

Prostate Cancer and Your Health

Prostate Cancer Information Pamphlets For You

Part of IMPACT's commitment to your care includes providing you with specially designed prostate cancer education materials. Carefully researched and written with you in mind, these materials contain valuable information on prostate cancer, your treatment choices, self-care instructions and discussions of issues that may affect you as a result of your treatment. IMPACT makes these materials available to you so that you might better understand your prostate cancer and to help you make informed decisions regarding your care.

Six different IMPACT education pamphlets are now available. They are:

- Prostate Cancer and You
- Getting Ready for Prostate Cancer Surgery
- The Hospital Stay
- Catheter Care
- Getting Home After Prostate Cancer Surgery
- Hormone Therapy and You

To get copies of any or all of these pamphlets contact your nurse case manager. IMPACT also provides you with a special folder to hold the pamphlets and other materials about your treatment.

If you have any questions about the information contained in the pamphlets, you are encouraged to contact your doctor or nurse case manager.

IMPACT is also in the process of creating additional prostate cancer educational pamphlets. Your nurse case manager will let you know when these materials are available.

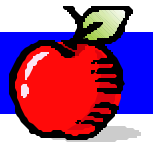
Patient Enrollment Folders Now Available

Once you are admitted for prostate cancer treatment with the IMPACT program, you will receive a patient enrollment folder. The folder contains personalized materials related to your treatment. Materials in the folder include:

- a list of treatment providers,
- the nurse case manager roster,
- a list of local pharmacies where you can get your prescriptions filled,
- education and nutrition pamphlets,
- program evaluation forms, and
- an 18-month calendar to track your doctor and nurse case manager appointments.

The folder also has room to store additional materials and any other information you receive.

The patient enrollment folders were mailed to all IMPACT patients in February. If you did not receive your folder please contact your nurse case manager.



YOUR DIET AND IMPROVING YOUR HEALTH

Being diagnosed with prostate cancer is difficult, but one of steps you can take to fight your illness is to eat a healthier diet. This may mean eating more fruits, vegetables, fish and soy products. However, these kinds of foods can be expensive. But, it is possible to add these foods to your diet and IMPACT is here to help you. Your nurse case manager can refer you to an IMPACT representative who can help you find local resources in your community that will assist you in getting the food you need to fight your illness.

So, if you would like to improve your diet, but need assistance, please contact your nurse case manager.

Heidi Frith-Smith, MPH, RD is the IMPACT dietitian. If you need to speak to her, contact your nurse case manager.

Cancer Support Groups

FREE support groups for cancer patients and their families are available throughout the state of California. Research has shown that support groups can help you improve the quality of your life as well as help you cope with your cancer. Other studies have shown a link between participation in a support group and long-term survival.

Some cancer support groups are like classes with a leader presenting information to you and others ask you to share your thoughts and feelings. Some programs also allow you to speak one-on-one with a cancer survivor. Please note that regardless of which type of group you choose to attend, they are all an important source of support.

If you would like more information or would like to join a support group contact your nurse case manager or log on to: www.prostatecalif.com.

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