

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

March 2010

Volume 16, Issue 3

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Next Meeting:

Tues., March 23
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.



Welcome Spring!

Words from the Leader

Bob Hermann

Please take advantage of our resource table. We receive new material fairly often and there are always copies of the latest HotSheet. Also, if you would like to see any particular literature added to the table please let us know.

A new web site has been added to the “Knowledge is Power” section of the newsletter. It is “**ZERO – The Project to End Prostate Cancer**”. ZERO is the new name of The National Prostate Cancer Coalition. That is the organization that brought the van for free prostate cancer screening for the past two years. DMH sponsored those events and provided the medical personnel.

I have noticed that three supplements are mentioned by almost every Doctor that I have been in contact with – both for cancer and for heart health. They are a daily multi vitamin, calcium with vitamin D and omega three fish oil.

Upcoming meeting topic....

March Cancer Clinical Trials (ENACCT)

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

COLON CANCER AWARENESS

March 25–March 28, 2010

Hickory Point Mall

COCO THE COLOSSAL COLON
(walk through a 40-ft model of the
human colon)

**FREE FECAL OCCULT BLOOD TEST
KITS & CANCER EDUCATION PACKETS**

For more information, call the DMH
Cancer Care Institute at 876-4750.

CancerCare Connect® Workshop

“Caring for Your Bones
When You Have Prostate Cancer”
Thursday, March 25, 2010
12:30-1:30 p.m. Central Time

A free Connect Workshop for men living with prostate cancer, their families, friends, and health care professionals. You can listen to this workshop over the telephone or online.

There are two ways to register: call 1-800-813 HOPE (4673) or register online at www.cancercare.org/connect

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



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

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| 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/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
- 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