

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., June 22
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.

Edited by: Jamie Clark, BS, CTR

Words from the Leader

This is a poem written by a teenager with terminal cancer.

SLOW DANCE

Have you ever watched kids on a merry-go-round?
Or listened to the rain slapping on the ground?
Ever followed a butterfly's erratic flight?
Or gazed at the sun into the fading night?

You better slow down. Don't dance so fast.
Time is short. The music won't last.

Do you run through each day, on the fly?
When you ask “How are you?” Do you hear the reply?
When the day is done, do you lie in your bed
With the next hundred chores running through your head?

You'd better slow down. Don't dance so fast.
Time is short. The music won't last.

Ever told your child, We'll do it tomorrow?
And in your haste, Not see his sorrow?
Ever lost touch; Let a good friendship die
Cause you never had time to call and say, 'Hi'

You'd better slow down. Don't dance so fast.
Time is short. The music won't last

When you run so fast to get somewhere
You miss half the fun of getting there.
When you worry and hurry through your day,
It is like an unopened gift.... Thrown away.
Life is not a race. Do take it slower

Hear the music; Before the song is over.

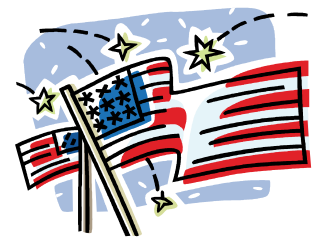
Upcoming meeting topic.....

- June Reclaiming Intimacy – DVD presentation
- July Update on Prostate Cancer Therapy – Dr. H. Yoon, Radiation Oncologist
- August Urinary Incontinence – Speaker TBA

Participate in a
sexuality survey
designed especially
for prostate cancer
survivors and their
partners.

To participate, go to:

<http://www.ustoo.org/PCSPSexualitySurvey.asp>



Have a safe
and happy
4th of July!

Experts Discuss the Current State of Cancer Clinical Trials

Physician and patient participation is a major issue, but there are other areas of concern as well.

by Leah Lawrence | HemOnc Today | 05.25.2010

To view this article, go to: http://www.zerocancer.org/site/News2?page=NewsArticle&id=11583&news_iv_ctrl=1001

FROM PASSION TO ACTION: USTOO AT 20

The UsTOO International Summit, Symposium & Celebration
for Men and their Families Battling Prostate Cancer
August 20-21, 2010 * Chicago, IL

JOIN THE FUN AND EXCITEMENT!!!

To learn more and register go to:
www.ustoo.org/2010symposium
or call 1-888-808-7866

- Pre-Symposium **Advocacy Summit**: moving beyond the confusion on prostate cancer screening guidelines & updates on research priorities in imaging.
- 2-day **Educational Symposium** with respected MDs, active survivors & family members addressing the latest on treatment approaches & critical research, status of new or potential breakthroughs & examples of citizen action.
- Exhibits & "Meet the Authors"
- 20th Anniversary Dinner & Awards Celebration
- **Pints for Prostates** — Gourmet Beer-Tasting Fundraiser



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