

Us TOO[®]

PROSTATE CANCER EDUCATION & SUPPORT

January 2010

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Next Meeting:

Tues., January 26
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

PSA results from two different laboratories or clinics on the same blood sample can differ by as much as 20 to 23 per cent.

There are currently two standards in use for calibrating PSA assays. The “Hybritech” standard has been in use since the mid nineties and the World Health Organization or “WHO” standard that has been in use since 1999.

Both standards give valid results but the WHO standard results will be 20 to 23 per cent lower than the Hybritech results from the same blood sample. A Hybritech of 4.1 for instance would show up as 3.2 on the WHO standard.

This is significant to those of us who monitor PSA as an indicator of cancer recurrence and for those doing “watchful waiting”.

A person planning to move to another city will want to know what standard has been used for his tests in the past and what standard is used at the new location.

My most recent PSA test (September 2009) performed at DMH indicates a normal PSA is in the range of 0.00 – 4.00 and adds this statement “Performed by chemiluminometric assay on the Bayer ADVIA Centaur. Values obtained with different methods cannot be used interchangeably for patient monitoring”.

2010 Meeting Schedule

January	Preparing for the Future (Wills, Living wills, advanced directives)
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	Combined support group holiday function
December	NO MEETING

A little winter humor....

Winter Migration

Linda Dobson

We purchased an old home in northern New York State from two elderly sisters. Winter was fast approaching, and I was concerned about the house's lack of insulation. "If they could live here all those years, so can we!" my husband confidently declared.

One November night the temperature plunged to below zero, and we woke up to find interior walls covered with frost. My husband called the sisters to ask how they had kept the house warm. After a brief conversation, he hung up. "For the past 30 years," he muttered, "they've gone to Florida for the winter."



Missed a meeting?

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

<http://www.rd.com/clean-jokes-and-laughs/winter-migration-joke/article81954.html>

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

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



Community of Hope is a collection of individual cancer stories. Every person who has been affected by cancer has learned something that could benefit someone else. In their own words, patients, spouses and other family members of patients, and long-term survivors reflect on how cancer had changed their lives and how they view the world differently.

If you are a cancer patient who received any phase of your treatment at Decatur Memorial Hospital, please take a few minutes to share your story. We'd also like to hear from patient's family members about how cancer has affected their lives.

To submit your story, send it via email to Terri Eller at terrib@dmhhs.org. Photo(s) are highly recommended. Please send your copy and any photos as an attachment. Final confirmation will be sent to you prior to posting on the DMH website—www.dmhcares.com.

We encourage you to help make a difference in the lives of others and share your Community of Hope story.

If you have further questions, call 217-876-4765.

Thank you!