

Us TOO[®]

PROSTATE CANCER EDUCATION & SUPPORT

February 2010

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Contact Information:

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Next Meeting:

Tues., February 23
Time: 4:30–6:00p.m.

Location:

Cancer Care Center of Decatur
210 W McKinley Ave
Enter through back 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 either email
terrib@dmhhs.org or call
(217)876-4765.

Words from the Leader

Bob Hermann

February 4 is World Cancer Day.

To mark the 2010 World Cancer Day officials at the International Union Against Cancer released a report focused on steps that governments and the public can take to avoid the disease.

In developing nations vaccines for infectious diseases known to cause cancer, such as hepatitis that can cause stomach and liver cancer, are practically nonexistent. In the report from the IUAC experts said that about twenty one per cent of all cancers are due to infections.

In Western nations experts said many of the top cancers, such as lung, breast and colon might be avoided if people changed their life style habits. To reduce their risk the agency recommends that people stop smoking, limit alcohol consumption, avoid too much sun, and maintain a healthy weight through diet and exercise.

For years we have had doctors, nurses, nutritionists and others giving us that same advice at our UsTOO meetings. One of the most valuable things we can do for our children and grandchildren is to pass it on.

2010 Meeting Schedule

February	What the MCHD can offer you! Speaker: Brandi Binkley
March	Cancer Clinical Trials (ENACCT)
April	Nutrition
May	Complementary services at new cancer center, presentation and tour
June	Reclaiming intimacy
July	Genetics of prostate cancer
August	Services for seniors, senior life enhancement
September	4th annual prostate cancer seminar
October	Spirituality
November	To be announced
December	Holiday Gathering (Dec. 9th)



Volunteer T-Shirts!

T-shirts for UsTOO volunteers are in the works. If you are interested, there will be a sign-up sheet available at the next couple meetings (to get shirt sizes). If you are unable to

make it to the meetings, but are interested in a shirt, you can also email Terri with your shirt size. terrib@dmhhs.org



SAVE THE DATE!
Prostate Cancer Screening
 Friday, April 30th
 Volunteers will be needed.
 More information coming soon!



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.



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.



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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| Us TOO International, Inc.
1-800-808-7866
www.ustoo.com | National Cancer Institute
1-800-4-cancer
www.cancer.gov |
| Decatur Memorial Hospital
217-876-4750
www.dmhcares.org | American Cancer Society
1-800-227-2345
www.cancer.org |
| Caring 4 Cancer
Complete source for knowledge & support
www.caring4cancer.org | |
| 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