

# PROSTATE PASSPORT



This booklet has been produced jointly by Men Against Cancer (MAC) and the Irish Cancer Society. Both organisations would like to thank all those patients, families and professionals whose support and advice made this publication possible.

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## Introduction

The Prostate Passport has been developed by the Irish Cancer Society and Men Against Cancer (MAC), the support group for men with prostate cancer, in association with Europa Uomo, the European Coalition Against Prostate Cancer.

The aim of this passport is to help you communicate your needs to health professionals by keeping a record of your prostate treatment. Before you visit your specialist or GP make yourself familiar with the passport. It will help you to ask them the right questions. To guide you we have listed some important ones at the back of the booklet. It is best to keep the passport in your possession.

Try to record exact information in each section. By keeping it up to date it will be a good record of all the details of your treatment. That way if you need to visit a doctor or hospital not familiar with your medical history, it will contain all the relevant information. Only then will the passport be a genuine support for you.

Remember you are not alone. There are many people you can discuss your diagnosis with. The specialist can explain your treatment options. Your family can offer emotional support and love. MAC can provide assurance that there is life after cancer. The Prostate Cancer Information Service 1800 380 380 of the Irish Cancer Society can give you advice and support.

Remember the two Irish proverbs: 'Ní neart go cur le chéile' (Strength in unity) and 'Is fearr an tsláinte ná na táinte' (Health is better than wealth).

Men Against Cancer, 2006

## Personal information

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tel \_\_\_\_\_

Hospital No. \_\_\_\_\_

## Contact names and numbers you may need

Emergency \_\_\_\_\_

GP \_\_\_\_\_

Hospital \_\_\_\_\_

Urologist \_\_\_\_\_

Medical oncologist \_\_\_\_\_

Radiation oncologist \_\_\_\_\_

Urology nurse \_\_\_\_\_

Oncology nurse \_\_\_\_\_

Pharmacy \_\_\_\_\_

MAC \_\_\_\_\_

**Prostate Cancer Information Service  
1800 380 380**







## Surgery

Surgery type

Date

Location

Surgery type

Date

Location

Surgery type

Date

Location

Surgery type

Date

Location

## Radiotherapy

Start date	End date	Treatment type	Site treated	Treatment centre	Contact



## Chemotherapy

Start date	End date	Treatment type	Treatment centre	Contact

## Side-effects of treatment

Side-effect	Caused by (if known)	Date	Duration	Relieved by

## Side-effects of treatment

Side-effect	Caused by (if known)	Date	Duration	Relieved by

## Other medications

Drug	Dose	Purpose	Start date	How often	End date

## Frequently asked questions

- 1 What is my PSA reading?
- 2 What does this result mean?
- 3 What is the biopsy result?
- 4 What stage is the cancer?
- 5 Is the tumour contained in the prostate?
- 6 What is the prognosis?
- 7 What treatments are available?
- 8 Is surgery an option?
- 9 Is radiotherapy an option?
- 10 What type of radiotherapy do I need? External beam or brachytherapy?
- 11 Is hormone treatment an option?
- 12 How is this treatment different to others?
- 13 What are the side-effects of treatment?
- 14 How long are side-effects likely to last?
- 15 How will I know if the treatment is a success?
- 16 Can I avail of a clinical trial for my treatment?
- 17 Is there anyone I can talk to about my worries?
- 18 Are there any support groups in my area?

## Your own questions

1 \_\_\_\_\_

Answer \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

Answer \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

Answer \_\_\_\_\_

\_\_\_\_\_

4 \_\_\_\_\_

Answer \_\_\_\_\_

\_\_\_\_\_

5 \_\_\_\_\_

Answer \_\_\_\_\_

\_\_\_\_\_

6 \_\_\_\_\_

Answer \_\_\_\_\_

## Further information

### Men Against Cancer (MAC)

MAC is a cancer support group that was established with the support of the Irish Cancer Society. It provides information and support to men who have received a recent diagnosis of prostate or testicular cancer. Its range of services includes a helpline giving practical advice and support, emotional support for patients before and after treatment, and regular social meetings. For more details contact:

**Men Against Cancer (MAC)**  
c/o Irish Cancer Society  
43/45 Northumberland Road  
Dublin 4  
Email: [support@irishcancer.ie](mailto:support@irishcancer.ie)



### Irish Cancer Society

The Irish Cancer Society is the national charity for cancer care, dedicated to eliminating cancer as a major health problem and to improving the lives of those living with cancer.

The Society has a Prostate Cancer Information Service 1800 380 38 that gives the most up-to-date information on all aspects of prostate cancer. It also provides a number of free booklets: *Understanding Prostate Cancer*, *Understanding the PSA Test* and the *Prostate Passport*. For more details contact:

**Action Prostate Cancer  
Prostate Cancer Information Service**  
Irish Cancer Society  
43/45 Northumberland Road, Dublin 4  
Prostate Cancer Information Service 1800 380 380  
Monday-Friday 9am-5pm; Tuesday 9am-9pm  
Email: [prostate@irishcancer.ie](mailto:prostate@irishcancer.ie); Website: [www.cancer.ie](http://www.cancer.ie)



## Useful numbers

### Comhairle – Information on public services

Hume House (7th Floor)  
Ballsbridge  
Dublin 4  
Tel: 01 605 9000  
Email: [comhairle@comhairle.ie](mailto:comhairle@comhairle.ie).  
Website: [www.oasis.gov.ie](http://www.oasis.gov.ie)

### Dept of Social and Family Affairs – Information Service

Áras Mhic Dhiarmada  
Store Street  
Dublin 1  
Tel: 01 874 8444  
Email: [info@welfare.ie](mailto:info@welfare.ie)  
Website: [www.welfare.ie](http://www.welfare.ie)

### Continence Promotion Unit

Dr Steeven's Hospital  
Dublin 8  
Tel: 01 635 2775  
Email: [customerservices@erha.ie](mailto:customerservices@erha.ie)

For a list of support groups in your area, call the Prostate Cancer Information Service 1800 380 380.





