

UREF was established in 2001 for the purpose of educating the community and health care providers about cancers affecting the urologic organs with a focus on prostate cancer and conducting original research.

Educating the local community:

- Since 2001, UREF has educated thousands in the community about the importance of a healthy lifestyle for reducing the risk of prostate cancer and the importance of screening. The goal of screening for prostate cancer is to find cancers that may be at high risk for spreading if not treated, and to find them early before they spread. When diagnosed early, there are more options including the possibility of active surveillance. Men who do not have their prostate health evaluated regularly may not be diagnosed with prostate cancer until it is an advanced stage.
- Offer a monthly prostate cancer support group meeting for prostate cancer survivors and their loved ones. The meetings include talks from physicians and other healthcare providers about the diagnosis and treatment of prostate cancer, the management of side effects from treatment, and ways to reduce the recurrence of prostate cancer. In addition to the information gained from knowledgeable speakers, attendees receive hope and help from other survivors.
- UREF honors a man every year with the “Man of Action” award. This award is given to a man in the community who sees their health as a personal responsibility and promotes this philosophy by example. The award is given to a leader in their field who demonstrates foresight, innovation, and courage. It is hoped that by honoring such men others will be inspired to follow their example. Honorees have included Col. Dan Fulgham (ret. USAF), Lamar Hunt (post-

humously), Todd Whitthorne, Drew Pearson, Brian Huth, and Captain Chris Cassidy. The award is given at a dinner where the message of early diagnosis of prostate cancer is presented.

- Speaking to community groups about prostate cancer including churches and clubs are given throughout the year.

Educating the healthcare community:

- UREF has contributed to the publication of multiple peer-reviewed journals and books on prostate cancer and on urologic ultrasound. A listing of publications may be found at Google Scholar under the author Pat Fulgham, MD.
- Dr. Pat Fulgham, President of UREF, has directed hands-on ultrasound training for urologists at the annual AUA meeting and through other regional course offerings for over the past 20 years.
- Speaking at continuing medication education courses on the topic of prostate cancer and urologic conditions.

Research:

- Working in conjunction with the Mary Crowley Cancer Research Center, UREF participated in a study of the use of micro-RNAs for the diagnosis, prognosis and treatment in prostate cancer.

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