



# Us TOO®

## PROSTATE CANCER EDUCATION & SUPPORT

Central Illinois Chapter

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### Contact Information:

**Bob Hermann**  
Chapter Leader  
428-3849  
hrmnbp@insightbb.com

**Nikki Damery,**  
DMH Cancer Care Institute  
876-2370  
nikkid@dmhhs.org

**Next Meeting:**  
**Tues. April 22nd**  
**Time:**  
4:30pm

**Location:**  
Cancer Care Specialists  
of Central Illinois  
2884 N. Monroe St  
Decatur, IL  
*\*Please enter on north side\**

### Our next meeting

In April, we welcome Dr. Edward C. Elliott, Radiation Oncologist and Medical Director of the Decatur Memorial Hospital Radiation Oncology Department.

He will be speaking about an assortment of topics from the newest technology available at DMH to treat prostate cancer, sharing information about the building of the new cancer center and lastly will be available to answer questions pertaining to your health.

We look forward to having Dr. Elliott at our April meeting and encourage you to attend and bring your questions!



Edward C. Elliott, MD,  
FCAP

### Upcoming Meeting Dates (4th Tuesday)

May 27  
June 24  
July 22

### March Highlights

Last month's topic was Coping with Prostate Cancer. The group was asked to share their experiences on how they cope. It provided an opportunity to learn new ways of dealing with this illness. Listening to others who have been through a similar experience can present a different outlook than healthcare providers can. Participants gain strength in knowing that they are not facing hardships alone. The group learned that the most important step you can take is to seek help as soon as you feel you are having trouble coping. Taking action early will enable you to better understand and handle the many aspects of your illness.

#### Coping skills:

- **Know what to expect.** Educate yourself so that you can be more active in your care.
- **Be proactive:** Discuss with your doctor, family and those you rely on for support how you want to approach decision making.
- **Maintain a strong support system:** Strong relationships can be an important role in surviving cancer.
- **Set reasonable goals:** Having goals helps you feel in control and can give you a sense of purpose.
- **Take time for yourself:** Eating well, relaxing and getting enough rest can help combat the stress and fatigue of cancer.
- **Look for a connection to something beyond yourself:** Having a strong faith or sense of something greater than yourself helps many people cope with cancer.

The US TOO newsletter is distributed to all newly diagnosed prostate cancer patients. For questions, or to add or delete your name from our mailing list, please call (217) 876-2370 or e-mail [nikkid@dmhhs.org](mailto:nikkid@dmhhs.org). The US TOO newsletters are also available on DMH'S Website at <http://www.dmhcares.org>. Click on 'Cancer Care Institute', and then click on 'Support Groups'.



## Free Prostate Screenings

DMH TEAMS UP FOR THE "THE DRIVE" TO DECATUR FOR FREE PROSTATE SCREENINGS

### What you should know about Prostate Cancer:

Prostate cancer is the second leading cause of cancer related death in men. Men have about a 1 in 10 chance of being diagnosed with prostate cancer in his lifetime. Know the risk factors and take advantage of this opportunity for free prostate cancer screenings.

### Prostate Cancer Risk Factors

- **Age:** The risk of developing prostate cancer increases as you age.
- **Family History:** Men whose father and/or brother had prostate cancer are up to 11 times more likely to develop prostate cancer.
- **Ethnicity:** The death rate for prostate cancer is nearly 2.4 times higher in African-American men than in Caucasian men.
- **Diet:** prostate health may be affected by diet
- **Obesity:** Studies have shown that the death rate from prostate cancer increases in obese men.

### FREE PROSTATE SCREENINGS

**Friday, May 16**  
**9 a.m. to 5 p.m.**  
**Van Located in DMH parking lot immediately off of Monroe Street**

Decatur Memorial Hospital, WCIA TV and the National Prostate Cancer Coalition have teamed up to bring "2008 Drive Against Prostate Cancer" to Decatur to offer free prostate cancer screenings

- ▶ **Free Prostate Cancer Screenings**
  - Prostate Specific Antigen (PSA) Blood Test
  - Digital Rectal Exam
- ▶ **Giveaways**



M A S T E R I N G M O D E R N M E D I C I N E

The Central Illinois Us TOO Prostate Cancer Support Group will be volunteering during this event to assist men with registration and distributing educational packets.



## Medicare policy linked to prostate surgery shift

USA Today - April 7, 2008

Changes in Medicare reimbursement may have led to more prostate cancer patients being surgically castrated instead of being treated with a less invasive alternative, a study shows.

Castration -- either through surgery or hormones that block the testosterone that feeds prostate tumors -- is a common treatment for certain types of prostate cancer. Research shows that both treatments have the same benefits for fighting cancer, as well as the same negative side effects on sexual function, says Otis Brawley, chief medical officer of the American Cancer Society.

Hormone therapy has been far more popular, however, with patients and doctors. The number of patients who got the injections rose sharply in the 1990s and early 2000s as the number of surgical castrations decreased. For doctors, giving the hormone injections also was profitable because the Medicare program reimbursed doctors well, Brawley says.

But doctors gave far fewer hormone injections after Medicare slashed what it paid them by half, according to a study released online today in the journal *Cancer*. From 2003 to 2005, the number of injections fell by 14% while the number of surgical castrations rose 4%, according to the study, which will appear in the May 15 print issue of the journal.

Author J. Stephen Jones of the Cleveland Clinic says financial pressures probably influenced that change. Although medical practice often changes, such shifts rarely occur so quickly, he notes in the study.

Brawley, who was not involved in the study, notes that urologists now may lose money by prescribing the shots, because Medicare payments don't always cover the cost of a nurse to administer the injections.

(Continued on page 3)



**Sneakers @ Work Day** is a workplace-based awareness and fundraising event that is sweeping the nation. It will bring major attention to this devastating silent killer among men. Anyone who participates will be wearing a badge of goodwill and support for men across the country.

Participating consists of lacing up sneakers and wearing them in September during Prostate Cancer Awareness month. More details will be available in the upcoming newsletters or visit [www.ustooevents.org](http://www.ustooevents.org).

*The event is presented through Us TOO International by the American Prostate Cancer Initiative.*

(Continued from page 2)

But he also notes that doctors have been reconsidering how they use hormones.

Howard Sandler, a cancer specialist at the University of Michigan who wasn't involved in the study, says the increase in surgical castrations -- 254 operations -- is small enough to be a random fluctuation from year to year.

Ethan Basch of New York's Memorial Sloan-Kettering Cancer Center says doctors have begun prescribing hormones intermittently instead of continuously. That could lead to a decrease in injections, even if the number of men getting the treatments didn't change much, says Basch, who also wasn't involved in the study.

Brawley notes that doctors also have become concerned about hormones' side effects. Around 2005, research began to suggest that suppressing testosterone contributes to problems such as osteoporosis. (c) USA TODAY



**Missed a meeting?**

All of our meetings are taped and available on VHS for our members to borrow.

**Us TOO Mission Statement:**

*Our meetings provide a forum in which we can discuss problems and anxieties related to prostate cancer. In addition, the group serves as a resource of medical information for all participants. We strive to maintain a positive and supportive attitude, have an enjoyable time, and encourage each other as we take our walk on the prostate cancer journey. If you have a concern between meetings, seek us out for emotional support or a listening ear.*

**SEA Blue Awareness Campaign**  
**Support Educate Advocate**  
 The focus of the campaign is to reach out to those at risk in minority and underserved populations, promote prostate cancer screening, and give a voice in the community to the issue of prostate cancer awareness.  
 Our local chapter has distributed many already but if you wish to have one please pick one up at the next meeting or call 876-2370.



**KNOWLEDGE IS POWER.**

Men and their families who become educated about prostate cancer will learn how to take better care of themselves and monitor their health.

**Online Resources**

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| <b>Us TOO International, Inc.</b><br>1-800-808-7866<br><a href="http://www.ustoo.com">www.ustoo.com</a>  | <b>National Cancer Institute</b><br>1-800-4-cancer<br><a href="http://www.cancer.gov">www.cancer.gov</a> |
| <b>Decatur Memorial Hospital</b><br><a href="http://www.dmhcares.org">www.dmhcares.org</a><br>217-876-2370   | <b>American Cancer Society</b><br>1-800-227-2345<br><a href="http://www.cancer.org">www.cancer.org</a>   |
| <b>Caring 4 Cancer</b><br>Complete source for knowledge & support<br><a href="http://www.caring4cancer.org">www.caring4cancer.org</a>                  |  |
| <b>Central Illinois Us TOO Newsletters</b><br><a href="http://www.dmhhs.org/services/cancercare/support">www.dmhhs.org/services/cancercare/support</a> |  |

**Services Offered**

- HIM (Helping Inquiring Men) provides "one-on-one" assistance, information and peer support to newly diagnosed prostate cancer patients.
- Transportation
- Free Patient Education & Resources Kit for newly diagnosed patients

**Lending Library**

A variety of books and videos are available at monthly meetings and can be checked out.

**Books:**

- Dr. Katz's Guide to Prostate Health
- 100 Questions & Answers About Prostate Cancer

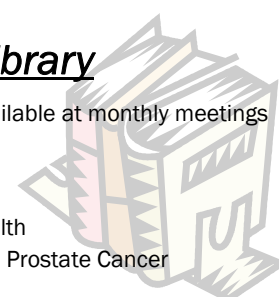
**VHS Videos:**

**2007 -08 Past meeting presentations**

- September—Prostate Seminar: Drs. Elliott & Wade
- November—Heart Health: Joyce Bisbee
- January—Thomas J. Manton Bill Prostate Cancer Early Detection and Treatment Act of 2007—Bob Hermann
- February—Rising PSAs After Treatment: Dr. Desai

**DVD's:**

- The Patient's Guide to Prostate Cancer
- Testimonies to Regained Sexual Potential
- Erectile Dysfunction Treatment
- Urinary Incontinence Treatment



(To add or delete your name from our mailing list, or inquire about our services, please email [nikkid@dmhhs.org](mailto:nikkid@dmhhs.org) or call 876-2370)