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Our Next Meeting: Coping with your Emotions

We will be welcoming Steve Rathnow, licensed clinical professional counselor, as the speaker for our March meeting. Steve is the senior counselor at St. Mary's Behavioral Health, a member of the Board of Directors for the Mental Health Association of Macon County, and a member of the advisory team for Oasis Day Center. He will be speaking to us about coping with depression, anxiety and other emotions when faced with cancer.

According to the website of the American Cancer Society (www.cancer.org), clinical depression occurs in about 25% of cancer patients. Depression can impair normal functioning, cause great distress in patients and their families, and even interfere with the ability to follow prescribed treatment regimens. Join us as we learn how to cope with the strong emotions of being diagnosed with and treated for cancer, the symptoms of depression and anxiety, and when to seek professional help.



Steve Rathnow, LCPC

Next Meeting: March 27th, 4:30 p.m. **Location:** 2884 N. Monroe St.
Please enter on the north side of the Cancer Care
Specialists of Central Illinois building.

Missed a meeting?
All of our meetings are
taped and available on
VHS for our members to
borrow.

February Highlights: The New Cancer Center

In February, we had the pleasure of welcoming Dr. Edward Elliott as our speaker. Dr. Elliott began by telling us that according to data collected by the National Cancer Institute, diagnosed cancer cases will increase dramatically over the next 50 years. 1 in 2 men, and 1 in 3 women will develop some type of cancer in their lifetime. Dr. Elliott pointed out that our current cancer center is experiencing "growing pains," and that accommodations for new technology and larger patient volumes are needed. To that end, plans are being made for a new comprehensive cancer center. Cancer Care Specialists of Central Illinois and DMH are working with a local firm of architects to design a 53,000 square foot building that will house both Cancer Care Specialists and DMH's Cancer Care Institute. Patients will be able to undergo both chemotherapy and radiation treatment in the same facility, and there will also be spaces for patient classes in yoga and tai chi, as well as a center for complementary medicine, nutrition services, and classrooms for community education.

A preliminary artists' rendering of the new cancer center.



Please contact your Senators and ask them to sign the Snowe/Reed "Dear Colleague" letter for fiscal year 2008, and support a \$100 million appropriation for the Prostate Cancer Research Program at the Department of Defense (DOD). Senators are influenced by being asked directly by their constituents to sign this important letter. Your voice makes a difference! The deadline for this letter is Friday, April 13, so send an e-mail or letter today!

Senators are looking for programs to eliminate entirely and/or reduce funding for the coming year. National Prostate Cancer Coalition has partnered with the breast and ovarian cancer advocacy communities to garner broad bipartisan support for all three of the "Congressionally Directed Medical Research Programs" (CDMRP) housed at the DOD. The CDMRP for breast cancer is where the life saving drug Herceptin was discovered. The prostate cancer program has several discoveries ready for clinical trials, but they need the full \$100 million in funding to move forward. Senators Olympia Snowe (R-ME) and Jack Reed (D-RI) are circulating a "Dear Colleague" letter urging the Defense Appropriations Subcommittee which determines the funding levels for the Congressionally Directed Medical Research Program to provide:

- * Prostate Cancer Research Program: \$100 million
- * Ovarian Cancer Research Program: \$20 million
- * Breast Cancer Research Program: \$150 million

Please take a moment to personalize the e-mail or letter to your Senators to explain how prostate cancer has impacted your life. Staff members remember stories better than statistics and personalized e-mails receive more attention than form e-mails. Personalizing your communication is extremely important!

If the people you contact in the Senators' offices would like more information about the letter, please direct them to Bill Pewen with the office of Senator Olympia Snowe (202) 224-5344 or Lisa German Foster with the office of Senator Jack Reed at (202) 224-5344. They can also contact Susan Stoner at the National Prostate Cancer Coalition at (202) 303-3104.

A "Dear Colleague" letter is a tool for members of Congress to build support for a program or particular legislative proposal. Any member of the House of Representatives can sign-on and after numerous signatures are collected, the final letter will be delivered to the Senate Appropriations Subcommittee on Defense.

Resources

Us TOO International, Inc.
Prostate Cancer Education and Support Network
5003 Fairview Avenue
Downers Grove, IL 60515 (USA)
Phone: (630) 795-1002
Fax: (630) 795-1602
PCa Support Hotline: (800) 80-Us TOO (800-808-7866)
Web: www.ustoo.com

American Cancer Society
Phone: 1-800-ACS-2345 (1-800-227-2345)
Web: www.cancer.org

National Cancer Institute
Cancer Information Service: 1-800-4-Cancer
Write to: (1-800-422-6237)
NCI Public Inquiries Office
6116 Executive Boulevard
Room 3036A
Bethesda, MD 20892-8322
Web: www.cancer.gov

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.

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 web-site <http://www.dmhcares.com>.

Click on 'Cancer Care Institute', and then click on 'Support Groups'.

Corrections and Retractions

The editor extends her apologies to Dr. Elliott for misspelling his name in our last issue, and thanks him for his patience with my mistake. Kudos and a cookie go to Dan Moore for spotting the error. If you spot an error in the newsletter, please call Myrrh at 217-876-6600. Thanks for keeping me on my toes!