

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

Sept 2009

Volume 15, Issue 9

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Next Meeting:

Tues., September 29
Time: 6:00p.m.

Location:

Decatur Memorial
Hospital Classroom
Complex

**PLEASE NOTE CHANGE
IN TIME & 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

Our next meeting will be the 3rd Annual Community Prostate Cancer Seminar, held in the DMH Classroom Complex.

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

Dr. Mark Moyad, MD, MPH, Director of Preventive & Alternative Medicine at the University of Michigan Department of Urology will be speaking on Fad Diets & Dietary Supplements: What Works for Prostate Health & What is Worthless. Dr. Moyad is the primary author of more than 100 medical articles, author or co-author of five books, and a consultant for preventive and alternative medicine for more that 10 years. (see flyer, pg. 3)

Following the program, our very own Dr. Edward Elliott will speak about the new Cancer Care Center of Decatur.



Mark Moyad, MD, MPH



Edward Elliott, MD



September is National Prostate Cancer Awareness Month!

FREE Prostate Screenings!

Spread the word... As part of National Prostate Cancer Awareness Month, a couple of **FREE** prostate cancer screenings are being held.

Wednesday, Sept. 16, 2009

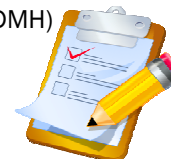
Pana Community Hospital
Noon - 3:00 pm
Physician: Dr. Desai

Saturday, Sept. 26, 2009

DMH Express Care North
9 am—Noon
Physician: Dr. Desai & Dr. Canham

2009 Us TOO Meeting Schedule

Sep 29	3rd Annual Community Prostate Cancer Seminar (meeting at DMH)
Oct 27	~ MEETING CANCELLED ~
Nov 24	TBA
Dec	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.

Thank You

A BIG thank you to the following for volunteering their time to work at the 2009 Farm Progress Show, during National Prostate Cancer Awareness Month.

- | | | |
|----------------|---------------|----------------|
| Dan Moore | Jerry Overton | Bob Hermann |
| KE Landreth | Dave Marshall | Jerry Smalling |
| Robert Clemons | Jim Olson | Jerry Jelks |



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.
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/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



Fad diets and dietary supplements

FIND OUT WHAT WORKS FOR PROSTATE HEALTH AND WHAT IS WORTHLESS



Mark A. Moyad,
MD, MPH
Director of Preventive
& Alternative
Medicine
University of Michigan
Department
of Urology

You're invited to find out what clinical studies prove about specific diets and dietary supplements for prostate health.

Dr. Mark A. Moyad, MD, MPH, Director of Preventive & Alternative Medicine at the University of Michigan Department of Urology, will address questions such as:

- Which diets and dietary supplements are actually helpful for prostate cancer patients?
- What are the rules and regulations regarding diet and dietary supplements used in the United States now and in 2010?
- What about vaccine research and other promising treatments?

Dr. Mark A. Moyad, MD, MPH is the Director of Preventive & Alternative Medicine at the University of Michigan Department of Urology.

Dr. Moyad is the primary author of more than 100 medical articles, author or co-author of five books and a consultant for preventive and alternative medicine for more than 10 years.

Tuesday, September 29 • 6 p.m.
DMH Classroom Complex

Hosted by Central Illinois Us TOO® Prostate Cancer Support Group
Educational grant supported by Abbott Laboratories Inc.



Following the program,
Edward C. Elliott, MD,
Radiation Oncologist, will speak about the new
Cancer Care Center of Decatur.

For more information or to register, call 876-6614.



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Memorial
Hospital
www.dmhcures.com