

Prostate Cancer

The UCSF Patient and Family Cancer Support Center is the hub of support, information and resources for people with cancer at the Helen Diller Family Comprehensive Cancer Center.

Learn more about UCSF's supportive care programs at

<https://cancer.ucsf.edu/support/crc/patientsupport-center>

The Cancer Support Center at Mission Bay is located at 1825 4th St., 1st Floor, Room M-1210.

The Cancer Support Center at Mt. Zion is located at 1600 Divisadero St., 1st Floor, Room B-101.

The complete list of Patient Education Resource Pages is available to view at

<http://cancer.ucsf.edu/support/crc/patient-education-resources>

Overview

Other than skin cancer, prostate cancer is the most commonly diagnosed cancer in men. In fact, it is estimated that more than 230,000 men will be diagnosed with prostate cancer this year alone. According to the Center for Disease Control and Prevention (CDC), after lung cancer, prostate cancer is the leading cause of cancer death among American men. The good news, however, is that the current survival rate is 97 percent. On average, an American man has a 30 percent risk of having prostate cancer in his lifetime, but only a 3 percent risk of dying of the disease. The other good news is that among all racial and ethnic groups, prostate cancer death rates are declining. Perhaps the most encouraging prostate cancer statistic is that more men die with prostate cancer than from prostate cancer. The reason could be twofold: prostate cancer typically affects men older than 65 and, it is often a slowly progressing disease. Website:

<https://www.ucsfhealth.org/conditions/prostate-cancer>

UCSF Resources

UCSF Prostate Cancer Center

The UCSF Prostate Cancer Center provides comprehensive, cutting-edge care to patients with prostate cancer as well as men at high risk of developing the condition. With an emphasis on early screening and detection, our center offers a range of services, from active surveillance for low-risk cancers to new and advanced treatments. We're one of the first medical centers in the country to offer the PSMA (prostate-specific membrane antigen) PET scan, a new and highly effective imaging technique for detecting prostate cancer cells that have spread to other parts of the body. We also connect patients with integrative medicine services (combining complementary therapies with mainstream treatments), nutrition and lifestyle counseling, support groups and educational resources. Our mission is to optimize our patients' quality of life during treatment and beyond.

Website: <https://www.ucsfhealth.org/clinics/prostate-cancer-center> | Phone Number: (415) 476-4616

UCSF Urologic Surgical Oncology Clinic

We provide a wide range of services, including screening exams, diagnostic imaging, transrectal ultrasound and biopsy, second opinions and treatments ranging from surgery to radiation therapy. We also offer patient education and support groups. UCSF is home to a large research program dedicated to improving cancer prevention, diagnosis and treatment. Interested patients may have the option to join a clinical trial investigating potential new treatments. Website:

<https://www.ucsfhealth.org/clinics/urologic-surgical-oncology-clinic> | Phone Number: (415) 353-7171

Publications

UCSF Department of Urology: “Your Health Matters” Patient Education Series Website:

<http://www.urology.ucsf.edu/patient-care/cancer/prostate-cancer>

American Cancer Society

- “Prostate Cancer”

Website: <http://www.cancer.org/cancer/prostate-cancer.html>

- “Sex and the Man with Cancer”

Website: <http://www.cancer.org/treatment/treatments-and-side-effects/physical-side-effects/fertility-and-sexual-side-effects/sexuality-for-men-with-cancer.html>

Cancer.Net: “Prostate Cancer”

Website: <http://www.cancer.net/cancer-types/prostate-cancer>

National Cancer Institute

- “Treatment Choices for Men with Early Stage Prostate Cancer”

Website: <http://www.cancer.gov/publications/patient-education/understanding-prostate-cancer-treatment>

- “Prostate Cancer”

Website: <http://www.cancer.gov/types/prostate>

National Comprehensive Cancer Network: “NCCN Guidelines for Patients: Prostate Cancer”

Website: <http://www.nccn.org/patients/guidelines/cancers.aspx>

Prostate Cancer Foundation: Guides

Website: <http://www.pcf.org/guide>

Organizations

American Cancer Society (ACS) – Prostate Cancer

At the American Cancer Society, we're on a mission to free the world from cancer. Until we do, we'll be funding and conducting research, sharing expert information, supporting patients, and spreading the word about prevention. All so you can live longer — and better.

Website: <https://www.cancer.org/cancer/prostate-cancer.html> Phone Number: 800.227.2345

Cancer.Net – Prostate Cancer

This is Cancer.Net's Guide to Testicular

Website: <https://www.cancer.net/cancer-types/prostate-cancer>

Cancer Support Community – Prostate Cancer

As the largest professionally led nonprofit network of cancer support worldwide, the Cancer Support Community is dedicated to ensuring that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

Website: <https://www.cancersupportcommunity.org/prostate-cancer> | Phone Number: 888-793-9355

Medline Plus: Trusted Health Information for You - Prostate Cancer MedlinePlus is a service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).

Website: <https://medlineplus.gov/prostatecancer.html>

National Cancer Institute - Prostate Cancer

The National Cancer Institute (NCI) is the federal government's principal agency for cancer research and training. NCI is deeply committed to the core values of equity, diversity, and inclusion that allow all staff to reach their potential and fully contribute to the Institute's cancer mission. Website: <https://www.cancer.gov/types/prostate>

National LGBT Cancer Network

The National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk by: EDUCATING the LGBT community about our increased cancer risks and the importance of screening and early detection; TRAINING health care providers to offer more

culturally-competent, safe and welcoming care; and ADVOCATING for LGBT survivors in mainstream cancer organizations, the media and research.

Website: <https://cancer-network.org/about/> | Phone Number: 212-675-2633

Prostate Cancer Foundation

Provides information about the latest research and treatment options. Works to identify and fund promising research programs.

Website: <http://www.pcf.org/> | Phone: 1-800-757-2873

Prostate Health Education Network

PHEN is dedicated to eliminating African American prostate cancer disparity.

Website: <http://www.prostatehealthed.org/> | Phone Number: 617-481-4020

The Prostate Net

Provides patient education, advocacy, an online interactive network, and phone support.

Website: <http://theprostatenet.org/> | Phone Number: 201-289-8221

Us Too International

Grassroots organization that provides patient education, advocacy and peer-to-peer support. Website: www.ustoo.org | Phone Number: 1-800-808-7866

Books

100 Questions & Answers about Prostate Cancer by Pamela Ellsworth (2019)

Dr. Patrick Walsh's Guide to Surviving Prostate Cancer (2018)

The Key to Prostate Cancer by Mark Scholz (2018)

Promoting Wellness for Prostate Cancer Patients by Mark A. Moyad (2013)

Thrive Don't Only Survive: Dr. Geo's Guide to Living Your Best Life Before & After Prostate Cancer by Geo Espinosa (2016)