

**Presentation by Europa Uomo**

We do appreciate this invitation to present the patients' view on this first ESO Prostate Cancer Observatory in the 2014 annual meeting of the EAU.

Our core principles involve accurate, updated and unbiased information and education on all aspects of prostate diseases in general and prostate cancer in particular. Both EAU and ESO have greatly contributed to this basic principle. This process has been obtained through all forms of educational activities from master classes over lectures by members of the EUomo scientific committee to e-updates.

We are interested in all patient-related events especially adverse events but focus understandably on early diagnosis for each individual patients without falling into the trap of population screening.

Second we like to be considered as partners into the decision process of diagnosis and treatment to provide the best quality of life to overcome all side-effects of this tedious and taxing journey to overcome the big C word.

Third we hope for complicated or risky treatments to be performed in adequate prostate units where most or all technologies are available with a big patient load for hospitals and surgeons alike. Access to this specialised management, including randomised trials and clinical research, should be available for all patients who need it. Support from self-help groups and other sources should be available to recovery or stabilisation of the disease.

A Holistic Needs Assessment should be completed by the patient and the healthcare official to address the following

- Addressing any physical or practical concerns
- Signposting to either local or national support groups
- Information about local Health and Wellbeing Clinics, Education Events or self-management courses as available in your area.
- Referral to Allied Healthcare Professionals for support if required
- Advice related to lifestyle i.e. Stop smoking services
- Information or referral to an appropriate physical activity programme
- Information or referral for advice on diet and nutrition
- Referral for counselling or psychological support
- Support related to work and finance concerns
- Support for spiritual needs

Finally we hope to contribute to the best navigation between the different options in diagnosing and treating prostate cancer. It is simple if well informed. Try to avoid the PSA test after a diagnosis of restricted survival and debilitated age is a basic thing. We are not afraid of a prostate cancer diagnosis at low risk, the pussy cats, and go for watchful waiting or active surveillance. The high risk (high grade) cancers are fortunately the minority but these (the tigers) will kill. Here we go for optimal, invasive treatment for cure if possible or a long quality of life survival. Together we hope to move forward.

We thank, Hans Randsdorp, for the use of some of its slides.

Ken Mastris  
Chairman Europa Uomo