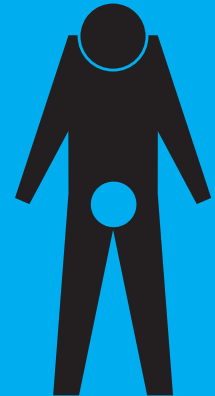


Prostate log book



If you are attending an appointment with your urologist, oncologist, clinical nurse specialist (CNS), GP or other hospital department, it can be difficult to remember dates of your appointments, results of blood tests, other tests or examinations and maybe who you will see on each occasion. So, you may find this log book helpful.

It is best to take it with you to all appointments so you can fill it in there and then. This will help you to keep an accurate record of any test results and treatment changes in one place. It means that you, your consultant(s), CNS or GP can see at a glance what is happening. It will also be a reminder for you and your family. Keeping this up to date and noting any changes may help you get the most out of your appointment with the doctor or specialist nurse.

By filling in the comments column, it may make it easier for you to remember any events, circumstances or concerns you had, which in some cases may have contributed to how you were feeling or your PSA level changing. It may also show if there is a pattern to your PSA level changing and your doctor may be able to pinpoint any reasons for this.

If your treatment is changing, you or the doctor can fill in the treatment column as a reminder for you. If you have any worries or concerns about your illness or treatment, then it is best to speak to your consultant(s), CNS or GP. You could use the comments column in this diary to briefly note down anything which concerned you or you think may be relevant to your illness.

You can fill in contact names and numbers you might need. There is space to add more of your own contacts.

GP	Dr		CNS		
Urologist	Mr/Mrs		Urology Ward		
Oncologist	Dr		CNS		
Other Consultant	Dr				

Date	PSA	Other test result e.g. x-ray, Gleason score, prognostic grade group, staging, bone scan, etc.	Treatment	Comments

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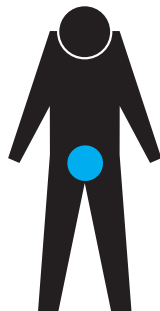
Date	PSA	Other test result e.g. x-ray, Gleason score, prognostic grade group, staging, bone scan, etc.	Treatment	Comments

Questions I would like to ask:

Date/ Question	
Answer	Dr./CNS
Date/ Question	
Answer	Dr./CNS

If you have any worries or concerns about your illness or treatment then it is best to speak to your consultant(s), CNS or GP. The organisations listed overleaf offer different services and some offer telephone support helplines, but not all of them cover the full range of prostate diseases.

Organisation	Address/Website	Contact Number
Prostate Scotland	www.prostatescotland.org.uk	0131 603 8660, chose option 1 for information on prostate cancer or prostate disease.
Cancer Research UK	www.cancerresearchuk.org	0808 800 4040
Macmillan Cancer Support	www.macmillan.org.uk	0808 808 0000
Maggie's Centres	Western General Hospital Edinburgh	0131 537 3131
Maggie's Centres	Monklands Hospital Airdrie	01236 771 199
Maggie's Centres	Victoria Hospital Kirkcaldy	01592 647 997
Maggie's Centres	Aberdeen Royal Infirmary Aberdeen	01224 645 928
Maggie's Centres	Gartnavel General Hospital Glasgow	0141 357 2269
Maggie's Centres	Raigmore Hospital Inverness	01463 706 306
Maggie's Centres	Ninewells Hospital Dundee	01382 632 999
There are often support groups for men with prostate cancer (and their families)		
Edinburgh and Lothian Prostate Cancer Support Group		07933 260 066
West Lothian Prostate Cancer Support Group		01506 845 981
Prostate Cancer Support Group Maggie's Dundee		01382 632 999
UCAN Care Centre	www.ucanhelp.org.uk	01224 550 333
Prostate Cancer Support Group Fife		01592 647 997
Scottish Borders Prostate Cancer Support Group		01721 722 655
Prostate Cancer Support Group Glasgow		0141 357 2269
Prostate Cancer UK may have details of other prostate cancer support groups in Scotland	www.prostatecanceruk.org	0141 218 4760



Contact Us

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www.prostatescotland.org.uk

Date: July 2016 © Prostate Scotland

The information contained in this leaflet has been developed by Prostate Scotland and reviewed by its Advisory Group of doctors, nurses and patients. This leaflet is not intended to replace medical advice or seeing a doctor for specific illnesses or symptoms.

The Information and Advice Project was initially funded thanks to grants from the Scottish Government and Sir Tom Farmer through the Farmer Foundation.



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