

## Us TOO International Prostate Cancer Education & Support Network is Here for You

Us TOO was started as a 501(c)(3) not-for-profit organization in 1990 by prostate cancer survivors to serve prostate cancer patients and their families.

Us TOO can put you in contact with prostate cancer survivors and their companions who have already experienced or are in the midst of recovery. These individuals can provide valuable insight into treatment and recovery.

**THERE IS GOOD NEWS!**

*We know more today about prostate cancer than ever before.*

### Visit [www.ustoo.org](http://www.ustoo.org) Today!

The Us TOO website is your source for valuable information. It is designed to provide a connection to education and resources specifically for patients, family, companions and healthcare professionals. If you do not have a computer, visit your local library or ask a friend or relative to access this valuable information for you.

#### News & Events

Timely information on conferences, stories in the press, webcast replays, introductions to new programs and resources, the latest on clinical trials and more.

#### About Prostate Cancer

- Overview & Statistics
- Early Detection
- Newly Diagnosed
- Treatment Options
- Post-Treatment Issues
- Experienced a Relapse
- Advanced Disease
- Clinical Trials & Studies
- Emerging Treatments
- Special News for African American Men

#### Chapters & Support Groups

- Find a Chapter Near You
- Online Communities: Prostate Pointers
- Support for Companions and Families



#### Helpful Resources

- Monthly Newsletter: The *HotSheet*
- *Prostate Cancer NEWS You Can Use*
- Free Us TOO Publications including Audio/Video Archives
- Chapter Leader Resources
- Media Room
- Visit Our Store
- Understanding Your Treatment Options

#### Getting Involved

- Calendar of Events
- Make a Donation
- Volunteer
- Corporate Sponsors
- Advocacy
- Raise Awareness
- Start a New Chapter

## OUR MISSION

*Communicate timely, personalized and reliable information enabling you to make informed choices regarding detection and treatment of your prostate cancer.*

## Free Resources from Us TOO

Available for download at our website  
or call 1-800-808-7866:

### Us TOO Brochures/Pamphlets

- *A Message For American Indian Men, Alaskan Native Men, and People Who Care About Them*
- *What You Need to Know for Better Bone Health*
- *Bone Health Take Action Tips*
- *Taking Care of Yourself While Living With Cancer: Dental Health and Osteonecrosis of the Jaw*
- *Prostate Cancer Patient's Guide to Hormone Therapy*
- *What now? Hope and options when experiencing a rising PSA*
- *The Prostate Cancer Playbook for Prostate Cancer Recurrence, Rising PSA and Advanced Disease*
- *Circles of Love Discussion Guide to be used with the Circles of Love Collection Book and Care Kit*

### Other Organizations' Brochures/Pamphlets

- *Prostate Cancer Screening: A Decision Guide*—from U.S. Dept. of HHS, CDC
- *Prostate Cancer Screening: A Decision Guide for African Americans*—from U.S. Dept. of HHS, CDC
- *Understanding Prostate Changes: A Health Guide for Men*—NCI booklet
- *Treatment Choices for Men With Early-Stage Prostate Cancer*—NEW 2006 edition—NCI booklet

### Streaming Video Archives

- *Us TOO: The Beginning Years*—highlighting the start of Us TOO International, featuring founders.

### Streaming Audio Archives

- *Intimacy and Prostate Cancer*, Us TOO teleconference.
- *Expanding Treatment Horizons in Prostate Cancer*, Us TOO/HealthTalk teleconference.
- *The Group Room* radio show Prostate Cancer Special on treatment options.
- *The Group Room* radio show on Prostate Cancer Awareness.
- *Prostate Cancer Care: Past, Present and Future*—An Us TOO/HealthTalk teleconference.
- *Us TOO Bone Health Teleconference* (10 MB file)—Stephen Strum, MD and Bill Blair.
- *Prostate Cancer & Your Bones: Take Steps to Prevent Bone Complications*, Us TOO/HealthTalk teleconference.
- *Prostate Cancer & Your Bones: Prevention and Treatment Strategies*, Us TOO/HealthTalk teleconference.
- *Prostate Cancer & Your Bones: The Latest Treatment Updates*, Us TOO/HealthTalk teleconference.

### Videotapes and DVDs

- *National Conference on Prostate Cancer 2005*, held June 16-19, 2005 in Washington DC, Sponsored by FCRE and Us TOO, order DVDs from <http://www.cancer-foundation.org/events.html>
- *Todo Lo Que Usted y Su Familia Necesita Saber Sobre el Cancer de Prostata (What Every Man and his Family Should Know About Prostate Cancer)*—15 min.—available on DVD and VHS.

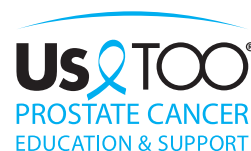
## Us TOO Recommended Website Links

- *Prostate Pointers*—an active prostate community available online. <http://www.prostatepointers.org/>
- *NexProfler Treatment Options Tool for Prostate Cancer*—free, web-based, personalized tool. <https://www.cancerprofler.nexcura.com/Secure/InterfaceSecure.asp?CB=51>
- *Dr. Barken Call-In Show*—a weekly one-hour program, Tuesday night at 6:00 pm PST (9:00 pm EST, 1:00 pm GMT). [http://www.pcref.org/call\\_in\\_show.php](http://www.pcref.org/call_in_show.php)
- *The Group Room* radio show—a weekly syndicated cancer talk show, Sunday from 4–6 pm ET, 3–5 pm CT, 1–3 pm PT. <http://www.vitaloptions.org/index.html>
- *Health Talk*—web-based patient educational resources. <http://www2.healthtalk.com/>
- *CancerCare*—provides online and telephone patient education. <http://www.cancercare.org/>
- *National Cancer Institute*—web-based patient education. <http://www.cancer.gov/>

## Us TOO Recommended Books

### for New Prostate Cancer Patients and Their Families

- *Your Prostate Cancer Survivor's Guide: Living Stronger, Longer*, Bob Conder, Curtis Pesman, 2006—personal stories on fighting prostate cancer.
- *Beating Prostate Cancer: Hormonal Therapy & Diet*, Charles "Snuffy" Myers, MD, 2006—a discussion of diet and lifestyle.
- *A Primer on Prostate Cancer: The Empowered Patient's Guide*, 2nd edition, Stephen B. Strum and Donna Pogliano, 2005—a strategy for disease management.
- *Promoting Wellness for Prostate Cancer Patients*, Mark A. Moyad, MD, MPH, 2006—Improve overall health through lifestyle changes.
- *Dr. Katz's Guide to Prostate Health, From Conventional to Holistic Therapies*, Aaron Katz, MD, 2006—how to treat prostate conditions and promote health.
- *An Oncologists's View of Prostate Cancer: Understanding the Facts, Sorting Through the Options*, 2nd Edition, Srinivasan Vijayakumar, MD, DMRT, FACR, 2005—treating prostate cancer in easy-to-understand terms.
- *The Circles of Love Collection: Stories of Companions & Families Facing Prostate Cancer*, Us TOO International, 2005—stories of companions and family members of men with prostate cancer.
- *Dr. Peter Scardino's Prostate Book: The Complete Guide to Overcoming Prostate Cancer, Prostatitis, and BPH*, Peter Scardino, MD, Judith Kelman, 2005—Understand and interpret test results, avoid side effects and manage complications.
- *Updated Guidelines for Surviving Prostate Cancer*, E. Roy Berger, MD, FACP, James Lewis, Jr., PhD, 2004—Take a proactive role in your own diagnosis, treatment regimen, survival, and quality of life.
- *Prostate Cancer for Dummies*, Paul H. Lange, MD, Christine Adamec, 2003—up-to-date information on treatment options, side effects, and recovery.



**Us TOO International®**  
**Prostate Cancer Education**  
**& Support Network**  
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[www.ustoo.org](http://www.ustoo.org)

Prostate Cancer Helpline:  
1-800-80-Us TOO (808-7866)