

Contact Information:

- **Bob Hermann**
Chapter leader
428-3849
hrmnbp@insightbb.com
- **Nikki Damery,**
DMH Cancer Care
Institute
876-2370
nikkid@dmhhs.org

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

October 2007

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Our Next Meeting: Overview of Interventional Radiology Services



Baljit Deol, MD

Dr. Baljit Deol, Interventional Neuroradiologist at DMH, will be our guest speaker in October and will present information about the services available in the DMH Interventional Radiology Institute.

Dr. Deol obtained his B.S. in Biology in 1989 from Benedictine University in Lisle, IL. He received his M.D. from University of Chicago Medical School in 1995, and finished his residency in 1999 at Michigan State University & Interventional Neuroradiology fellowship at Johns Hopkins University in 2004.

Please join us in welcoming Dr. Deol at our October meeting!

Upcoming Speakers:

November 27:
Heart Health
Joyce Bisbee, RN,
Heart & Lung Institute

December 5:
Christmas Gathering
Open House at DMH
5pm - 7pm

Next Meeting: October 23, **4:30 p.m.** **Location:** 2884 N. Monroe St.
Cancer Care Specialists of Central Illinois
Please enter on the north side



Missed a meeting?

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



A special thank you from Us TOO International

On behalf of the Us TOO International and the American Prostate Cancer Initiative, I would like to extend my gratitude to you and all the members of your organization for participating and donating to the first Sneakers @ Work Day, the Day for National Prostate Cancer Awareness and Action that took place on September 25th, 2007.

Your efforts have no doubt increased awareness about prostate cancer in your organization and community.

Thank you so much for supporting Us TOO International and the American Prostate Cancer Initiative in our efforts to provide prostate cancer awareness, patient education, advocacy and research programs that might otherwise go unfunded.

We plan on inviting you soon to participate in Sneakers @ Work Day, 2008 and will let you know when registration will be open. Until then, thank you very much for making a difference in the lives of those touched by Cancer.

Sincerely,
Thomas Kirk, President & CEO
Us TOO International

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.dmhcars.org](http://www.dmhcars.org) Click on 'Cancer Care Institute', and then click on 'Support Groups'.

Our Prostate Cancer Awareness Month activities were a success. Thanks to the skill and work put into them by our DMH coordinator. We hoped to reach people in the entire community by invitation to our meeting through advertising while expanding the meeting to provide a broad range of information on available treatments.

Dianne Johner led off the program with information about the Macon County Health Department's Prostate and Testicular Screening program for minorities and the underserved and the cooperation through Bob Jelks that the Health Department has with Us Too.

Dr.'s Elliott, Wade and Tarter all did an excellent job. Presentations were interesting and very informative. They shared their expertise about the treatment options available for prostate cancer and put a heavy emphasis on the benefits of early detection. Topics covered included, radiotherapy options, chemotherapy, hormonal treatment, cryosurgery and robotic surgery.

There were approximately sixty people in attendance. About half of these were not members of our chapter so the goal of reaching into the community was achieved. Several pieces of educational material was available to all attendees that included cancer prevention, screening recommendations and treatment options for prostate cancer. Abbey Britton, ENACCT Coordinator (Educational Network to Advance Cancer Clinical Trials) provided bags and pens.

Our Sneakers @ Work project raised about two thousand dollars - mostly from employees and physician offices of DMH and Millikin University. Some other participants were Allen Engineering Company, Decatur Public Library, Argenta-Oreana Grade School and the Central Illinois Us TOO chapter. In addition, several people from the community purchased laces and or made a special donation. The Herald & Review interviewed members of the Us TOO planning committee and featured a special story about prostate cancer awareness and the events we had planned during the month.

When you read the October Hot Sheet take a look at these articles. "CMS proposal Would Virtually Eliminate Medicare Clinical Trials Coverage" on page one. This is one that warrants contact with your congressional representatives. The proposal should not be implemented. On pages two and three; "First Biomarker discovered that Predicts Prostate Cancer Outcome" and "Improved Prediction of Prostate Cancer Recurrence through Systems Pathology". This would be good information to have. Not ready yet, but maybe in the near future. And on page six, "External Radiation and Brachytherapy Effective for High-Risk Prostate Cancer". This could be good news for guys with extra capsular risk factors.

There will be a **free** teleconference on Tuesday, October 30th at 8:00 Central Time. The topic is "Intimacy and Prostate Cancer; Don't Be Afraid to Talk about It". The panel includes an urologist who specializes in E.D. solutions and a couple who faced prostate cancer and the challenge of recreating intimacy and found solutions. If you want to participate you need to RSVP by calling Elizabeth Cabalka at 320-980-0437 or e-mail her at elizabeth@ustoo.org. or call Dan Reed at 800-808-7866 or e-mail him at dan@ustoo.org. To listen or participate you just dial 1-800-500-0311 at the time of the conference and listen in. There is a procedure for questions from participants. Also, there is a research study being organized at Northwestern Memorial Wellness Institute to gain better understanding of the impact of injection treatment of E.D. on quality of life. There are three criteria for participating: must have had a prostatectomy for prostate cancer; want to try self injection for treatment of E.D. and have not used injection for E.D. before. If you are interested call Jeffrey Albaugh at 312-926-4032 or e-mail jaalbaugh@nmh.org.

FYI: Dr. Israel Barken (an urologist in San Diego) has a weekly, call in radio show devoted to prostate cancer that you can access by telephone the same as a teleconference. There is no charge. There is another Doctor as a guest. They discuss a PC topic and answer questions as they are called in. One of the topics on October 9th was Cryotherapy. The show is available on Tuesday evenings at 8:00 PM Central Time and on Saturdays at 2:00 PM Central Time. If you are interested, the number to dial is 1-877-727-3301.

Resources

Us TOO International, Inc.
Prostate Cancer Education & 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:
NCI Public Inquiries Office
6116 Executive Boulevard
Room 3036A
Room 3036A
Bethesda, MD 208-2-8322
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.