

Information Sheet for Prostate Cancer Patients

Prostate Cancer

Prostate cancer is the most common cancer in men and the second commonest cause of male cancer death. More recently with the widespread use of PSA testing, patients are diagnosed at an earlier and more curable stage and the focus of treatment has shifted from not only optimising the chance of cure but also of avoiding unpleasant side associated both with surgery and radiation.

Prostate cancer remains a very curable disease with excellent results from both surgery and radiation therapy which are durable..

Our Aim

As part of the initial assessment and advisory process patients are offered individual assessment and advice about their specific circumstances and in particular about their specific form of prostate cancer.

Our team of specialists works in partnership with men and their families, health care professionals and cancer organisations to optimise treatment outcomes. Our specialists at both Urology Sydney and the Prostate Cancer Institute aim to provide state of the art treatment with surgery and radiation therapy.

We aim to ensure that patients receive optimal assessment and advice that is individualised and is effective in providing adequate psychological, physical and social support for this difficult period. Our team of surgeons and radiation therapists all have international training and expertise in new approaches to treatment in order to improve cure rates and minimise the chance of unpleasant side effects.

Our surgeons have pioneered nerve sparing and nerve grafting techniques in Australia which gives patients a much better chance of recovery of erectile function. The radiation therapists have received international training at centres of excellence and provide state of the art forms of radiation therapy in both the public and private hospitals which have been internationally validated as to their effectiveness.

In addition to surgical and radiation oncology expertise we also have Dr Paul De Souza, a medical oncologist with a major interest in prostate cancer. Dr De Souza has access to the latest clinical trials and has a keen interest in newer treatment strategies and approaches.

We believe very strongly in the team approach to treatment and therefore patients are welcome to see any or all specialists from the different disciplines on the same day.

Our appointment structures as such that patients can see Dr Nash or Dr Cozzi and Dr Bucci on the same day to be given an overall assessment and recommendation based on the assessment to different disciplines. Professor John Kearsley at the Prostate Cancer Institute has an international reputation in radiation oncology as a leader in his field. Our approach, we believe, gives patients an unbiased and realistic assessment of their situation and advice is both comprehensive and individualised to the specific needs of the patient and his family. It is therefore possible to co-ordinate appointments to see the surgeons and radiation doctors on the same day. Please indicate to our secretarial staff if you wish to see more than one Doctor on the day.

Patients considering surgery are reviewed by our dedicated practice nurse who meets with all the patients considering surgery for prostate cancer to explain many of the issues surrounding the procedure. Our practice nurse Karen Keene therefore will meet with you on the day to explain aspects of surgery and then is involved in their immediate post operative care as well as care once discharged from the hospital.

The volume of cases that we perform has led to an improvement in expertise amongst our nursing staff in the ward and in the operating theatre so that you can be assured of the very best and most experienced nursing team available.

Families

We have many patients who attend for assessment and treatment from out of town and we do have accommodation available at Bezzina House which is very pleasant and affordable accommodation for patients and their families.

Patients and their families may stay at Bezzina House both before and after surgery until both the treating Doctor and patient are happy that it is safe for them to return to home. Our clinical psychologist and our outpatient nurses will regularly visit patients in the lodge to ensure progress is satisfactory.

Research

We are dedicated to improvement in outcomes on the basis of our research projects and we do attract funding to continue with these projects which have made a major difference to outcomes for many men.

We have a data base and data manager with questionnaire follow up of patients undergoing surgery and you will in due course receive questionnaires should you choose to undergo treatment and this is to facilitate the reporting of our outcomes which is of course important to move forward with further improvements.

We have a very extensive research program which includes laboratory and clinical research and we are working on some very exciting strategies in the laboratory for treatment of prostate cancer particularly in its advanced stages.

Should you choose surgery you may be offered to become involved in some of these projects simply by having our research scientists take a small sample of the prostate for research purposes. You will be given information with regard to this and, should you choose to proceed, a consent form is available.

Several questionnaires are attached which we would be grateful if you could complete prior to your appointment and the information sheet on Urology Sydney also details the requirements for scans and reports that we would like you to bring on the day.

Thank you for considering Urology Sydney and the Prostate Cancer Institute and we are delighted to assist you in making decisions about your individual circumstances.

Our comprehensive approach is directed toward providing the right treatment for you in the right environment with a mutually beneficial result.