HELPFUL CONTACTS

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DR. FULGHAM’S MEDICAL ASSISTANT & SURGERY SCHEDULER
Katy Chavez (214) 691-1902, ext 2131  
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  
Texas Health Plano, Tom Dillon, 972-596-8215 , 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
Collecting the following information about your diagnosis may assist you in your treatment decision

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


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

WEBSITES

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

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


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

North Texas Prostate Cancer Coalition: http://www.ntxpcacoalition.org
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 3rd 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
(No meeting in December)

**US TOO, PLANO**

Meets every 1st 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

**US TOO, MEDICAL CITY, DALLAS**

Meets every 3rd 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

**FORT WORTH PROSTATE CANCER SUPPORT GROUP AT MONCRIEF**

Meets every 3rd 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.

VISIT HTTP://WWW.NTXPCACOALITION.ORG FOR A CURRENT LISTING OF SUPPORT GROUPS IN DFW