

**PLEASE Sign-up for the Patient Portal**

Obtain a token from the receptionist at the front before your leave today or call the main office at 214-691-1902. Then go to [www.NextMD.com](http://www.NextMD.com) and enter the token number and follow the step-by-step

## Saving Money on Medications

- UCNT's Uropharmacy offers Sildenafil (generic Viagra) 20 mg \$1.60/pill.
- Goodrx.com and blinkhealth.com are resources for comparing local drug prices.
- Some pharmacies offer price matching. (i.e. If you find the drug at Costco is cheaper than your normal pharmacy print out the page showing the price and ask your pharmacist if they will match it.)
- [Peoplespharmacy.com](http://Peoplespharmacy.com) podcast episode 1120. Saving Money on Medicines

## Monthly Prostate Cancer Support Group Meeting

**Urology Research & Education Foundation** sponsors a monthly support group meeting for men who have been diagnosed or treated for prostate cancer. It is open to all men diagnosed with prostate cancer regardless of where they were treated. Even years after treatment the meeting can be beneficial as topics related to overall health, exercise, nutrition, health care navigation, insurance, etc. are discussed. Spouses are welcome to attend. The meeting is held the third Monday of the month in the Cancer Support Community-Community Room in the Texas Health Cancer Center, 8196 Walnut Hill Lane (behind Texas Health Presbyterian Dallas). Dinner is from 6:30-7:00, speaker at 7:00 p.m. The dinner, parking and program are all free. For more information call Angela 214-345-5030. or email [aclark@urologyfoundation.org](mailto:aclark@urologyfoundation.org). For more details and a map go to the *survivorship page at [urologyfoundation.org](http://urologyfoundation.org)*.

## Increased Daily Water Intake May Reduce UTIs in Women

A recent study published in JAMA Internal Medicine, 10/1/18, demonstrated that increasing daily water intake is an effective strategy to prevent recurrent cystitis in premenopausal women at high risk for recurrence who drink low volumes of fluid daily (less than 1.5 L of fluid daily). During a 12 month period there was 1.7 episodes of cystitis in the women drinking more than 1.5 L of fluid daily compared to 3.2 episodes in the women drinking less than 1.5 L of fluid daily. It is not known what increment in daily water intake is sufficient for reducing the risk of UTI, however, it seems to suggest that increasing daily water intake especially in women who drink less than 1.5 L may reduce the number of UTIs and the need for antibiotics.. Make sure your fluid intake consists of a combination of fluids including juices and electrolytes so as not to decrease your sodium levels.

## Visit [urologyfoundation.org](http://urologyfoundation.org)

Visit [urologyfoundation.org](http://urologyfoundation.org) to keep up to date on current activities sponsored by the foundation, including the annual Dan Fulgham Memorial dinner and the Pros and Joes Celebrity golf tournament. And perhaps in 2019, the Dadfit5K Father's Day weekend.

## Visit [patfulghammd.com](http://patfulghammd.com) for Educational Materials

Materials on various urological conditions are available on Dr. Fulgham's website on the EDUCATION page, such as prostate cancer risk reduction, erectile dysfunction, preventing urinary tract infections, pelvic floor exercises, and many more.