

SEPTEMBER 2015 is “PROSTATE CANCER AWARENESS MONTH”

In 2015, the American Cancer Society's National Cancer Facts and Figures estimates that in California, 21,060 men will be diagnosed with prostate cancer, and 3,180 will die from the disease. Prostate cancer is the most common cancer among men in almost all race/ethnic groups in California. Risks for developing prostate cancer include race, age, and family history. Prostate cancer can be detected by simple tests before any symptoms appear, and men are encouraged to speak with their doctor about the benefits and risks of being tested.

The state administers the Prostate Cancer Treatment Program ([PCTP](#)) to develop, expand, and ensure high-quality prostate cancer treatment for low-income (at or below 200% of the federal poverty level), uninsured, and underinsured California men who are 18 and older. For example, in 2015, eligible men can have a family size of three and make a monthly gross income of at or below \$3,348 to qualify for PCTP services.

PCTP is administered by the University of California, Los Angeles under the name Improving Access, Counseling, and Treatment ([IMPACT](#)), and treats low income patients diagnosed with prostate cancer statewide. IMPACT utilizes a patient navigation model that consists of nurse case managers (NCM) who work with patients in a culturally competent and linguistically appropriate manner to coordinate care, provide resources (social, educational, and nutritional), teach self-care/self-efficacy, interpret information, coach, and counsel.

The care coordination provided by the NCM is a proactive approach to prevent adverse health outcomes and unnecessary hospitalizations. Men who suffer from low health literacy, English as a second language, and have no access to other treatment options to treat aggressive prostate cancer are provided quality care by IMPACT. We are pleased to share with you a success story about IMPACT's inspiration in the community.

Michael was diagnosed with prostate cancer at age 59 and enrolled in IMPACT two months after his diagnosis. He had a seasonal job in a remote area of the state. Michael's IMPACT NCM educated him about treatment options and linked him to an IMPACT-contracted urologist as close to his home as possible. After discussing treatment options and side effects with his doctor and NCM, and reviewing health education materials, Michael ultimately made a decision to undergo a laparoscopic prostatectomy for his prostate cancer. Following Michael's surgery, he needed additional treatments to aggressively fight his prostate cancer. Michael's IMPACT NCM educated him about radiation therapy and hormonal therapy as treatment options. His NCM arranged for him to see an IMPACT-contracted radiation oncologist, and he started both hormone therapy and radiation therapy.

Michael's remote living location made travel back and forth to medical appointments a challenge. The IMPACT team identified Michael's barriers to treatment and identified community resources to address his needs. Michael's tremendous support network aided him in securing temporary lodging to reduce back-and-forth travel during his eight-week course of radiation therapy. Luckily, Michael had a good response to the radiation and hormone therapy, and his Prostate Specific Antigen (PSA) levels have remained low following his treatment. His health continues to be monitored by his urologist, radiation

oncologist, and NCM for ongoing monitoring and help to address the side effects of all of his treatments. The IMPACT program provided Michael with life-saving treatment, education, and support that would have otherwise been very difficult to access or unavailable to him.

During the month of September, community organizations and individuals throughout California will be commemorating Prostate Cancer Awareness Month through a variety of public education and awareness events. To learn more about prostate cancer warning signs and better prevention, detection, and treatment methods, please visit

<http://www.cancer.org/cancer/prostatecancer/index>,

<http://www.cancer.gov/cancertopics/types/prostate>, or <http://www.prostatecalif.org/about-us/>.