

TREATMENT ORGANISER

HORMONE THERAPY FOR PROSTATE CANCER TREATMENT ORGANISER



Prostate Cancer
Foundation of Australia



Australian Government
Cancer Australia

Supporting men with prostate cancer through evidence-based resources and support is a Cancer Australia initiative, funded by the Australian Government.

This book is for men who have made a decision to have hormone treatment or have already received hormone therapy for prostate cancer. It provides you with somewhere to record your treatment information.

NOTE TO READER

Because what is known about prostate cancer and its treatment is constantly changing and being updated, your treating health professionals will give you information that is specific to your unique needs and situation.

If you would like further information please contact PCFA (telephone: 02 9438 7000 or freecall 1800 22 00 99, email: enquiries@pcfa.org.au, website: www.pcfa.org.au) or the place where you obtained this booklet.

DISCLAIMER

PCFA develops materials based on the best available evidence and takes advice from recognised experts; however, it cannot guarantee and assumes no legal responsibility for the currency or completeness of the information.

PERIODIC UPDATES

It is planned that PCFA will review this booklet after a period of, but not exceeding, four years.

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PCFA is a broad-based community organisation and the peak national body for prostate cancer in Australia. We are dedicated to reducing the impact of prostate cancer on Australian men, their partners, families and the wider community.

Introduction

This treatment organiser is for you to record useful and important information when you're having hormone therapy.

In this organiser you have the space to record:

- the details of members of your healthcare team
and other support people
- your medical appointments
- your hormone therapy medication
- your PSA levels
- symptoms or side effects that you may be
experiencing
- your weight

Weight chart

To improve my health:

My goal is to weigh _____ kilograms.

My target waist measurement is _____ cm.

Weight and waist measurement are indicators of health status. Your treatment can also cause weight variation. This is your record of weight and waist measurements. Discuss these targets with a member of your healthcare team.

NOTE: Speak to your healthcare team if you have any concerns about diet, exercise or weight.

Week	Date	Weight (kg)	Weight change (+/-kg)	Weight measurement (cm)	Comment
01					
02					
03					
04					
05					
06					
07					
08					
09					
10					
11					
12					

Weight chart

Week	Date	Weight (kg)	Weight change (+/-kg)	Weight measurement (cm)	Comment
13					
14					
15					
16					
17					
18					
19					
20					

Support services and other resources

Listed below are some of the leading organisations and services that can provide accurate information and support about prostate cancer.

- **Prostate Cancer Foundation of Australia (PCFA):**
PCFA has information and support groups for people affected by prostate cancer.
Tel: (02) 9438 7000/1800 220 099 (freecall)
Email: enquiries@pcfafa.org.au www.pcfafa.org.au
(PCFA state offices are listed on the website).

- **Cancer Australia:** providing national leadership in cancer control and improving outcomes for Australians affected by cancer – www.canceraustralia.gov.au

- **Cancer Council Australia:** reducing the impact of cancer in Australia through advocacy, research, education and support – www.cancer.org.au

- **Cancer Councils:** providing practical and emotional support, financial and legal assistance, information services and more.

- **Cancer Council Helpline:** a free, confidential telephone information and support service run by Cancer Councils in each State and Territory – Tel: 13 11 20

- **Impotence Australia:** providing information about impotence, treatments and accessing support –
Tel: (02) 9280 0084/1800 800 614 (freecall)
E: admin@impotenceaustralia.com.au
www.impotenceaustralia.com.au

- **Andrology Australia:** providing information about prostate cancer and male reproductive health –
Tel: 1300 303 878
Email: info@andrologyaustralia.org
www.andrologyaustralia.org

- **Continence Foundation of Australia:** providing information about bladder and bowel health and accessing support –
Tel: (03) 9347 2522 or 1800 330 066 (free helpline staffed by continence nurse advisors) Email: info@continence.org.au
www.continence.org.au

- **Fertility Society of Australia:** providing information about fertility issues and accessing services – Tel: (03) 3645 6359
www.fertilitysociety.com.au

Cancer Councils:

Cancer Council ACT

Tel: (02) 6257 9999

Email: reception@actcancer.org

www.actcancer.org

Cancer Council Northern Territory

Tel: (08) 8927 4888

Email: admin@cancernt.org.au

www.cancercouncilnt.com.au

Cancer Council NSW

Tel: (02) 9334 1900

Email: feedback@nswcc.org.au

www.cancercouncil.com.au

Cancer Council Queensland

Tel: (07) 3634 5100

Email: info@cancerqld.org.au

www.cancerqld.org.au

Cancer Council South Australia

Tel: (08) 8291 4111

Email: tcc@cancersa.org.au

www.cancersa.org.au

Cancer Council Tasmania

Tel: (03) 6212 5700

Email: infotas@cancertas.org.au

www.cancertas.org.au

Cancer Council Victoria

Tel: (03) 9514 6100

Email: enquiries@cancervic.org.au

www.cancervic.org.au

Cancer Council Western Australia

Tel: (08) 9212 4333

Email: inquiries@cancerwa.asn.au

www.cancerwa.asn.au

PCFA is a broad-based community organisation and the peak national body for prostate cancer in Australia. We are dedicated to reducing the impact of prostate cancer on Australian men, their partners, families and the wider community.

We do this by:

- Promoting and funding world leading, innovative research in prostate cancer
- Implementing awareness campaigns and education programs for the Australian community, health professionals and Government
- Supporting men and their families affected by prostate cancer, through evidence-based information and resources, support groups and Prostate Cancer Specialist Nurses.



**Prostate Cancer
Foundation of Australia**

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