

Us TOO[®]

PROSTATE CANCER EDUCATION & SUPPORT

C e n t r a l I l l i n o i s C h a p t e r

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Next Meeting:

Tues., April 27
Time: 4:30–6:00p.m.

Location:

Cancer Care Center of Decatur
210 W McKinley Ave
Enter through north entrance—
“Education Classroom
Complementary Medicine”

*Meetings are usually held monthly
on the 4th Tuesday*

The Us TOO newsletter is
available on-line at
www.dmhcares.org

Click on ‘Cancer Care Institute’,
and then click on “Education
and Networking Groups”. To
receive notices, or cancel
notifications, either email
terrib@dmhhs.org or call
(217)876-4765.

General Powell Discusses Prostate Cancer on Facebook

by Paul Bedard | U.S. News & World Report | 04.06.2010

He still loves his gadgets and Corvettes, but retired Gen. Colin Powell is also very attentive to his Facebook fans page. He has over 22,700 of them and word is that he reads every single comment that comes in.

Well he just turned 73 last weekend and noted that one of his fans referred to his prostate cancer. So in his comment box he announced that he is still cancer-free and a spokesman for prostate cancer screenings.

"Today was my 73rd birthday and the most valuable gift I received was all the well-wishes from so many of you. Thank you. As one of you noted, I am a prostate cancer survivor and a spokesman for prevention. Men should have regular prostate examinations. Black men are more susceptible to the disease than others. Regular exams allowed me to deal with this problem early and make a full recovery."

Even after his many years in the Army and public service, he is still a public leader on major issues. To quote one of his well-wishers, "If today's government leaders and officers had the same desire for leading by providing purpose, motivation, and direction as you do, this nation would be on a better standing."

Upcoming meeting topic.....

April Nutrition & Aging— Allison Orwako from DMH Wellness Center

FREE PROSTATE SCREENING

Friday, April 30, 2010
9 a.m.—3 p.m.

Cancer Care Center of Decatur
210 W McKinley Ave
Questions? 876-4750

NO APPOINTMENT NECESSARY

PSA Blood Test * Digital Rectal Exam
Oral Cancer Screening

On the topic of nutrition....

Eating healthy is important, prostate cancer or not; however, there are foods and supplements that have been shown to improve the overall health of men with prostate cancer.

- Lycopenes may inhibit the growth of prostate cancer cells (grapefruit, tomato, & tomato products)
- Selenium may promote prostate cancer cell death (garlic, whole grains & seafood)
- Vitamin A & Carotenoids may help

(Continued on page 2)

regulate immune function (apricots, broccoli, carrots, peaches, sweet potatoes, tomatoes, blueberries)

- Vitamin C & E appear to counteract the negative effects of male hormones on prostate cells (broccoli, citrus fruit, leafy green veggies)

Additional suggestions include:

- Cut calories
- Reduce fat
- Get away from red meat
- Include deep water fish (yellow-fin tuna, sardines, cod, haddock)
- Whey protein (good sources are wheat, broccoli, & eggs)

Here is a 30 minutes recipe that utilizes some of these suggestions. Enjoy!!!

Spaghetti Fish Supper

- 4 green onions, chopped
- 5 cloves garlic, minced
- 2 tablespoons olive or vegetable oil
- 1 (14.5 ounce) can chicken broth
- 2 tablespoons dried parsley flakes
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon ground cumin
- 2 tablespoons cornstarch
- 1/2 cup apple juice
- 1/2 lb fresh or frozen orange roughy, haddock or red snapper fillets, thawed & cut into 1-in pieces
- 1 medium tomato, seeded and chopped
- 1 cup chopped fresh broccoli florets
- 8 ounces uncooked, whole wheat thin spaghetti
- 1/4 cup sliced ripe olives

Directions

In a large skillet, sauté onions and garlic in oil until tender. Stir in the broth, parsley, salt, pepper and cumin. Cover and simmer for 2 minutes. Combine cornstarch and apple juice until smooth; pour into the skillet. Cook and stir for 1-2 minutes or until thickened.

Stir in the fish, tomato and broccoli. Cover and cook for 2 minutes or until fish easily flakes with a fork. Meanwhile, cook spaghetti according to package directions; drain and toss with olives. Top with fish mixture

Option: substitute cooked chicken for the fish

Servings: 2 <http://allrecipes.com/>



We're still looking for **Community of Hope** stories. Help others and share your story!

If you have questions, call Terri at 876-4765 or email terrib@dmhhs.org.

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.



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

Us TOO International, Inc.
1-800-808-7866
www.ustoo.com

American Cancer Society
1-800-227-2345
www.cancer.org

Decatur Memorial Hospital
217-876-4750
www.dmhcares.org

The Project to End Prostate Cancer
www.zerocancer.org

Caring 4 Cancer
Complete source for knowledge & support
www.caring4cancer.org

National Cancer Institute
1-800-4-cancer
www.cancer.gov

Central Illinois Us TOO Newsletters
www.dmhhs.org/services/cancercaresupport

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
- Monthly newsletters

Lending Library

A variety of books and videos are available for check out at the monthly meetings.

Books:

- Dr. Katz's Guide to Prostate Health
- 100 Questions & Answers About Prostate Cancer
- Saving Your Sex Life
- Promoting Wellness for Prostate Cancer Patients by Dr. Moyad

VHS Videos:

- 2008 & 2009 past meeting presentations

DVD's:

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