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April 2007

Volume 13, No. 4

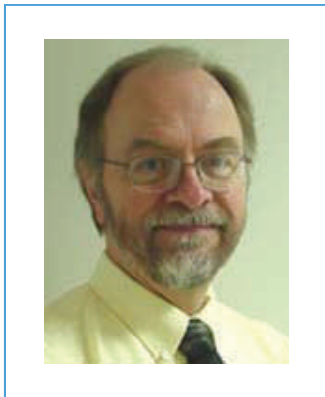
## Our Next Meeting: Understanding Medical Studies

Have you ever wondered how doctors know that Tylenol helps relieve pain and fevers, or radiation can shrink tumors? These types of medical discoveries were made during medical studies, or clinical trials. At our March meeting, we're going to explore what medical studies are, how they advance medical knowledge, and how participants are protected.

Our presenters will be Dave Marshall, a long-time chapter member and a member of our steering committee, and Myrrh Hector, Patient Services Coordinator at Cancer Care Specialists and editor of our chapter newsletter. Please join us as we learn about medical research in general and some of the specific discoveries that have made the treatment of prostate cancer what it is today.

**Next Meeting:** April 24th, 4:30 p.m. **Location:** 2884 N. Monroe St.  
Please enter on the north side of the Cancer Care  
Specialists of Central Illinois building.

## March Highlights: Coping Emotionally with Cancer



Steve Rathnow, LCPC

In March, we welcomed as our speaker Steve Rathnow, Licensed Clinical professional counselor. Steve gave us some tips for coping emotionally with cancer:

- Learn all you can about your illness.
- Take care of yourself. Eat healthy and exercise, if your doctor approves.
- Follow your treatment plan –take your prescribed medicine, keep appointments with your doctor, and follow your doctor's orders.
- Learn the risks of recurrence. What are the statistics?
- Be open with your support people about your fears and worries. Seek professional help from a counselor or minister if your fears overwhelm you.
- Don't pretend that the emotional consequences of your cancer don't exist. It's okay to feel afraid, and to admit that.
- Keep busy, as your health and doctor's orders permit.
- Accept what you can't change, and work to maintain a positive outlook.



Education Network to  
Advance Cancer Clinical  
Trials

**Missed a meeting?**  
All of our meetings are  
taped and available on  
VHS for our members to  
borrow.

An article on the UsTOO International website talks about studies done at the University of Washington and the Fred Hutchinson Cancer Center that investigate the associations between obesity and patients diagnosed with cancer. According to recent results:

- Among men diagnosed with prostate cancer that had not spread to distant sites in the body, those who were obese had more than a 3.5-fold increased risk of cancer spread, or metastasis.
- Men with the highest body mass index (measure of body fat) had an approximate 2.5-fold increase in risk of death from prostate cancer.

These are sobering statistics, to be sure, but what can you do to decrease your risk of cancer spread and even death?

- Eat a healthy diet. Check with your doctor regarding your specific nutritional needs.
- Make time for regular exercise, and check with your doctor to see how much and what types of exercise are safe for you.
- Maintain an active, busy lifestyle. Don't overdo, but don't 'under-do', either!

If you have some extra pounds to lose, call your doctor and start today! It's never too late to become more healthy, active, and energetic!

## Resources

Us TOO International, Inc.  
Prostate Cancer Education and Support Network  
5003 Fairview Avenue  
Downers Grove, IL 60515 (USA)  
Phone: (630) 795-1002  
Fax: (630) 795-1602  
PCa Support Hotline: (800) 80-Us TOO (800-808-7866)  
Web: [www.ustoo.com](http://www.ustoo.com)

American Cancer Society  
Phone: 1-800-ACS-2345 (1-800-227-2345)  
Web: [www.cancer.org](http://www.cancer.org)

National Cancer Institute  
Cancer Information Service: 1-800-4-Cancer  
Write to: (1-800-422-6237)  
NCI Public Inquiries Office  
6116 Executive Boulevard  
Room 3036A  
Bethesda, MD 20892-8322  
Web: [www.cancer.gov](http://www.cancer.gov)

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*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.*

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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 <http://www.dmhcared.com>. Click on 'Cancer Care Institute', and then click on 'Support Groups'.

## Quotes

- You know you're into middle age when you realize that caution is the only thing you care to exercise. ~ Anonymous
- The only exercise I get is jumping to conclusions. ~Unknown
- My doctor told me to touch my toes. I said, "I don't have that kind of relationship with my feet. Can I just wave?" ~Unknown
- If it weren't for the fact that the TV set and the refrigerator are so far apart, some of us wouldn't get any exercise at all. ~Joey Adams  
On a more serious note:
- Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. ~Plato