

Urology Research & Education Foundation

What We Do

Support and advise prostate cancer survivors and their families

- Prostate cancer support group
- Community outreach

Educate patients and physicians about prostate cancer screening, risk reduction, and early detection

- Promote healthy lifestyle
- Speak with industry and professional and service groups

Conduct and publish original research on prostate cancer-related topics

- Teach at the national and international level
- Publish articles, books and videos



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FOUNDATION EVENTS



PROSTATE CANCER EDUCATION

- Dr. Fulgham is available to speak to community groups or businesses
- Email aclark@urologyfoundation.org

PROS AND JOES GOLF TOURNAMENT

- Prosandjoesgolftournament.com
- November 25, 2024
- Brookhaven Country Club

PROSTATE CANCER SUPPORT GROUP

- 4th Tuesday, 5:30 pm (email aclark@urologyfoundation.org for current meeting status)
- Campisi's Restaurant, 5610 E. Mockingbird, Dallas

ANNUAL DAN FULGHAM MEMORIAL DINNER

- 2023 "Man of Action" award recipient, Chris Cassidy (US Navy, Captain, ret.), former astronaut and Commander of the International Space Station
- Urologyfoundation.org/dinner

For more information about these events visit
UROLOGYFOUNDATION.ORG or call 214-695-1830

What Your
Doctor May **Not**
Have Told You
About

Prostate
Cancer



(and what
questions you
should ask!!)

Urology research
& education foundation
www.urologyfoundation.org

“What is my exact PSA result?”

Your doctor may say your PSA is normal but may not give you the value. Know your PSA value and track it from year to year. An increase of more than 0.75 from one year to the next could indicate the need for further testing.

“Do I have to have a digital rectal exam?”

Prostate cancer screening includes a PSA blood test **and a digital rectal exam (DRE)**. The PSA test, alone, may miss up to 40% of cancers. If the prospect of a having a DRE is preventing you from being screened, a non-invasive urine test may be an alternative. Ask about it! (ExoDx is an example)

“Am I at increased risk?”

- Black men have a 2x higher risk
Black men develop prostate cancer at a younger age (3-9 years earlier)
A PSA which might be considered normal for other races could indicate an increased risk for Black men.
- All men with a strong family history of prostate cancer
- All men with a family history of breast, ovarian or pancreatic cancer.

Prostate cancer cannot be treated if it is not detected. Not all prostate cancers require immediate treatment. Testing empowers you and your urologist with the information to make an informed decision.

Questions You May Need to Ask

“When should I be screened?”

Discuss risk and benefits of prostate cancer screening with your doctor. If you choose to be screened for prostate cancer consider the following.

Age 40–75 Men at high risk

Begin testing at age 40

- Black men
- Family history of prostate cancer
- Family history of breast, ovary or pancreatic cancer

Age 45-75 Men with average risk

Begin testing at age 45

Age 75 years or older

Continue to have a PSA test performed if you are healthy with few other illnesses.
Consider continued testing if your PSA has been rising.

Prostate Cancer Risk Calculators May Help You Know Your Risk

There are risk calculators available online that may help predict the likelihood that you have prostate cancer and may help you and your physician decide whether further evaluation is necessary.

One example is,

<https://www.riskcalc.org/PCPTRC>

“How can I decrease my risk for prostate cancer?”

While it has not been proven that any particular diet, dietary supplement or medication will prevent prostate cancer, there are lifestyle choices that may reduce the risk. Since the leading cause of death in men is heart disease (26%) followed by cancer (24%), a lifestyle to maintain a healthy heart is of prime importance to a long and healthy life.

1) Healthy diet consisting of at least 5 servings of fruits and vegetables per day. Limit your intake of red meat and fat

2) Regular physical activity of 30 to 45 minutes on five or more days a week. Men over age 40 who have not been physically active should be evaluated by their physician before beginning an exercise program and they should gradually increase the intensity, duration and frequency of exercise

3) Control weight (Body mass index <30)

4) Do NOT smoke or use tobacco. It has not been shown that smoking increases the risk of prostate cancer but studies have shown that men who smoke may be at higher risk for high grade/aggressive prostate cancer as well as the risk for bladder cancer and other diseases.

5) Annual doctor visit to include testing for blood pressure, cholesterol and diabetes. Discuss PSA testing with your doctor. (Pro tip: Demand a PSA test!)