

BRIAN The North Shore University Health System spans a location that extends from Wisconsin all the way into the city.
HELFAND: As such, we have a very large patient cohort that we deal with. And expectantly, we also have a large prostate cancer volume. Not only do we treat patients within our system, but we regularly have patients who travel into our system from outside of the state.

In fact, we've treated patients all over the country and world who have come in just for prostate cancer care. One of the reasons for patients coming into the system that we offer is that we believe in personalized prostate cancer treatment, that it starts at the time of screening. So many institutions and especially cancer institutions believe that we should start personalized medicine and treatment at the time after they have advanced prostate cancer care.

We believe that if we catch patients early who are at risk of advanced or aggressive prostate cancer, that by catching them early and treating them more aggressively, that they will not progress to the advanced state. This in itself is a unique part of North Shore and involves early genetic testing, genomic testing, and advanced biomarker testing that enhances or prognosticates where patients lie.

In addition, we have regular programs that allow patients to insert their preferences to help guide their decision-making along the way. These programs involve computer-assisted programs, other urologists, psychologists, even dieticians that all have input into what would be the best treatment and screening choices for them. All of our urologists are fellowship-trained, and we have developed programs in all aspects of urology.

This includes those categorizes general urology, such as those including kidney stones, blood in the urine, urinary leakage, lower urinary tract symptoms or BPH, Benign Prostatic Hyperplasia, but also expand into those who have advanced prostate cancer and other cancer care, including those with bladder cancer, kidney cancer, as well as testicular cancer as well.

The uniqueness of the program has really evolved based on the type of disease-- as an example, in our kidney stone program that includes a number of our general urologists as well as our urologists who are specialized in kidney stone treatment as well as prevention.

Our multidisciplinary program not only includes the surgeons, but also includes our nephrology team, who regularly does urine analyses and tries to prevent future stone events. We have a similar type of complex or multidisciplinary programs in prostate cancer, BPH, lower urinary tract symptoms, as well as those who have neurogenic bladders and other complex diseases.