



Matthew is a healthy and active man in his 50s, so a diagnosis of prostate cancer sent him reeling, especially because there's no family history of the disease.

Matthew's health journey started when his level of prostate-specific antigen (PSA) began increasing over the course of a year. After undergoing a prostate biopsy, his urologist diagnosed him with intermediate-risk prostate cancer and recommended surgery.

"It was a condition I'd never considered," Matthew said. "You walk away in a state of shock." Matthew was handed a booklet that described potential side effects of a surgery that would severely impact his quality of life, such as incontinence and impotence.

As Matthew researched his condition, he wondered why his urologist recommended such an aggressive surgery. His wife reminded him of an employee assistance program through his company that would connect him with a nurse who had experience with his condition.

Matthew availed himself of this program and the nurse he spoke with referred him to Best Doctors, a benefit he had through his company's insurance plan.

Matthew said he was looking for a second opinion on his biopsy as well as alternate treatment options. "I felt like I needed the input of an expert but I didn't know who they were or where they were," he said.

Matthew got in touch with Best Doctors and described his experience from that point forward as "fantastic." Best Doctors collected his medical records, put him in touch with a lead physician, and his health journey took a different course.

"The expert was extremely thorough, sympathetic, knowledgeable, and took over the next steps for me. That was a tremendous relief," said Matthew.

Best Doctors submitted Matthew's biopsy sample to an experienced pathologist at Duke University. The Duke pathology report was then reviewed by a renowned urologist who specializes in the treatment of prostate cancer. After retesting, the stage of Matthew's prostate cancer was downgraded.

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"That was big news and put me in a different category called 'active surveillance,'" said Matthew, adding that the expert provided him with a plan to go over with his urologist.

"To have a world-recognized expert suggest the appropriate pathway is liberating," said Matthew. He ended up visiting a specialist who conducted a

multiparametric MRI of his prostate, which can detect if more severe cancer is lurking in the gland. The results came back negative, and Matthew will be continuing with the active surveillance plan from Best Doctors.

"Through the Best Doctors program I've gone from feeling like I got sledgehammered to understanding my disease very well," said Matthew.

This is a real Best Doctors case. Where necessary, personal details have been modified and photographs have been used for illustrative purposes in order to respect and maintain patient privacy.

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