

## 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 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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## UREF EVENTS



### PROSTATE CANCER LECTURES

- Dr. Fulgham is available to speak to community groups or businesses
- Email [aclark@urologyfoundation.org](mailto:aclark@urologyfoundation.org)

### PROS AND JOES GOLF TOURNAMENT

- [Prosandjoesgolftournament.com](http://Prosandjoesgolftournament.com)
- Brookhaven Country Club

### PROSTATE CANCER SUPPORT GROUP

- 4th Tuesday, 5:30 pm
- Campsis Restaurant, 5610 E. Mockingbird, Dallas

### DAN FULGHAM MEMORIAL PROSTATE CANCER SYMPOSIUM

- September 27, 2025, 9 am to noon
- Texas Health Presbyterian Dallas
- Register at [urologyfoundation.org](http://urologyfoundation.org)

For more information about these events visit  
[UROLOGYFOUNDATION.ORG](http://UROLOGYFOUNDATION.ORG) or call 214-695-1830

## PROSTATE CANCER

### Don't Wait Until It's Too Late

Every year, thousands of men lose their lives to prostate cancer—often because it wasn't caught early.

The good news? **Early screening can find prostate cancer when it's most treatable.**

- A quick blood test could save your life.
- Early detection means more time with the people you love.

**Your health matters. Your family is counting on you.**



**Urology research & education** foundation  
[www.urologyfoundation.org](http://www.urologyfoundation.org)



## What is Prostate Cancer Screening?

Prostate cancer screening includes a PSA blood test.

Screening does not diagnose prostate cancer but may help identify if you are at increased risk for having prostate cancer. If it is determined that you are at increased risk then further tests can be performed. A prostate biopsy is how prostate cancer is diagnosed.

***A cancer cannot be treated if it is not detected.***

Not all prostate cancers require immediate treatment. Active surveillance, in lieu of immediate treatment, is an option for some men.

***Screening = More options. More control. More years of life.***

## When Should I Be Screened for Prostate Cancer?

If you choose to be screened for prostate cancer consider the following.

### Age 40

**Men with risk factors for prostate cancer (i.e. family history or African-American) begin testing at age 40**

- If the PSA < 1.0 get next PSA at age 45
- If the PSA > 1.0 repeat PSA annually

### Age 50

**Men without risk factors for prostate cancer begin testing at age 50**

- If PSA > 1.0 or if there are urinary symptoms, test annually
- If PSA < 1.0 or no symptoms consider testing every 2 years.

***Men with a family history of prostate cancer or men who are African-American should be screened starting at age 40.***



## How Can I Reduce My Risk for Prostate Cancer?

It has not been proven that any particular diet, dietary supplement or medication will prevent prostate cancer. 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 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.

**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.