it in the options box to remove the checkmark.



Abbreviations: AS = Active Surveillance; Brachy = Brachytherapy; Ext Rad = External beam radiation; Surg = Surgery

To restore options that have been removed, either click the box next to the non-displayed option in the Options list. You can restore all options by clicking the (All) option.

The second screen, “What to expect over the next 5 to 15 years”, shown below in Figure 10 works exactly the same way.

Figure 10: 5 to 15 year outcomes

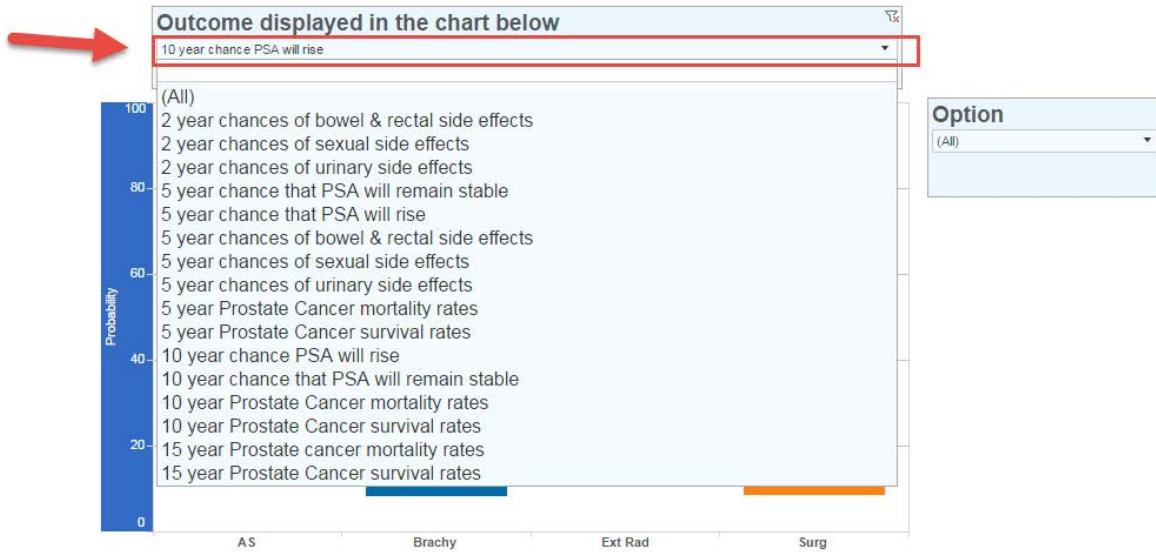


The last 3 screens in the dashboard allow you to take closer looks at combinations of options and outcomes that you choose. They all work the same way. In addition to using the Options checkboxes to select the options to display, you are able to choose the outcomes. To do this, click the little triangle on the right hand side of the “Outcome displayed in the chart below” window, shown in Figure 11 on the next page. (Note, on certain computers the triangle may not appear, in this case just click on the entire area.)



Figure 11: Choosing outcomes

Use the "Outcome" dropdown list above the chart to select the outcome you want to review. Use the little triangle on the right of the selection box to pick the outcome to display. You will only be able to select one at a time.



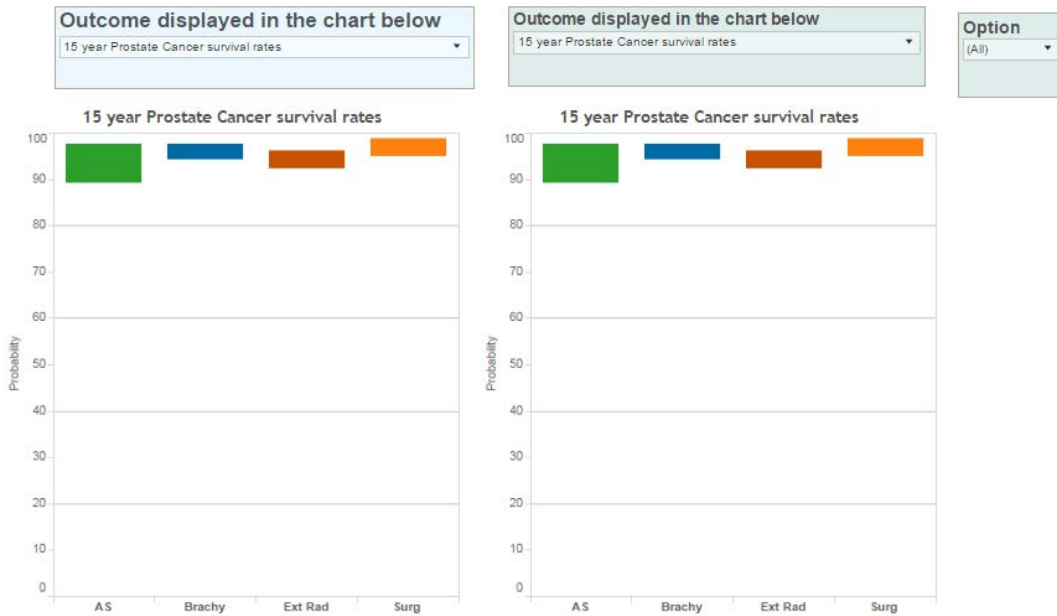
Abbreviations: **AS** = Active Surveillance; **Brachy** = Brachytherapy; **Ext Rad** = External beam radiation; **Surg** = Surgery

Click on the outcome you want to use and the chart will adjust accordingly

Follow the same procedure to adjust the information shown in the side by side and 4 chart comparison grid shown below.

- What to expect over the next 2 to 5 years
- What to expect over the next 5 to 15 years
- Take a closer look at 1 outcome
- Compare 2 outcomes of your choice side by side
- Compare 4 outcomes of your choice

Use the "Outcome" dropdown list above each chart to select the outcome you want to review. Use the little triangle on the right of the selection box to pick the outcome to display. You will only be able to select one at a time.

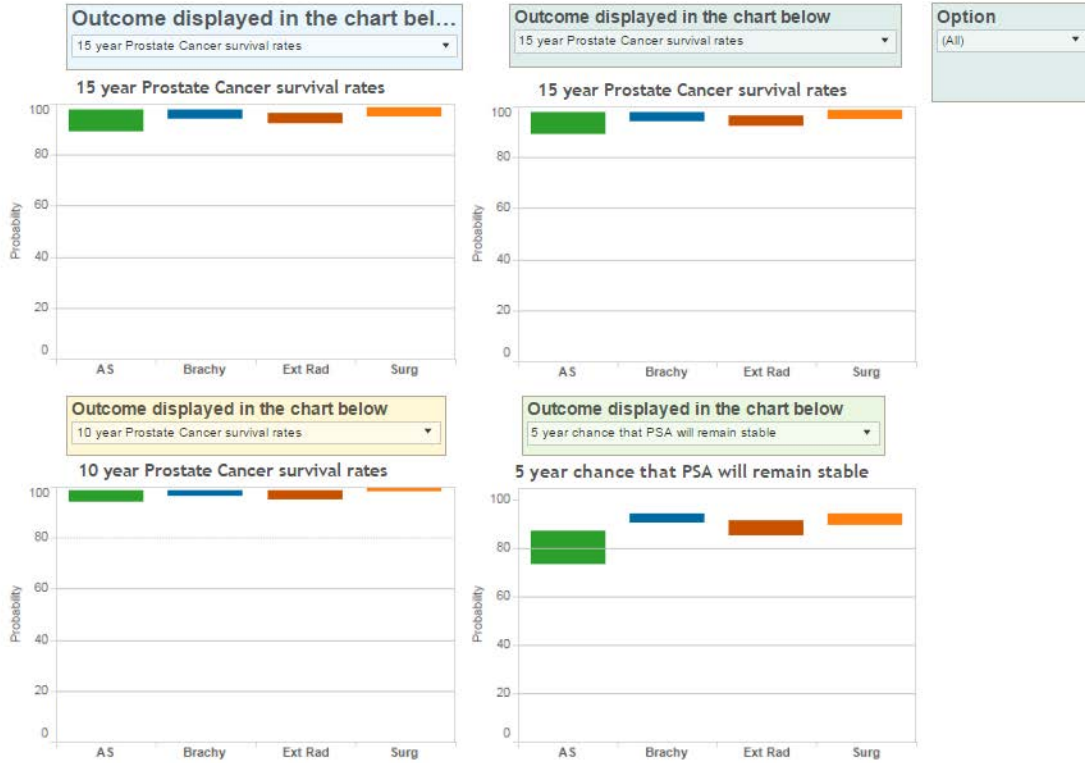


**Abbreviations:** **AS** = Active Surveillance; **Brachy** = Brachytherapy; **Ext Rad** = External beam radiation; **Surg** = Surgery

Figure 13: 4 option comparison grid

- What to expect over the next 2 to 5 years
- What to expect over the next 5 to 15 years
- Take a closer look at 1 outcome
- Compare 2 outcomes of your choice side by side
- Compare 4 outcomes of your choice

Use the "Outcome" dropdown list above each chart to select the outcome you want to review. Use the little triangle on the right of the selection box to pick the outcome to display. You will only be able to select one at a time.



Abbreviations: **AS** = Active Surveillance; **Brachy** = Brachytherapy; **Ext Rad** = External beam radiation; **Surg** = Surgery