

Instructions for Recording your PCa-History

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Instructions for Recording your PCa-History

01 – Registration

myProstate.eu Prostate Cancer Personal stories

English German Home Contact Links About us Login/Sign up

Create your story
Instructions and info
Side effects of therapies
Advanced search
View stories
Watchful Waiting
Prostatectomy
Radiation therapy
Hormonal therapy
Other treatments

Login

Your e-mail: [Forgot your password?](#)

Password:

[Instructions for registration and recording your own PCa-History](#)

Information for users:

The user agrees by registering that he has read the disclaimer and that his reports are kept free of racist, slanderous and offending comments.

A unique non-public warning will be made in the case of a breach of these rules. In case of another violation of the rules, the right for further reporting will be removed permanently for this user without prior notice.

The owner of this website reserves the right to delete any reports, which are not compatible with the purpose of this website, without any explanation or discussion.

New Registration

Your e-mail:

Password:

Repeat Password:

I agree with the [disclaimer and legal information!](#)

For the spam protection please enter both words.

Hiram

Geben Sie die 2 Wörter ein

For help please click [here](#)

- Click the **login-button** on the top right
- Under **New Registration:**
 - enter your e-mail address
 - enter a password
 - repeat the password
- Caution: the password is **case sensitive!**
- Accept **disclaimer** and **legal information**.
- Fill in the **spam protection** as follows:

For the spam protection please enter both words.

and

and stomhys

For help please click [here](#)

Instructions for Recording your PCa-History

- The two words displayed above have to be written into the empty field. The words may be case sensitive. In this example: **and stomhys**
- Click on this icon if the word can not be clearly read or recognized.



You will see new words. In this example: **two supremier** Write them into the empty field.



- **Click the "Register" button.**
- **Wait for the e-mail confirming your registration.**
Confirm the registration by clicking on the link in that registration mail.
- **Only then is the registration and confirmation completed. A login before that is not possible.**

Instructions for Recording your PCa-History

02 – Login

Once you have confirmed the registration-mail you can login for the first time.

- Click the **login-button** on top right.
- Under **Login**
 - enter your e-mail address
 - enter password
 - click the login button
- The page "**visible name**" will appear when you **log in the first time**

03 – Visible name (nickname/pseudonym)

- Think well about the name you want to choose here. Material posted on the internet is freely accessible to others through Search Engines. It is becoming a frequent practice to "google" for personal information and you should be aware of this when entering your name. If this is of concern, you may wish to conceal your name by using a pseudonym.

You will not be able to change this visible name yourself (can only be done by the moderator on request).

- We urge you to read the **explanatory notes concerning this naming.**

Instructions for Recording your PCa-History

04 – Personal data

Once you have saved the "visible name", you will be redirected to the page "**Personal Data**"

English German Moderatoren-Ebene Home Contact Links About us Logout

1 Personal data PSA values Other values Treatments Drugs Side effects My Story Subs etc.

2 Side of therapies

3

4 Save

Only the bright green fields are visible to others!
* Required information. The date of birth is needed for the calculation of the age at diagnosis and for the graphics.

Personal data	
Name: *	Olloz
Prenome: *	Franz
Street + No: *	
Postal Code: *	4234
City: *	
Ctry: *	Schweiz
State/Province: *	
Date of Birth: *	09 11 1946
only the age in years will be shown!	
Phone: *	061 793 92 30
Contact allowed? *	Yes
Occupation:	
Hobbies:	
Miscellaneous:	
My Website:	sss

Maximum measured prostate volume	
Date:	dd mn yyyy
PSA in ng/ml:	
Volume in ml or cm ³ :	

Postoperative pathological data	
Date:	dd mn yyyy
Gleason Sum:	+ =
p-T-N-M-Findings:	Tx Nx Mx
Margins:	Rx
p-L-V-P-G-Findings:	Gx
See stories of:	12 12 2008

Login data	
E-Mail: *	moderator@myprostate.eu
Password: *	*****
Repeat Password: *	
Visible name: *	Moderator
Language: *	German

Data at initial diagnosis	
Date: *	21 01 1996
PSA in ng/ml: *	0.01
Biopsied?	No
TUR-P?	No
Gleason Sum:	+ =
T-N-M-Stages:	Tx Nx Mx
Remark:	

The following points have to be observed strictly when entering the **personal data**:

- **E-mail and password** are automatically set by the registration and have only to be completed if they have to be changed.
- All fields marked with a red asterisk (*) have to be filled in. If all of these fields are not filled, no further data such as PSA values and treatments etc can be entered.
- Only the **light blue fields** will be visible later for other users!
- **PSA values** can be entered with dots or commas but will appear only with a decimal point after saving.
- Be sure to click the **green "Save" button [4]** before changing to another page! Otherwise the new input or the changes will be lost!

Attention: Always save your work in between as the system will logout automatically after 30 minutes without a saving action!

Instructions for Recording your PCa-History

05 – PSA values

When personal details are filled in completely you can switch to of the other menus as PSA values, treatments etc.

The screenshot shows the 'My PSA-History' interface. The top navigation bar includes 'English', 'German', 'Moderatoren-Ebene', 'Home', 'Contact', 'Links', 'About us', and 'Logout'. The left sidebar has a 'Create your story' menu with 'PSA values' highlighted. The main area features a line graph of PSA values from 2002 to 2012, with a table below it. The table has columns for 'No', 'Date', 'Value', and 'Doubling time in years**' (1 Period, 2 Periods, 4 Periods). A 'Save values und graphic' button is located at the bottom right of the graph area.

No	Date	Value	1 Period	2 Periods	4 Periods	delete
1.	01.01.2002	1.80				x
2.	20.04.2006	2.50	9.08			x
3.	20.04.2010	5.00	4.00	5.63		x
4.	01.06.2010	2.75	--	29.95		x
5.	10.10.2010	12.00	0.17	0.38	3.21	x
6.	12.12.2010	20.00	0.23	0.19	1.55	x
7.	13.04.2011	15.00	--	1.57	0.62	x
8.	dd.mm.yyyy					
9.	dd.mm.yyyy					

The following points have to be observed strictly when entering the **PSA values**:

- **PSA values [2]** can be entered with dots or commas but will appear only with a **decimal point** after saving.
- The **Doubling Times will be calculated automatically** after you have entered and saved the PSA values. **[3]**
- The **graphic** will only appear after you entered the first value and after you have saved your input. **[3]**
- If you have **forgotten some values** you can enter them retrospectively. The new values will be sorted in the right date place after saving.
- **Dates and values** can be corrected directly in the relevant fields. The changes will be stored only after clicking the Save button.
- Theoretically you can enter an **infinite number of PSA values**. The chart will expand automatically so that you will always see at least three blank lines.

Attention: Always save your work in between as the system will logout automatically after 30 minutes without a saving action!

Instructions for Recording your PCa-History

06 – Other values

The screenshot shows the 'Other values' section of the myProstate.eu website. The interface includes a navigation menu at the top with options like 'Personal d', 'Other values', 'Treatments', 'Drugs', 'Side effects', 'My Story', and 'Subs etc.'. A sidebar on the left contains various options such as 'Create your story', 'Instructions and info', 'Side effects of therapies', 'Advanced search', 'View s', 'Watchrur waring', 'Prostatectomy', 'Radiation therapy', 'Hormonal therapy', and 'Other treatments'. The main content area features a table titled 'Other values - 1' and a line graph titled 'My Testosteron-History'. The table has columns for 'No', 'Date', 'Value', and 'Delete'. The graph shows testosterone levels from 2001 to 2013, with vertical lines indicating events like 'ADT3', 'Active sur.', 'e. str. med', 'Open surgery', and 'Horm. ADT3'. Red arrows and blue boxes with numbers 1-4 highlight key steps: 1. Clicking 'Other values' in the navigation menu; 2. Entering a description in the table; 3. Entering a value in the table; 4. Clicking 'Save values und_graphic'.

No	Date	Value	Delete
1.	13.12.2001	3.50	x
2.	01.01.2008	5.20	x
3.	12.12.2009	2.00	x
4.	04.04.2010	4.44	x
5.	11.11.2011	15.00	x
6.	12.12.2012	20.00	x
7.	dd.mm.yyyy		
8.	dd.mm.yyyy		
9.	dd.mm.yyyy		
10.	dd.mm.yyyy		
11.	dd.mm.yyyy		
12.	dd.mm.yyyy		
13.	dd.mm.yyyy		
14.	dd.mm.yyyy		
15.	dd.mm.yyyy		

The following points have to be observed strictly when entering the **other values**:

- First enter the **name**: for example "Testosterone" or "free PSA" [2]
- Then enter the **unit of measure**: for example "ng/ml", "quotient" or "%". Then save. [4]
- **Other values** can be entered with dots or commas but will appear only with a **decimal point** after saving. [3]
- The **graphic** will only appear after you entered the first value and after you have saved your input. [4]
- If you have **forgotten some values** you can enter them retrospectively. The new values will be sorted in the right date place after saving.
- **Dates and values** can be corrected directly in the relevant fields. The changes will be stored only after clicking the Save button.
- Theoretically you can enter an **infinite number of values**. The chart will expand automatically so that you will always see at least three blank lines.

Attention: Always save your work in between as the system will logout automatically after 30 minutes without a saving action!

Instructions for Recording your PCa-History

07 – Treatments

English German Moderatoren-Ebene Home Contact Links About us Logout

Create your story Personal data PSA value **1** Treatments Drugs Side effects My Story Subs etc.

Instructions and info A treatment already entered may be edited by clicking onto this treatment.

Side effects of therapies

Advanced **2**

View stories

Watchful Waiting

Prostatectomy

Radiation therapy

Hormonal therapy

Other treatments

Save **3** Cancel Delete

Treatments up to now

from	to	PSA	Treatment	Clinic	City
01.01.01		10.00	Active Surveillance	Tag gleiches Problem	wie bei Drugs!!!
12.12.02	14.07.13	10.00	Open surgery	Crti+F5 scheint zu gehen!	
12.12.03		10.00	IMRT + ADT	Enddatum ok?	
12.12.04		5.00	ADT2		

4

The following points have to be observed strictly when entering the **treatments**:

- **from:** date at the start of the treatment
- **to:** date at the end of the treatment
- **PSA:** PSA value at the start of the treatment.
- **Treatment:** choose one of the pre-defined treatments (drop-down list).
- **Clinic and City:** completion is not mandatory but could be informative.
- **Treatments up to now:** Once a treatment is saved, it appears at the bottom of the screen. **[4]**
- **Modifications of past treatments:** Click onto the past treatment **[4]** you want to modify. This treatment will then appear in the upper input fields. There you can modify the data. The modifications will only be saved once you click the "Save" button. Click the "Cancel" button if you want to dismiss the modifications before saving.
- **Deleting of past treatments:** Click onto the past treatment you want to delete. This treatment will then appear in the upper input fields. The treatment will be deleted by clicking onto the "Delete" button.
- As soon as the treatments are saved, they will appear in the **graphics of PSA and other values**.

Attention: Always save your work in between as the system will logout automatically after 30 minutes without a saving action!

Instructions for Recording your PCa-History

08 – Drugs

English German Moderatoren-Ebene Home Contact Links About us Logout

Create your story Personal data PSA values Other values **1** Drugs Side effects My Story Subs etc.

Instructions and info A medication already entered may be edited by clicking onto this medication!

Side effects of therapies

Advances **2** from * to Medication or NEM * Quantity / unit of time

* required NEM = Nutritional supplement Quantity per D / M / Y etc.

Save **3** Cancel Delete

Medication up to now

from to Medication or NEM Quantity / unit of time

Other treatments **4**

12.12.2009		Pradif T	400 mg / Tag
01.04.2010	12.12.2012	GranaProstan	2 Tabletten / Tag

The following points have to be observed strictly when entering the **medication**:

- **from**: date from which the drug was ingested.
- **to**: date from which the medication was discontinued. This field can be left blank in order to complete it later.
- **Medication**: Free input. Please check the spelling so that the drug can later be found by using the search function also in your data.
- **Quantity / Unit of time**: Free input.
Examples: 10 mg / day
4 tablespoons / day
3-month depot injection
2x2 capsules / D
- **Medication up to now**: Once a medication is saved, it appears at the bottom of the screen. [4]
- **Modifications of past medication**: Click onto the past medication [4] you want to modify. This medication will then appear in the upper input fields. There you can modify the data. The modifications will only be saved once you click the "Save" button. Click the "Cancel" button if you want to dismiss the modifications before saving.
- **Deleting of past medications**: Click onto the past medication you want to delete. This medication will then appear in the upper input fields. The medication will be deleted by clicking onto the "Delete" button.

Attention: Always save your work in between as the system will logout automatically after 30 minutes without a saving action!

Instructions for Recording your PCa-History

09 – Side effects

		English	German	Moderatoren-Ebene				Home	Contact	Links	About us	Logout																																				
Create your story	Personal data	PSA values	Other values	Treatment	1	Side effects	My Story	Subs etc.																																								
Instructions and info	<p>Instructions</p> <p>Click into applicable fields. The entries are automatically saved. Wrong entries are deleted by clicking again in the incorrect field.</p>																																															
Side effects of therapies	<p>Course of therapy in general</p> <p>Are you satisfied with the course of the therapy? Has the treatment met your expectations?</p> <p>Are you satisfied with the course of the PSA therapy? Was the castration level of testosterone (0,2 ng/ml, 20 ng/dl, 0,69 nmol/l) met by the ADT treatment?</p>																																															
Advanced search	<table border="1"> <thead> <tr> <th></th> <th>Active Surv.</th> <th>Open surgery</th> <th>IMRT+ADT</th> <th>ADT2</th> <th>>></th> </tr> </thead> <tbody> <tr> <td>Yes, sure</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>rather yes</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>more or less</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>rather no</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>No</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>													Active Surv.	Open surgery	IMRT+ADT	ADT2	>>	Yes, sure	<input type="checkbox"/>	rather yes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	more or less	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	rather no	<input type="checkbox"/>	No	<input type="checkbox"/>												
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Prostatectomy	<table border="1"> <tbody> <tr> <td>During therapy</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>1-4 weeks after therapy</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>2-4 months after therapy</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>5-12 months after therapy</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>More than 12 months after therapy</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>												During therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1-4 weeks after therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2-4 months after therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5-12 months after therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	More than 12 months after therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>											
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Hormonal therapy	<table border="1"> <tbody> <tr> <td>During therapy</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>1-4 weeks after therapy</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>												During therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1-4 weeks after therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																										
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Other treatments	<table border="1"> <tbody> <tr> <td>During therapy</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> <tr> <td>1-4 weeks after therapy</td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> <td><input type="checkbox"/></td> </tr> </tbody> </table>												During therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1-4 weeks after therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																										
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1-4 weeks after therapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>																																												

The system will create a column with questions for any treatment entered in order to evaluate this treatment.

- **Input:** For each question click the appropriate box with the mouse. The box will change the colour.
- **Corrections:** The entries can be deleted at any time by clicking the corresponding boxes or changed by clicking into a box on the same line.
- **More than four treatments:** More treatments can be assessed on following pages. [4]

Instructions for Recording your PCa-History

10 – My Story

English German Moderatoren-Ebene Home Contact Links About us Logout

Create your story Personal data PSA values Other values Treatments Drug: 1 My Story Subs etc.

Instructions and info It is highly recommended for the better readability and comprehensibility to split your PCa-story into several small reports. This can also be done retrospectively, the reports are then automatically sorted by date correctly. See this [example!](#)

Side effects of therapies

Date	Last PSA from	Personal stories
13.03.2013	15.00	13.04.2011 Alles begann bei einem Besuch bei meinem Hausarzt.

Advanced search 2 Save 3 Cancel 5 Delete

A report already entered may be edited by clicking onto this report!

Date	Last PSA from	Personal stories
13.03.2013	15.00	13.04.11 Alles begann bei einem Besuch bei meinem Hausarzt.
21.04.2013	15.00	13.04.11 Was für ein Schock. PCa oder Prostatitis, das war die Frage!!

4

The following points have to be observed when entering the **reports**:

- **Date:** date of your "diary entry". Choose import dates of your course of disease (date of initial diagnosis, dates of treatment etc.) if you are writing retroactively.
- **PSA value:** The last determined value prior or equal to that date. This allows seeing in the public area your PSA values corresponding to the date of the report.
- **Report:** You are completely free in the mode of your reports. Reports can be:
 - short and brief,
 - elaborate and detailed,
 - factual,
 - humorous and personal,
 - etc. etc.
- **Longer reports** can first be composed in a word processing program like Word and can then be transferred by "copy and paste".
- The **presentation** is purposely kept simple. Formatting options were deliberately omitted.
- **Modifications of past reports:** Click onto the past report you want to modify [4]. This report will then appear in the upper input fields, where you can modify the report. The modifications will only be saved once you click the "Save" button. Click the "Cancel" button if you want to dismiss the modifications before saving.
- **Deleting of reports:** Click onto the report you want to delete [4]. This report will then appear in the upper input fields. The report will be deleted by clicking onto the "Delete" button. [5].

Instructions for Recording your PCa-History

- **Sorting in ascending or descending date:** The reports can be sorted by date in ascending or descending order. It might be useful to see the latest report on top if you have very long or many reports.

Attention: Always save your work in between as the system will logout automatically after 30 minutes without a saving action!

11 – Subscriptions

	English	German	Moderatoren-Ebene				Home	Contact	Links	About us	Logout
Create your story	Personal data	PSA values	Other values	Treatments	Drugs	Side effects	1				Subs etc.
Instructions and info											
Side effects of therapies	Manage my subscriptions		Data updates during the last 30 days								
Advanced search	<input type="checkbox"/>	Andy	18.07.2013		Pierrot				Other values		
View s	<input type="checkbox"/>	Diskus	14.07.2013		Terry Herbert						My Story
Watchful Waiting	<input type="checkbox"/>	hartmuth	12.07.2013		hartmuth			PSA values	Other values		My Story
Prostatectomy	<input type="checkbox"/>	Karl_Ue	04.07.2013		Terry Herbert	My Basic Data		PSA values			My Story
Radiation therapy	<input type="checkbox"/>	Pierrot									
Hormonal therapy	<input type="checkbox"/>	Terry Herbert									
Other	<input type="checkbox"/>										
											3
											Delete marked subscriptions

Registered users have the possibility to for them **subscribe interesting stories**. On this page one can delete subscriptions which are no longer desired.

12 – Logout

	English	German	Moderatoren-Ebene				Home	Co	1	Logout
Create your story	Personal data	PSA values	Other values	Treatments	Drugs	Side effects	My Story			

You should log out after finishing your input if other people have access to your computer. The system will automatically log out if there was no input after 30 minutes.

Instructions for Recording your PCa-History

13 – Link to your story on myProstate.eu

The screenshot shows the myProstate.eu website interface. The browser address bar contains the URL: www.myprostate.eu/demo/?req=user&id=276&page=data. A red arrow labeled '2' points to this address bar. The website header includes the myProstate.eu logo and navigation links: Home, Contact, Links, About us, Login/Sign up. The user's name, Peter Smith, is displayed with a UK flag. A red arrow labeled '1' points to the 'My Basic Data' button in the navigation menu. Below the navigation menu, there are sections for 'Personal data - diagnosis', 'Personal data', 'Data at initial diagnosis', 'Maximum measured prostate volume', and 'Postoperative pathological data'.

Personal data		Data at initial diagnosis	
Visible name:	Peter Smith	Date:	10.12.2003
Ctry:	Great Britain	Age at diagnosis:	57
State/Province:		PSA:	4.50
Year of birth:	1946	Biopsied?	Yes
Age:	66	TUR-P?	No
Occupation:	Teacher	Gleason Score:	4 + 5 = 9
Hobbies:	Mushrooms	TNM-Stages:	T2c N1 M1
My Website:		Remark:	

- Go to the **public area**.
- Open your report.
- Click onto the "**My Basic Data**" button. [1]
- The address in the **address-field of your browser** is the link to your story.

The link for Peter Smith is: <http://www.myprostate.eu/?req=user&id=276> [2]

The number at the end represents your ID at www.myProstate.eu

You can now publish this link in your own homepage or Facebook or e-mails.