



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

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September is prostate cancer awareness month



Dr. James Wade
 Medical Oncologist

NOTE MEETING TIME & LOCATION CHANGE

Decatur Memorial Hospital and Us TOO! Central Illinois Chapter will present a Community Education Seminar **Tuesday, September 23, 2008 from 5P.M. - 7 P.M. in the DMH Classrooms.**

Speakers for the evening include Dr. James Wade, Dr. Mukesh Desai, Dr. Edward Elliott, and Dr. Harold Yoon. Topics will focus on early detection and screening, along with cutting edge treatment modalities being offered here in Central Illinois. These include, but are not limited to: DaVinci Robotics, Rapid Arc Radiotherapy, and Brachytherapy. Questions will be encouraged after each presentation.

The Millikin University Faculty Jazz Trio will be on hand to play for your musical enjoyment.

After the presentations, free PSA blood draws will be offered by the Macon County Health Department.

Please come out to learn more about prostate cancer, and to help beat it in our time.

To register, call 217 876-6620.



Dr. Edward Elliott
 Radiation Oncologist



Dr. Mukesh Desai
 Urologist



Dr. Harold Yoon
 Radiation Oncologist



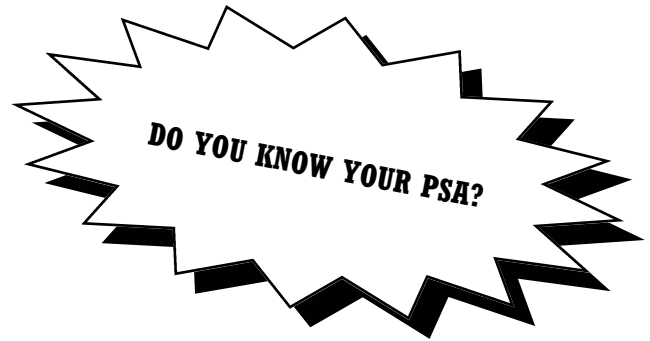
Put a Name To The Face

Have you ever been at a meeting and, in trying to relate an incident, said, “I do not know what his name is, but he was at the last meeting and I would know him if I saw him”? This has happened to most of us at least once.

Between now and the end of this year, we intend to remedy that situation by compiling a members’ directory. The process began at our August meeting, when we obtained consent and took pictures of anyone who wished to be represented in the new directory. This picture process will continue through the December meeting, after which we will place them in directory form.



If you would like to be included, email a recent shot of you or you and your significant other to aminks@dmhhs.org. Be sure to include any contact information you want published with the picture. If you don’t have email, bring to our next meeting. SAY CHEESE!



Words from the Leader

Bob Hermann

- For the 11th consecutive year, Macon County Health Department has received a grant from the State of Illinois for the purpose of funding prostate and testicular cancer screenings of uninsured and underinsured men, age 50 and over, and high risk population age 40 and above. The state-wide grant is \$277,000.00. Macon County Health Department received \$23,000.00. The grant was announced Wednesday, September 3, 2008 at a press conference coordinated with a free prostate screening event at Lake Shore Urology. Our own Bob Jelks took part in the press conference.
- Us TOO Central Illinois is losing a good friend and strong supporter. Diane Johner is retiring at the end of September. She has been a strong, effective advocate for men’s health at the Macon County Health Department. We will miss her, and we wish her well with whatever future role she chooses.



Missed a meeting?

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

Upcoming Events

Please note changes

Next Meeting:

Tues., Sept. 23, 2008

Time:

5:00 P.M.

Location:

Decatur Memorial Hospital Classrooms
2300 N. Edward St.
Decatur, IL 62626

Classrooms are on the main floor

Upcoming Meeting Dates
(4th Tuesday)

October 28

November 25

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) 876-6620 or e-mail aminks@dmhhs.org. The US TOO newsletters are also available on DMH'S Website at: www.dmhcares.org Click on 'Cancer Care Institute', and then click on 'Support Groups'.

FREE PROSTATE SCREENINGS

Friday, September 23rd
9 a.m. to 5 p.m.
DMH Mobile Van at
Pana Community Hospital

Friday, October 17th
9 a.m. to 5 p.m.
DMH Mobile Van at
Shelby Memorial Hospital

Free Prostate Screenings

- Prostatic Specific Antigen (PSA) Blood Test
- Digital Rectal Exam (DRE)

The Central Illinois Us TOO! Prostate Cancer Support Group will be volunteering during this event to assist men with registration, answer questions, and distribute educational materials.

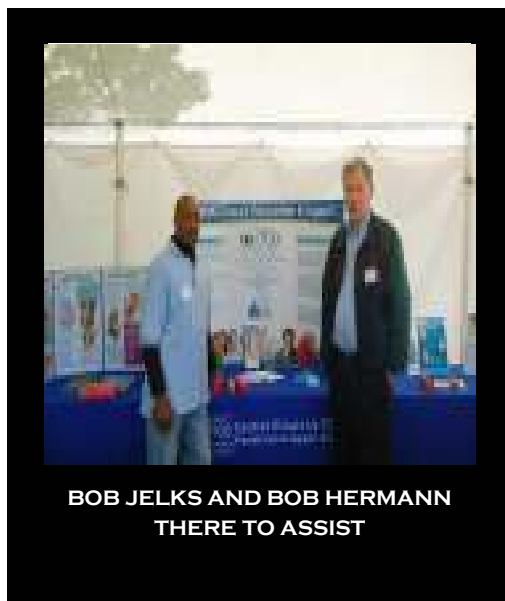
There is still time to volunteer to help. If you would like to please call 876-6620 or email aminks@dmhhs.org. You may also sign up at the Community event September 23rd.

What you should know about Prostate Cancer:

Prostate Cancer is the second leading cause of cancer related death in men. A man has about a 1 in 6 chance of being diagnosed with prostate cancer in his life-time. Take advantage of this opportunity for free prostate screening.

Prostate Cancer Risk Factors:

- **Age** - The risk of developing prostate cancer increases with age.
- **Family History** - Men who have a first degree relative with prostate cancer are up to 11 times more likely to develop prostate cancer.
- **Ethnicity** - The death rate is nearly 2.4 times higher for African American men than for Caucasian men.
- **Diet** - Prostate health may be affected by diet.
- **Obesity** - Studies have shown that the death rate from prostate cancer increases in obese men.



**BOB JELKS AND BOB HERMANN
THERE TO ASSIST**



www.dmhcares.com

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
217-8766620 | 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.dmhs.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
- Free monthly newsletters

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:

2008 Past meeting presentations

- February—Rising PSAs After Treatment: Dr. Desai
- April—Dr. Elliott, Radiation Oncology; Rapid Arc & Tomotherapy
- May—Dwayne Williams—“Scared to Death...”
- June— Dr. Deol Stroke Discussion
- July—Dr. William Catalona—PSA video discussion

DVD’s:

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

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.



(To add or delete your name from our mailing list, or inquire about our services, please email aminks@dmhs.org or call 876-2372)