

Us TOO[®]

PROSTATE CANCER EDUCATION & SUPPORT

Central Illinois Chapter

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Next Meeting:
Tues. March 25th
Time:
4:30pm

Location:
Cancer Care Specialists
of Central Illinois
2884 N. Monroe St
Decatur, IL
Please enter on north side

Upcoming Meeting Dates (4th Tuesday)

April 22

May 27

June 24

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. The US TOO newsletters are also available on DMH'S Website at <http://www.dmhcares.org>. Click on 'Cancer Care Institute', and then click on 'Support Groups'.

Our next meeting

Will take place on Tuesday, March 25th. At this meeting we will be having a group discussion about "Coping with Prostate Cancer". Facing a prostate cancer diagnosis can be overwhelming. Your stress levels may skyrocket. You may worry about a number of issues. With education and supportive care, you will be able to deal with many issues and emotions you're facing. The most important step you can take is to seek help as soon as you are having trouble coping. Taking action early will enable you to understand and deal with the many effects of the disease. We will be discussing some tips and resources available. You will be invited to share approaches you have discovered with others. And you will gain strength in knowing that you are not facing hardships alone. We hope you will join us in these discussions.



Coping with Prostate Cancer

February Highlights

Dr. Desai, Urologist spoke with both enthusiasm and conviction on the importance of the individual's role in the prevention of cancer. There is a large body of evidence that points to a diet with minimum animal fat content and maximum vegetable/ fruit/nut content, such has been the normal diet in Asian nations, as being a significant factor in the reduced rate of prostate cancer found in Asian men. In addition there is a direct link between animal fat and breast, prostate, colon and thyroid cancers. Diet and environment are both significant factors in the development of cancer cells. Early detection and prompt, appropriate treatment are critically important but and prevention is even better. The presence of prostate cancer cells remaining in the system is the only reason for a rise in PSA after surgical removal of the prostate. HOWEVER, the rise must be confirmed by several tests over several months. A treatment decision can not be based on a single test result showing a "bump" in the PSA number. We have seen PSA "bumps" after a series of non detectable test results and do not know the cause. Cancer effects the entire family. It is very important that the spouse be knowledgeable and involved as soon as possible. Both the cancer patient and the spouse benefit from continued participation in support groups.

The Drive Against Prostate Cancer is the only national mobile screening and education program for prostate cancer.

http://70.84.59.4/~pcacoal/drive_more.htm

What is the Drive Against Prostate Cancer?

Screening 10,000 men annually for prostate cancer isn't as easy it **sounds**. That's because any excuse is a good excuse for a man not to take care of his health. However, with the help of sponsors and volunteers, the National Prostate Cancer Coalition (NPCC) in partnership with the Drive Against Prostate Cancer LLC is **working to change men's health seeking behavior**.

Owned by the Drive Against Prostate Cancer LLC, the vehicles offer a **one-of-kind venue** to **screen** men for the disease and **educate** them and their families about risk, annual early detection and clinical trials.

Thirty nine foot Airstream Land Yacht XLs, the Drive vehicles are designed specifically for prostate cancer screening. The vehicles have two stations for collecting blood samples and two rooms for conducting a physical examination. They are also handicap-accessible with a state-of-the-art wheel chair lift.

More men die, 30,000, from prostate cancer than any other cancer with the exception of lung cancer. **The program aims to reduce death from prostate cancer** in future years through free screenings and an expansive built-in education component. Part of accomplishing this goal, is reaching out to communities at higher risk for the disease such as African American neighborhoods and areas with high concentration of veterans.

While many traditional doctor's offices offer prostate cancer screenings as part of a routine annual physical and some other health clinics offer free testing for prostate cancer, the Drive is the only program in which free and confidential screenings are delivered in mass quantity **in a community by non-traditional methods** - The Drive screens about 100 men per day and there's no need for appointments, there's little waiting, the game of the week is featured on a large flat screen television, there's Internet access on lap tops and, of course, free snacks.

Every man over 50 should partake in annual screenings, younger if at increased risk for the disease. It's also not a bad idea to get baseline read on the blood content for prostate antigen. Read NPCC's screening statement for more information.

Testing onboard the Drive takes less than 10 minutes and the results of the analysis are emailed to a cancer center for evaluation. Each man receives a notification letter that briefly explains the test results and provides him and other family members with links to information on the internet, a toll-free phone number to NPCC and/or a point of contact at the cancer center. Men with "abnormal" results, they will receive a second letter urging them to immediately seek medical advice.

No man is screened without a "medical home." NPCC and the Drive LLC contact area hospitals and city/county/state health departments to ensure health services for those who may need follow-up medical care but cannot afford it.

In the future, the Drive Against Prostate Cancer **will expand to include comprehensive testing** with cholesterol screening, body mass index (BMI) measurements and other tests to check risk for cardiovascular diseases. Studies are starting to show that prostate cancer risk and aggressive prostate cancer tumors are linked to BMI, high cholesterol and cardio vascular disease risk.

Partners in Screening

- Thor Industries
- Bayer Diagnostics
- University of Michigan: Comprehensive Cancer Center
- M Labs: Department of Pathology, University of Michigan Health Systems
- Cancer Research Institute
- NPCC Affiliated State Coalitions

Public Resources

City/County/State Health Departments

Decatur Memorial Hospital,
WCIA TV and the National Prostate Cancer
Coalition have teamed up to bring "The
Drive" to Decatur

Free Prostate Cancer Screenings

- Prostate Specific Antigen (PSA) Blood test
- Digital Rectal Exam

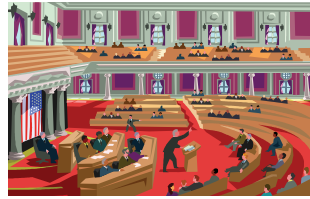
When: Friday, May 16th

Time: 9 a.m.—5 p.m.

Van Located in DMH parking lot immediately off of Monroe Street



A Breakthrough in HB 4634



On Tuesday, 3/11/08, Diane Johner (Director of Health Promotion at Macon County Health Department), Bob Jelks, Dan Moore and Bob Hermann went to the state capital in Springfield, Illinois to support Representative Bob Flider (D). As you know, Representative Flider introduced HB 4634 late in 2007. It is the state version of the Thomas J. Manton bill for the early detection and treatment of prostate cancer now in committee in the U.S. Congress (HR 2131). HB-4634 sets up the State of Illinois to participate in HR 2131 as soon as it is passed at the federal level. The goal on March 11th was to get the bill out of committee and onto the floor. Diane Johner and Bob Jelks spoke at the press conference and testified at the committee hearing. The committee voted unanimously to move the bill onto the floor.

Respectively,
Bob Hermann

UsTOO SEA Blue Prostate Cancer Awareness Campaign

Our local chapter has ordered several UsTOO posters to display throughout Decatur and surrounding areas. Extra posters will be available at the meetings or call 876-2370. As a group, we can help to increase awareness about prostate cancer.

SEA Blue stands for:
Support Educate Advocate



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
www.dmhcares.org
217-876-2370 | 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/cancercare/support | |

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

Lending Library

A variety of books and videos are available at monthly meetings and can be checked out.

Books:

- Dr. Katz's Guide to Prostate Health
- 100 Questions & Answers About Prostate Cancer

VHS Videos:

2007 -08 Past meeting presentations

- September—Prostate Seminar: Drs. Elliott & Wade
- November—Heart Health: Joyce Bisbee
- January—Thomas J. Manton Bill Prostate Cancer Early Detection and Treatment Act of 2007—Bob Hermann
- February—Rising PSAs After Treatment: Dr. Desai

DVD's:

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

(To add or delete your name from our mailing list, or inquire about our services, please email nikkid@dmhhs.org or call 876-2370)