

**Patient Education Resources
from UCSF Comprehensive Cancer Center**

UCSF Helen Diller Family
Comprehensive
Cancer Center

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 www.cancer.ucsf.edu/crc.

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>

The **Fishbon Library** connects patients and families with trusted health information.
<https://fishbon.ucsfmedicalcenter.org>

Publications

UCSF Department of Urology: "Your Health Matters" Patient Education Series
urology.ucsf.edu/patient-care/cancer/prostate-cancer

- Advanced Prostate Cancer and Its Treatment
- Health and Wellness: Living with Prostate Cancer – Diet Recommendations, Parts 1 & 2
- Hormone Therapy for Prostate Cancer – A Patient Guide
- Localized Prostate Cancer and Its Treatment
- Managing Erectile Dysfunction
- Moving Through Cancer – A Guide to Exercise for Cancer Survivors
- PCF (Prostate Cancer Foundation) Health Wellness Guide: Living with Prostate Cancer
- Radiation Therapy for Prostate Cancer
- Radical Prostatectomy
- Radical Prostatectomy FAQ
- Successful Self-Penile Injection Hints Questions and Answers
- Transrectal Ultrasound Guided Prostate Biopsy

American Cancer Society:

- "Prostate Cancer"
www.cancer.org/cancer/prostate-cancer.html
- "Sex and the Man with Cancer"
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"

www.cancer.net/cancer-types/prostate-cancer

National Cancer Institute:

- “Treatment Choices for Men with Early Stage Prostate Cancer”
www.cancer.gov/publications/patient-education/understanding-prostate-cancer-treatment
- “Prostate Cancer”
www.cancer.gov/types/prostate

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

www.nccn.org/patients/guidelines/cancers.aspx

Prostate Cancer Foundation: Guides

www.pcf.org/guide

- Additional Facts for African American Men and Their Families
- Health and Wellness: Living with Prostate Cancer, Diet Recommendations
- An Introduction to Prostate Cancer
- Maintaining Health During Androgen Deprivation Therapy
- Prostate Cancer Patient Guide
- Questions to Ask Your Doctor
- The Science of Living Well, Beyond Cancer

Organizations

UCSF Department of Urology

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

Prostate Cancer Foundation

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

www.pcf.org

1-800-757-2873

Prostate Health Education Network

PHEN is dedicated to eliminating African American prostate cancer disparity.

www.prostatehealthed.org

1-617-481-4020

The Prostate Net

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

<http://theprostatenet.org>

1-201-289-8221

Us Too International

Grassroots organization that provides patient education, advocacy and peer-to-peer support.

www.ustoo.org

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)

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