



NAME: Daniel
AGE: 57

REASON TO CONTACTING BEST DOCTORS

To explore his treatment options and make an educated decision with the support of our team of specialists

BEST DOCTORS EXPERT SPECIALTY:
Urology

“ I was really reluctant to proceed with surgery and felt that my local medical team might have been biased towards surgery.”

THE INSIGHT PROVIDED BY DANIEL'S ONCOLOGY SPECIALIST WAS THE TRIGGER HE NEEDED TO UNDERGO HIS LIFE-SAVING SURGERY

Roughly one year ago Daniel, an otherwise healthy 57 year-old man, visited his GP when he grew concerned after finding a lump on his testicle. Having a family history of prostate cancer, Daniel was quickly referred to an Urologist who discovered alarming results after conducting a PSA test, a blood test that measures the amount of prostate specific antigen.

His Urologist proceeded to conduct a cautionary biopsy. Upon receiving the results, Daniel's Urologist officially diagnosed him with prostate cancer. Daniel was recommended that he undergo an open prostatectomy to remove the cancer.

Feeling weary about having surgery, Daniel requested a second referral to another urologist. Daniel received the same recommended course of treatment but was recommended to proceed with robotic surgery to address the cancer.

Daniel felt very reluctant about undergoing surgery and was unsure if it was more advisable to wait and observe his progress for some time. He needed additional support to make the right decision. During this time he had two MRIs performed and both indicated that the cancer was still very much present but had not advanced at all. Daniel's insurer made him aware of Best Doctors at just the right time.

Best Doctors identified a world leading Urologist to review his case and also gave Daniel the opportunity to present all of his questions to the expert.

The Best Doctors Urologist thoroughly reviewed his medical history, test results and biopsies. The specialist concluded that Daniel had been correctly diagnosed with prostate cancer.

Although Daniel was hoping that a non-invasive course of action might be possible, the Best Doctors Specialist informed him that there is very little definitive research regarding any

dietary or lifestyle changes that would assist in the management of prostate cancer.

His medical prognosis revealed that surgery would significantly improve long term survival. By opting out of surgery and using only a surveillance strategy, Daniel's chances of dying from prostate cancer within the next 10 years were increased by 5 – 10%. In addition, his expert explained that conducting repeat biopsies during an active surveillance strategy also carries an important risk of side-effects.

Radical prostatectomy surgery can be done in two ways: by open surgery or by laparoscopic “robotic” surgery through small incisions. The Best Doctors team recommended that the most effective form of surgery would be an open radical retropubic prostatectomy.

Daniel's Best Doctors Urologist explained that an open surgery would allow his surgeon to use the open RRP technique. This procedure involves the surgeon using fingers to feel the sides of the prostate in order to conduct a bilateral nerve-sparing procedure for a more optimal chance of preserving the nerves on both sides.

Having all of the details of his case and the rationale as to why he needed surgery in an easy to read report, gave Daniel the comfort and reassurance he needed to move forward. Daniel is now scheduled for open prostatectomy surgery.

DANIEL FELT TRUE SUPPORT FROM BEST DOCTORS AND BELIEVES THE ORGANISATION IS AN ESSENTIAL PARTNER TO HAVE ON ANY MEDICAL JOURNEY