

# PROSTATE CANCER RESOURCES

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PAT FULGHAM, MD

## HELPFUL CONTACTS

### UROLOGIST

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### DR. FULGHAM'S MEDICAL ASSISTANT & SURGERY SCHEDULER

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Angela Clark    (214) 345-5030

### PROSTATE CANCER SUPPORT GROUPS

Texas Health Dallas, Angela Clark, RHIA, (214)345-5030, cell (214)695-1830  
[aclark@urologyfoundation.org](mailto:aclark@urologyfoundation.org)

Texas Health Plano, Tom Dillon, 972-596-8215 , [tjdillon@aol.com](mailto:tjdillon@aol.com)

### RADIATION ONCOLOGISTS

Urology Clinics: Wilson Hernandez, MD    (214) 691-9377  
Presbyterian Hospital: Jerry Barker, MD    (214) 345-7394

### MEDICAL ONCOLOGISTS

Texas Oncology                                      (214) 739-4175

### TEXAS HEALTH PRESBYTERIAN HOSPITAL DALLAS

Main Hospital                                      (214) 369-4111  
Psychological Support Services              (214) 345-7355

### CANCER SUPPORT COMMUNITY

Dallas Clubhouse                                (214) 345-8230  
Collin County Clubhouse                      (972) 747-6078

## YOUR PROSTATE CANCER CLINICAL DATA

Collecting the following information about your diagnosis may assist you in your treatment decision

Study	Description	Reporting Format	Your Results
Pre-Treatment PSA	PSA value before receiving primary therapy	0.1 to 100 ng/ml	PSA _____ ng/ml %Free PSA _____ %
Gleason Grade	From the biopsy pathology report	Usually report as two numbers and a total i.e. 3+3=6	_____ + _____ = _____
Clinical Tumor Stage	Your urologist's assessment of your tumor stage	Possible stages are: T1a,T1b,T1c,T2a,T2b,T2c, etc.	cT____N____M____
Prostate volume on ultrasound	The size of the prostate as measured on transrectal ultrasound at the time of biopsy	Reported as cubic centimeters or grams	_____ cc
Number of positive biopsy cores	The number of positive cores on pathology report	Usually there are 12 cores taken, unless it is an extended biopsy which would be 40. How many of these cores contain cancer.	_____ / _____ #positive #TotalCores
Imaging Studies:  ____ CT Scan ____ Bone scan ____ MRI prostate	Imaging studies may be necessary if PSA $\geq$ 10 or Gleason score $\geq$ 7	Positive(P)=evidence of metastasis  Negative(N)=no evidence of metastasis  Equivocal(E)=more imaging studies may be necessary. Report where and the date study performed.	Study: _____ Facility: _____ Date: _____ Results: P N E  Study: _____ Facility: _____ Date: _____ Results: P N E  Study: _____ Facility: _____ Date: _____ Results: P N E
Other studies: ____ 4K Score  ____ Prolaris			4K _____ % risk  Prolaris _____

## UNDERSTAND THE DIAGNOSIS AND TREATMENT OPTIONS

It is important to educate yourself as much as possible about your diagnosis and the treatment options. A list of books and internet websites is provided. You should also visit a local prostate cancer support group where you may talk with other men who have been through this.

### TREATMENT OPTIONS

There are multiple treatment options that Dr. Fulgham doctor will tell you about. The type of treatment you choose will depend on your overall health, the stage of your cancer, and your preferences. For patients who have low risk disease active surveillance may be an option.

The main options for treating prostate cancer include:

- Surgery ( robot-assisted laparoscopic prostatectomy)
- External beam radiation: IGRT, photon beam therapy
- Radioactive seed implantation
- Secondary or adjuvant treatment may also be recommended depending on the stage of your cancer which includes hormonal therapy to block testosterone production.

### BOOKS

Prostate And Cancer: A Family Guide To Diagnosis, Treatment And Survival (3rd Edition). Author: Sheldon Marks, M.D. 2003

Dr. Patrick Walsh's Guide to Surviving Prostate Cancer. Authors: Patrick Walsh, M.D. and Janet Farrar Worthington. 2007

Saving Your Sex Life. Author: John P. Mulhall, M.D. Hilton Publishing. 2008.

Dead Men Don't Have Sex: A Guy's Guide to Surviving Prostrate Cancer. Author: Robert Hill.

### WEBSITES

Urology Research & Education Foundation:  
<http://www.urologyfoundation.org>

US TOO International: <http://www.ustoo.org>

National Comprehensive Cancer Network: Guidelines for Patients:  
<http://www.nccn.com/files/cancer-guidelines/prostate/index.html>

Lance Armstrong Foundation: <http://www.livestrong.org>

North Texas Prostate Cancer Coalition: <http://www.ntxpcacoalition.org>

## PROSTATE CANCER SUPPORT GROUPS

A support group offers an opportunity to visit with other individuals who have been diagnosed with therapy most of whom have already completed therapy and can offer insight into their experience. Spouses are welcome to attend. The format for most groups is not one of open sharing but sharing a meal with the opportunity to speak one-on-one with a prostate cancer survivor followed by a program with a speaker.

### UROLOGY RESEARCH & EDUCATION FOUNDATION – PRESBYTERIAN DALLAS

Meets 3<sup>rd</sup> Monday at the **Cancer Center** on the campus of **Texas Health Presbyterian Dallas**

8196 Walnut Hill Lane, Dallas, TX, 75231, Community Room

6:30 pm-8:00 pm

Free dinner, program and parking

**Facilitator:** Angela Clark, RHIA 214-345-5030 [aclark@airmail.net](mailto:aclark@airmail.net)

(No meeting in December)

### US TOO, PLANO

Meets every 1<sup>st</sup> Tuesday, 6:30 pm

Location: Texas Health Presbyterian Plano, 6300 W. Parker Rd, MOB2, Suite 129A, Plano

**Survivor Contact:** Tom Dillon, 972-596-8215 , [tjdillon@aol.com](mailto:tjdillon@aol.com)

### US TOO, MEDICAL CITY, DALLAS

Meets every 3<sup>rd</sup> Thursday (except Dec.), 7:00 pm

**Location:** 7777 Forest Lane, Dallas, TX, 75230; Children's Tower, 1st floor, Classrooms A & B.

**Contact:** *Bruce Stahl; 972-235-6819; [bstahl@podigy.net](mailto:bstahl@podigy.net)*

### FORT WORTH PROSTATE CANCER SUPPORT GROUP AT MONCRIEF

Meets every 3<sup>rd</sup> Monday, 6:00 pm, Moncrief Cancer Institute, Magnolia, Fort Worth

Also, Let's Talk (survivor chat) meets every Tuesday

Facilitator: Gayle G. Wilkins, MSN, RN, OCN; 817-820-4868 (office),

[GayleWilkins@texashealth.org](mailto:GayleWilkins@texashealth.org).

VISIT [HTTP://WWW.NTXPCACOALITION.ORG](http://www.ntxpcacoalition.org) FOR A CURRENT LISTING OF SUPPORT GROUPS IN DFW