

Us TOO[®]

PROSTATE CANCER EDUCATION & SUPPORT

Central Illinois Chapter

October 2009

Volume 15, Issue 10

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Next Meeting:

Thrs., November 19
Time: 5-6:30p.m.

Location:

Cancer Care Center
of Decatur
210 W McKinley Ave

**PLEASE NOTE CHANGE
IN DATE & LOCATION**

*Meetings are usually
held monthly on the
4th Tuesday*



Missed a meeting?

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

Our next meeting

⇐ ***Please note the change in time & venue!!!*** ⇐

The first annual... "Community of Hope Celebration"

Thursday, November 19
5:00-6:30 pm

at the new

Cancer Care Center of Decatur
210 W. McKinley Avenue

** See flyer on page 3 for details **

2009 Us TOO Meeting Schedule

Oct 27	~ MEETING CANCELLED ~
Nov 19	Community of Hope Celebration at the new Cancer Care Center of Decatur
December	No meeting—Merry Christmas!



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 either email nikkid@dmhhs.org or call (217)876-2370.



Words from the Leader

Bob Hermann

We have received several communications from UsTOO International that could be of benefit to everyone.

The first has to do with the launch of the new online support community called The UsTOO Prostate Cancer Support Community. It is a discussion group web site similar to Prostate Pointers. You can post pictures and videos, start a personal blog, include your story in your profile, and participate in discussions. There are 12 discussion topics: newly diagnosed, treatment options, managing side effects, exercise & nutrition, prostate cancer & intimacy, clinical trials, caregivers, recurrence & advanced disease, and more. You can access this program and register at <http://ustoo.inspire.com/>. INSPIRE is a leader in building safe, secure online health communities. Additional information on the Prostate Cancer Support Community and two new Wiki resources; Prostate Cancer and Intimacy and Radical Prostatectomy and Post Surgical Issues is available on the UsTOO website

The second item has to do with the webinar that was held on September 23rd. This educational event was designed especially for men receiving Androgen Deprivation therapy for prostate cancer. The audio, video, and transcript have been archived and are available at www.ustoo.org/EstrogenDeficiencywebinar.asp. We will have a few copies of the transcript at the next meeting.

We periodically receive emails from UsTOO International providing information such as the above items, clinical trials, survey participation, etc. Frequently the timing is such that the event is over before our newsletter is our or our meeting is held. We could forward these emails to our email newsletter list as soon as we receive them if you would like to receive them. We need you to tell us to forward or not to forward.

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. **National Cancer Institute**
1-800-808-7866 1-800-4-cancer
www.ustoo.com www.cancer.gov

Decatur Memorial Hospital **American Cancer Society**
www.dmhcares.org 1-800-227-2345
217-8766620 www.cancer.org

Caring 4 Cancer
Complete source for knowledge & support
www.caring4cancer.org

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



DMH Cancer Care
Institute cordially invites
Central Illinois Us TOO
Prostate, Komen Breast, Ovarian and
Facing Cancer Together support groups to a—

Community of Hope CELEBRATION

5—6:30 p.m., Thursday, Nov. 19

at the new Cancer Care Center of Decatur
210 W. McKinley Ave.

Hors d'oeuvres. Casual dress.

Invitee plus one guest only.

RSVP by Nov. 17; call 217-876-6620
or email jacox@dmhhs.org

Combined meeting is in lieu of November meetings.

No meetings in December.



presented by—
DMH Cancer Care Institute
located at Cancer Care Center of Decatur