

Pat Fulgham, M.D.

<http://www.patfulghammd.com>

CHECKLIST FOR PATIENTS NEWLY DIAGNOSED WITH PROSTATE CANCER

✓ SCHEDULE CONSULTATION APPOINTMENT WITH DR. FULGHAM

Call the office at 214-691-1902 to schedule a **prostate cancer consultation** with Dr. Fulgham. When you call the office be specific with what type of appointment you are scheduling. You do not want to be placed in a 10-minute appointment slot. You may want to arrange for a family member to attend the consultation with you. Make sure you have watched Dr. Fulgham's video on prostate cancer on his website prior to the appointment.

✓ EDUCATE YOURSELF ABOUT THE DIAGNOSIS OF PROSTATE CANCER

There are many websites where you may obtain information about prostate cancer but Dr. Fulgham would like for you to view his video and read his patient education packet prior to your consultation with him. Go to his website at <http://www.patfulghammd.com> and click on **Prostate Cancer**

1. View Dr. Fulgham's prostate cancer education video (total time 27 min)
2. Read the **Prostate Cancer Resources** document on Dr. Fulgham's website. This is a PDF file which you may print or you may read online. It would be best to print it so you can jot down notes you would like to ask Dr Fulgham at the time of your consultation. If you are leaning toward radical prostatectomy read the **Radical Prostatectomy Guide**.
3. Other very useful materials are available online at <https://www.pcf.org/guide/>

✓ ATTEND A PROSTATE CANCER SUPPORT GROUP

Urology Research & Education Foundation offers a monthly prostate cancer support group that meets at the Cancer Center at Texas Health Presbyterian Hospital Dallas. The meeting is held the 3rd Monday of the month at 6:30 p.m. (dinner and roundtable discussions with other survivors and spouses), 7:00-8:00 p.m. lecture. The meeting and dinner are free. Call Angela Clark at 214-695-1830 or email aclark@urologyfoundation.org For more details about this support group and a listing of other support groups in the DFW area visit the Survivorship page at urologyfoundation.org.

✓ START AN EXERCISE PROGRAM

Regular exercise will improve the outcomes of any treatment you receive and will improve your overall health. Regardless of what type of treatment you choose or whether it is no treatment at all you should at a minimum be participating in regular exercise at least 30 minutes a day, 5 days a week. Discuss any exercise program with your physician to ensure safety. There are two exercise programs offered locally for cancer patients.

- Ask your urologist for a referral to these programs
 - **PRE-HAB Program at Texas Health** – An exercise program prior to surgery to strengthen the pelvic floor muscles and improve overall health. (may be covered by insurance)
 - **CARE (Cancer, Aerobics, Resistance, Exercise)** at Texas Health Finley-Ewing Cardiovascular & Fitness Center. Includes two supervised resistance training sessions per week, optional yoga and aquatics group classes, bi-monthly nutrition and relaxation education classes. (Free)

Start a program of **Pelvic Floor Exercises** "Kegels" (detailed instructions in the Prostate Cancer Education Guide). This will strengthen the pelvic floor muscles to improve control of urination should you decide to have surgery.

✓ BECOME A MEMBER OF CANCER SUPPORT COMMUNITY

Register to attend a new member meeting by calling one of the local clubhouses:

Dallas County Clubhouse: 214-345-8230, Collin County Clubhouse: 972-747-6078. Visit their website to learn more about what they have to offer (membership is free) <http://cancersupporttexas.org/>