

## Instructions for Recording your PCa-History

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### Contents

Ø 01 – Registration	Page 2
Ø 02 – Login	Page 4
Ø 03 – Visible name (nickname/pseudonym)	Page 4
Ø 04 – Personal data	Page 5
Ø 05 – PSA-values	Page 6
Ø 06 – Other values	Page 7
Ø 07 – Treatments	Page 8
Ø 08 – Drugs	Page 9
Ø 09 – Appreciations	Page 10
Ø 10 – My Story	Page 11
Ø 11 – Subscriptions	Page 12
Ø 12 – Logout	Page 12
Ø 13 – Link to your story	Page 13

# Instructions for Recording your PCa-History

## 01 – Registration

The screenshot shows the myProstate.eu website. The header includes the logo and navigation links: Home, Contact, Links, About us, and Login/Sign up. A sidebar on the left lists various topics: Create your story, Instructions and info, Side effects of therapies, Advanced search, View stories, Watchful Waiting, Prostatectomy, Radiation therapy, Hormonal therapy, and Other treatments. The main content area has a 'Login' section with fields for 'Your e-mail' and 'Password', and a 'Login' button. Below this is a link to 'Instructions for registration and recording your own PCa-History'. The 'New Registration' section has fields for 'Your e-mail', 'Password', and 'Repeat Password', a checkbox for 'I agree with the disclaimer and legal information', a CAPTCHA challenge, and a 'Register' button. Red arrows and blue boxes with numbers 1, 2, 3, and 4 indicate the steps for registration: 1 points to the 'Login/Sign up' link, 2 points to the 'New Registration' section, 3 points to the 'I agree with the disclaimer and legal information' checkbox, and 4 points to the CAPTCHA challenge.

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

The screenshot shows the CAPTCHA challenge from the registration process. It displays the words 'and' and 'stomhys' in a distorted font. Below the words is a text input field containing 'and stomhys'. To the right of the input field is a CAPTCHA logo. Below the input field is a 'Register' button.

## Instructions for Recording your PCa-History

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



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



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

## Instructions for Recording your PCa-History

### 02 – Login

The screenshot shows the login page of myProstate.eu. A green navigation bar at the top contains links: Home, Contact, Links, About us, and Login/Sign up. A sidebar on the left lists various topics. The main content area is titled 'Login' and features input fields for 'Your e-mail' and 'Password', a 'Forgot your password?' link, and a 'Login' button. A red arrow labeled '1' points to the 'Login/Sign up' link in the top bar. Another red arrow labeled '2' points to the 'Login' button. A third red arrow labeled '3' points to the 'Forgot your password?' link. Below the login fields, there is a link to 'Instructions for registration and recording your own PCa-History' and a section titled 'Information for users:' with a disclaimer.

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

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

### 03 – Visible name (nickname/pseudonym)

The screenshot shows the 'Visible name' page of myProstate.eu. A blue navigation bar at the top contains links: Home, Contact, Links, About us, and Logout. A sidebar on the left lists various topics. The main content area is titled 'Visible name' and features a text input field and a 'Save' button. A red arrow labeled '4' points to the input field, and another red arrow labeled '5' points to the 'Save' button. Below the input field, there is a note: 'Note: The visible name can not be changed by you but only by the moderator!' and a section titled 'Hints on selecting your visible name:' with several bullet points providing guidance on naming conventions.

- Ø 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).**

- Ø 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"

The screenshot shows the 'Personal data' form on the myProstate.eu website. The form is divided into several sections, with some fields highlighted in light blue to indicate they are visible to other users. Red arrows and numbers 1 through 4 point to specific elements:

- 1** points to the 'Personal data' tab in the top navigation bar.
- 2** points to the 'Side of the prostate' dropdown menu in the left sidebar.
- 3** points to the 'Date at initial diagnosis' section, which includes fields for Date, PSA in ng/ml, Biopsied?, TURP?, Gleason Sum, and T1-T4 Stages.
- 4** points to the green 'Save' button at the bottom right of the form.

The form contains the following sections and fields:

- Personal data:** Name (\*), Prenom (\*), Street + No. (\*), Postal Code (\*), City (\*), Ctry (\*), State/Province (\*), Date of Birth (\*), Phone (\*), Contact allowed? (\*), Occupation, Hobbies, Miscellaneous, My Website.
- Maximum measured prostate volume:** Date, PSA in ng/ml, Volume in ml or cm³.
- Postoperative pathological data:** Date, Gleason Sum, p-TNM-Findings, Margins, p-LVP-G-Findings, See stories of.
- Login data:** E-Mail (\*), Password (\*), Repeat Password (\*), Visible name (\*), Language (\*).
- Date at initial diagnosis:** Date (\*), PSA in ng/ml (\*), Biopsied?, TURP?, Gleason Sum, T1-T4 Stages, Remark.

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

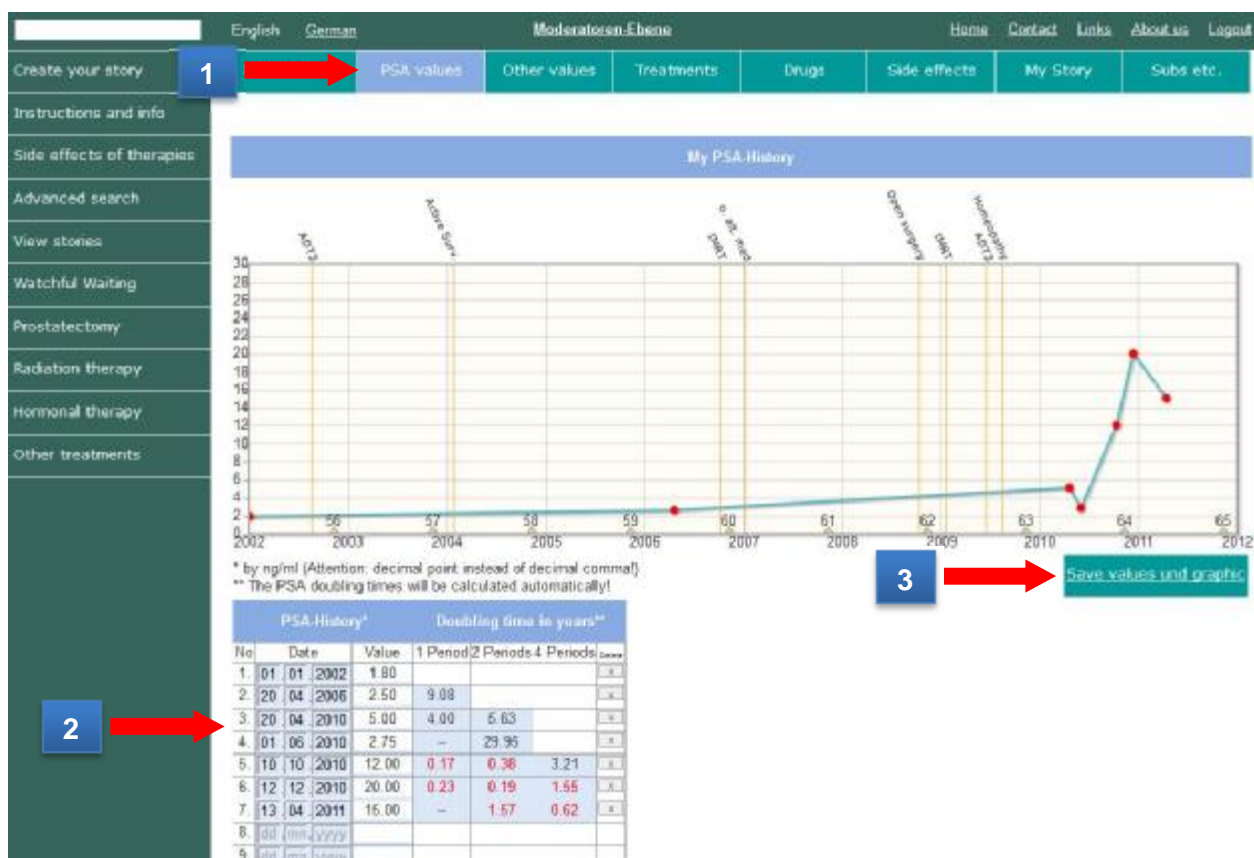
- Ø E-mail and password are automatically set by the registration and have only to be completed if they have to be changed.
- Ø All fields marked with a red asterisk (\*) have to be filled in. If all of these fields are not filled, no further data such as PSA values and treatments etc can be entered.
- Ø Only the light blue fields will be visible later for other users!
- Ø PSA values can be entered with dots or commas but will appear only with a decimal point after saving.
- Ø 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 following points have to be observed strictly when entering the PSA values:

- Ø PSA values [2] can be entered with dots or commas but will appear only with a decimal point after saving.
- Ø The Doubling Times will be calculated automatically after you have entered and saved the PSA values. [3]
- Ø The graphic will only appear after you entered the first value and after you have saved your input. [3]
- Ø If you have forgotten some values you can enter them retrospectively. The new values will be sorted in the right date place after saving.
- Ø Dates and values can be corrected directly in the relevant fields. The changes will be stored only after clicking the Save button.
- Ø 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 sidebar with navigation options like 'Create your story', 'Instructions and info', 'Side effects of therapies', 'Advanced search', 'View', 'Watchlist', 'Prostatectomy', 'Radiation therapy', 'Hormonal therapy', and 'Other treatments'. The main area has a tabbed interface with 'Personal data', 'Other values', 'Treatments', 'Drugs', 'Side effects', 'My Story', and 'Subs etc.'. The 'Other values' tab is active, showing a table with columns for 'Description', 'Unit', 'Value', and 'Delete'. The table contains six rows of data for Testosterone levels. To the right of the table is a line graph titled 'My Testosterone-History' showing the trend of testosterone levels over time from 2001 to 2013. The graph has a y-axis ranging from -5 to 25 and an x-axis showing years. The data points are connected by a line, and the graph shows a general upward trend. The interface also includes a 'Save values and graphs' button and a 'Delete entire graphic as well as values' button.

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**:

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

The screenshot shows the 'Treatments' tab in the myProstate.eu interface. The left sidebar contains a menu with items like 'Create your story', 'Instructions and info', 'Side effects of therapies', 'Advanced search', 'View stories', 'Watchful Waiting', 'Prostatectomy', 'Radiation therapy', 'Hormonal therapy', and 'Other treatments'. The main content area has a header with 'English', 'German', and 'Moderatoren-Ebene'. Below this is a navigation bar with 'Personal data', 'PSA value', 'Treatments' (highlighted with a red arrow and '1'), 'Drugs', 'Side effects', 'My Story', and 'Subs etc.'. The 'Treatments' section includes a form with fields for 'from', 'to', 'PSA \*', 'Treatment \*', 'Clinic', and 'City'. A red arrow points to the 'PSA \*' field with the number '2'. Below the form are 'Save' (with a red arrow and '3'), 'Cancel', and 'Delete' buttons. A table titled 'Treatments up to now' lists past treatments. A red arrow points to the first row of the table with the number '4'.

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	Crni+F5 scheint zu gehen!	
12.12.03		10.00	IMRT + ADT	Enddatum ok?	
12.12.04		5.00	ADT2		

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

- Ø **from:** date at the start of the treatment
- Ø **to:** date at the end of the treatment
- Ø **PSA:** PSA value at the start of the treatment.
- Ø **Treatment:** choose one of the pre-defined treatments (drop-down list).
- Ø **Clinic and City:** completion is not mandatory but could be informative.
- Ø **Treatments up to now:** Once a treatment is saved, it appears at the bottom of the screen. [4]
- Ø **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.
- Ø **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.
- Ø 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

The screenshot shows the 'Drugs' section of the myProstate.eu website. The interface includes a sidebar with navigation links and a main content area for recording medication. Red arrows and numbered boxes (1-4) highlight specific features:

- 1:** Points to the 'Drugs' tab in the top navigation bar.
- 2:** Points to the 'Advanced' link in the sidebar.
- 3:** Points to the 'Save' button in the medication entry form.
- 4:** Points to a past medication entry in the 'Medication up to now' table.

**Medication entry form:**

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

from	to	Medication or NEM	Quantity / unit of time
<input type="text" value="dd./mm./yyyy"/>	<input type="text" value="dd./mm./yyyy"/>	<input type="text" value="NEM – Nutritional supplement"/>	<input type="text" value="Quantity per D / M / Y etc."/>
<input type="button" value="Save"/> <input type="button" value="Cancel"/> <input type="button" value="Delete"/>			

**Medication up to now:**

from	to	Medication or NEM	Quantity / unit of time
12.12.2008		Profil T	400 mg / Tag
01.04.2010	12.12.2012	GranProstan	2 Tabletten / Tag

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

- Ø **from:** date from which the drug was ingested.
- Ø **to:** date from which the medication was discontinued. This field can be left blank in order to complete it later.
- Ø **Medication:** Free input. Please check the spelling so that the drug can later be found by using the search function also in your data.
- Ø **Quantity / Unit of time:** Free input.  
Examples: 10 mg / day  
4 tablespoons / day  
3-month depot injection  
2x2 capsules / D
- Ø **Medication up to now:** Once a medication is saved, it appears at the bottom of the screen. [4]
- Ø **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.
- Ø **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

The screenshot shows the 'Side effects' recording interface. The navigation bar at the top includes tabs for 'Personal data', 'PSA values', 'Other values', 'Treatment' (labeled 1), 'Side effects', 'My Story', and 'Subs etc.'. The 'Side effects' tab is selected. The main content area is divided into three sections: 'Instructions', 'Course of therapy in general', and 'Side effects of the therapy'. The 'Course of therapy in general' section contains questions about satisfaction with the course of therapy and the castration level of testosterone. The 'Side effects of the therapy' section contains questions about urinary incontinence, urinary retention, and loss of vitality, with time points for 'During therapy' and '1-4 weeks after therapy'. The 'Side effects of the therapy' section also includes a table with columns for 'Active Surv.', 'Open surgery', 'IMRT+ADT', and 'ADT2', and rows for 'yes, side', 'rather yes', 'more or less', 'rather no', and 'no'. A red arrow points to the 'Side effects' tab (1), and another red arrow points to the 'Side effects of the therapy' section (3). A blue box with the number 2 points to the 'Course of therapy in general' section, and a blue box with the number 4 points to the 'Side effects of the therapy' section.

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

- Ø **Input:** For each question click the appropriate box with the mouse. The box will change the colour.
- Ø **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.
- Ø **More than four treatments:** More treatments can be assessed on following pages. [4]

## Instructions for Recording your PCa-History

### 10 – My Story

The screenshot shows the 'My Story' section of the myProstate.eu website. The interface includes a top navigation bar with 'English', 'German', and 'Moderatoren-Ebene'. Below this is a sidebar with various menu items: 'Create your story', 'Instructions and info', 'Side effects of therapies', 'Advanced', 'View stories', 'Watchful Waiting', 'Prostatectomy', 'Radiation therapy', 'Hormonal therapy', and 'Other treatments'. The main content area has tabs for 'Personal data', 'PSA values', 'Other values', 'Treatments', 'Drug', and 'My Story' (which is highlighted with a red arrow and a blue box labeled '1'). Below the 'My Story' tab, there is a text input area with a red arrow and a blue box labeled '2'. At the bottom of the input area, there are three buttons: 'Save' (with a red arrow and blue box labeled '3'), 'Cancel' (with a red arrow and blue box labeled '5'), and 'Delete'. Below the input area, there is a table with columns 'Date', 'Last PSA from', and 'Personal stories'. The table contains two rows of data. A red arrow and blue box labeled '4' point to the first row of the table. A red arrow and blue box labeled '5' point to the 'Delete' button.

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

- Ø **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.
- Ø **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.
- Ø **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.
- Ø **Longer reports** can first be composed in a word processing program like Word and can then be transferred by "copy and paste".
- Ø The **presentation** is purposely kept simple. Formatting options were deliberately omitted.
- Ø **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.
- Ø **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

- Ø **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

The screenshot shows the 'Manage my subscriptions' page. The top navigation bar includes 'Personal data', 'PSA values', 'Other values', 'Treatments', 'Drugs', 'Side effects', and 'Subs etc.' (highlighted with a red arrow and number 1). The left sidebar has 'View s' (highlighted with a red arrow and number 2). The main content area shows a table of subscriptions with columns for user name, date, and story details. At the bottom, there is a button 'Delete marked subscriptions' (highlighted with a red arrow and number 3).

Manage my subscriptions	Data updates	during the last 30 days
<input type="checkbox"/> Andy	18.07.2013	<a href="#">Pierrot</a> <a href="#">Other values</a>
<input type="checkbox"/> Diskus	14.07.2013	<a href="#">Terry Herbert</a> <a href="#">My Story</a>
<input type="checkbox"/> hardmuth	12.07.2013	<a href="#">hardmuth</a> <a href="#">PSA values</a> <a href="#">Other values</a> <a href="#">My Story</a>
<input type="checkbox"/> Karl_Lue	04.07.2013	<a href="#">Terry Herbert</a> <a href="#">My Risk Data</a> <a href="#">PSA values</a> <a href="#">My Story</a>
<input type="checkbox"/> Pierrot		
<input type="checkbox"/> Terry Herbert		

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

The screenshot shows the top navigation bar of the myProstate.eu website. The 'Logout' button is highlighted with a red arrow and number 1.

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. The user is logged in as Peter Smith. The interface includes a sidebar with navigation links, a top navigation bar, and a main content area with several data entry sections. Red arrows and numbers highlight key elements: '1' points to the 'My Data Data' button, and '2' points to the URL in the browser's address bar.

Personal data - diagnosis	Personal data	Data at initial diagnosis
NAME NAME	NAME NAME	NAME
City	Great Britain	Age at diagnosis: 57
State/Province		PSA: 4.50
Year of birth	1946	Biopsied? Yes
Age	56	TUR P? No
Occupation	Teacher	Gleason Score: 4 + 5 = 9
Hobbies	Mushrooms	TNM-Stages: T2c N1 M1
My Website		Remark

Maximum measured prostate volume	Postoperative pathological data
Date: 05.06.2002	Date: 13.01.2006

- 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](http://www.myProstate.eu)

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