

# Talking with your oncologist

Over time, your treatment may not work as well as it did before, and your ovarian cancer may get worse (progress) or come back (recur). Platinum-resistant ovarian cancer (PROC) is the term used for when the cancer does not improve or progresses during therapy, or recurs within 6 months of treatment.

This guide can help you talk with your oncologist about what PROC means for your care and explore next steps together so you can feel more informed and prepared.

## Understanding chemotherapy resistance

**Q:** If my ovarian cancer has gotten worse (progressed) or has come back (recurs) after chemotherapy, does that mean it's platinum resistant?

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**Q:** What does platinum resistance mean, and why has my treatment stopped working?

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**Q:** If my ovarian cancer is platinum resistant, how does that affect what comes next in my treatment?

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## Exploring next steps in treatment options

**Q:** What treatment options are available to me now?

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**Q:** Are there ongoing clinical trials that may be relevant to me, or do you think we should explore other options?

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**Q:** Should I consider getting a new biomarker test?

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**Q:** Regardless of biomarker status, what other options might be right for me?

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**Q:** What should I know about potential side effects or risks associated with new treatment options?

**TIP:** Think about what feels right for you. Ask about the potential benefits versus side effects for each option and pick the one that matches your priorities.

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### Helpful terminology

**Biomarker:** a gene or protein in your cancer cells that indicates the treatment may work

**Chemotherapy resistance:** when you no longer respond to your current chemotherapy agent

**Platinum resistance:** when you no longer respond to platinum-based chemotherapy agents

**Recurrence:** when cancer comes back after treatment

**Targeted therapy:** a treatment that attacks specific features of cancer cells

**Q:** If I choose not to pursue active treatment for my cancer, what kind of care and support will be available to me?

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## Working with your care team

**Q:** How will you and the rest of my care team help me plan my next steps?

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**Q:** Are there members of my care team, such as an oncology nurse practitioner, palliative care worker, or pharmacist, who can help me manage symptoms and side effects throughout my journey?

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**Q:** What's the best way for me (or my caregiver) to stay informed about any changes in my treatment or condition?

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## Emotional well-being and support

**Q:** What can I do to make living with platinum-resistant ovarian cancer more manageable?

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**Q:** What kinds of support or resources are available to help me cope and talk with my family and friends about what's happening?

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**Q:** What support is available for the people caring for me, and how can they be more involved in helping me through this?

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**Q:** What ovarian cancer support groups or communities can help me connect with others who are going through something similar?

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## Helpful resources, when you're ready



Visit [IlluminateRecurrence.com](https://www.IlluminateRecurrence.com) or scan the QR code to find additional resources and support.



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