Introduction to Advanced Prostate Cancer Care

Comprehensive Care for Advanced Prostate Cancer

North Idaho Urology (NIU) offers the region's only Advanced Prostate Cancer Clinic, specifically dedicated to men with advanced prostate cancer.

Our specialized team includes expert urologists, an advanced prostate cancer nurse navigator, and a support staff focused on personalized cancer care from diagnosis through treatment and aftercare.

Services include medication management through our in-office pharmacy, financial assistance for treatments, and prior authorization support.

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Chronic Care Management

Managing Your Chronic Health Conditions

NIU's Chronic Care Management (CCM) program helps patients with two or more chronic conditions, providing a dedicated Care Team Coordinator to assist you in managing your health.

Services include monthly check-ins, coordination with your providers, medication management, and support with insurance and referrals.

The program aims to prevent hospital readmissions and unnecessary emergency room visits.

Participation in CCM is covered by Medicare, minimizing out-of-pocket costs for most patients.

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Pharmacy and Medication Support

Convenient In-Office Pharmacy Services

NIU's in-office pharmacy provides a streamlined medication management process, working directly with your physician to ensure timely access to specialty medications.

Our pharmacy team handles prior authorizations and offers financial assistance options, including support from manufacturer programs and foundations.

For any medication concerns or changes, our pharmacy team is available to assist you during business hours.

The pharmacy also provides support for medication refills, proper disposal of unused medications, and assistance with adverse drug reactions.

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Importance of Calcium and Vitamin D

Calcium and Vitamin D: Essential Nutrients for Bone Health

The Importance of Calcium

Calcium plays a crucial role in muscle contractions, blood clotting, nerve transmission, and keeping bones strong. Without enough calcium, your body will pull it from your bones, weakening them over time, leading to fragile bones that break easily.

Recommended Calcium Intake

Men and Women:
1200–2000 mg daily.

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The Importance of Vitamin D

Vitamin D is necessary for calcium absorption. Known as the "sunshine vitamin," your body can produce it when exposed to sunlight, though factors like time of year, geographic location, skin color, and sunscreen usage may affect how much Vitamin D your body makes. Many people need more sun exposure to produce adequate Vitamin D.

Recommended Vitamin D Intake

Men and Women:
2000 IU daily.