

Advanced Prostate Cancer Resource Kit



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

If you're looking for valuable knowledge and perspective to help you manage your advancing prostate cancer, the information in this kit will be of great interest to you. Available online or in print, it's one of the many resources from Us TOO that will help you ask the right questions, evaluate your options, and make choices that are best for you and your family. You can also attend a local support group meeting, access our web site and online discussion communities, read our monthly newsletters, or call us to request whatever assistance you need.

The mission of Us TOO International is to help men and their families make informed decisions about prostate cancer detection and treatment through support, education and advocacy. 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. Inspired by the progress made in the fight against breast cancer, they recognized that "cancer affects us, too."

Us TOO is the leading non-profit organization focused solely on prostate cancer, peer-to-peer support, education and advocacy. Through a network of 325 support group chapters throughout the United States and in numerous cities around the world, Us TOO provides free resources for every phase and aspect of the disease. For more than 20 years the collective effort of the organization's leadership and tireless energy from volunteers around the world have helped extend the lives and improve the quality of life for thousands of men battling prostate cancer.

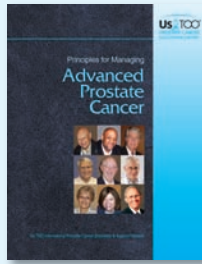
Advancing Disease

This kit was created to address the increasing number of requests for information specific to advancing disease. Most men with advancing disease have been managing their prostate cancer for some time and are familiar with the basic information surrounding the disease including anatomy, initial treatment options, and side effects from those treatments. Therefore, the material in this kit is focused on providing you with accurate, unbiased information that's most relevant and most useful to help you make the best decisions for effectively managing your advancing prostate cancer.



This kit includes the following material, which is specific to advancing prostate cancer:

PRINCIPLES FOR MANAGING ADVANCED PROSTATE CANCER

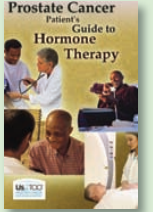
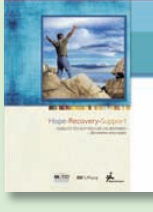

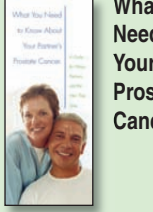



Focuses on effectively managing advancing disease with guidance from an Us TOO team and implementation of **7 Principles of Empowerment**:

- Principle #1: **Chart Your Disease Data**
- Principle #2: **Assess Your Disease State**
- Principle #3: **Identify Your Treatment Options**
- Principle #4: **Develop and Reassess Your Treatment Plan**
- Principle #5: **Anticipate Side Effects and Know How to Manage Them**
- Principle #6: **Recognize the Eventual Need for an End-of-Life Plan**
- Principle #7: **Empower Yourself Daily through Diet, Exercise, Spirituality, and Humor**

All of the content for each brochure shown can be accessed electronically by logging onto the following website page and clicking on the picture of the brochure: www.ustoo.org/ADK

ADDITIONAL ADVANCED DISEASE MATERIALS

<p>A</p>  <p>The Prostate Cancer Playbook</p>	<p>B</p>  <p>What Now? Hope and Options When Experiencing a Rising PSA, a Recurrence of Prostate Cancer or When Prostate Cancer is Not Responding to Treatment</p>	<p>C</p>  <p>Signposts – Understanding Diagnostic Tests and Procedures to Monitor Prostate Cancer</p>
<p>D</p>  <p>Prostate Cancer Patient's Guide to Hormone Therapy</p>	<p>E</p>  <p>Bone Health in Focus</p>	<p>F</p>  <p>What You Need to Know for Better Bone Health</p>
<p>G</p>  <p>Hope, Recovery, Support After Prostate Cancer Surgery</p>	<p>H</p>  <p>In Control – The Facts About Male Urinary Incontinence</p>	<p>I</p>  <p>Us TOO HotSheet – Burning Issues Supplement Prostate Cancer and Incontinence</p>
<p>J</p>  <p>What You Need to Know About Your Partner's Prostate Cancer</p>	<p>K</p>  <p>Us TOO HotSheet – Monthly Newsletters</p>	<p>L</p>  <p>Living With Prostate Cancer <i>(Hard copy only)</i></p>

Additional information specific to advancing prostate cancer is covered in **SPECIAL SUPPLEMENTS.**

Chemotherapy and Taste Issues is available now.



Watch for future **SPECIAL SUPPLEMENTS** on other topics.

In addition to the 7 Principles of Empowerment found in the **Principles for Managing Advanced Prostate Cancer**, more information about each principle can be found on the Us TOO web site and in the **Additional Advanced Disease Materials** (*Brochures A – L as pictured on the preceding page*) with content on specific pages of each brochure as noted below.

PRINCIPLES FOR MANAGING ADVANCED PROSTATE CANCER			ADDITIONAL ADVANCED DISEASE MATERIALS	
Principle #1	Chart Your Disease Data	p. 10	A. The Prostate Cancer Playbook B. What Now?	pp. 11,34,35 pp. 38,39
Principle #2	Assess Your Disease State	p. 13	B. What Now? C. Signposts L. Living With Prostate Cancer *	pp. 7-9 Throughout pp. 8,9
Principle #3	Identify Your Treatment Options	p. 15	A. The Prostate Cancer Playbook J. What You Need to Know About Your Partner's Prostate Cancer L. Living With Prostate Cancer *	p. 14 p.5 p. 3
	QUESTIONS TO ASK YOUR DOCTOR	p. 17	A. The Prostate Cancer Playbook B. What Now?	pp. 24-32 p. 3
Principle #4	Develop and Reassess Your Treatment Plan	p. 20	A. The Prostate Cancer Playbook B. What Now? L. Living With Prostate Cancer * K. Us TOO <i>HotSheet</i> Monthly Newsletter	p. 15 pp. 4,5 p. 3 Ongoing
	HORMONE MANAGEMENT	p. 20	D. Guide to Hormone Therapy B. What Now? L. Living With Prostate Cancer *	Throughout pp. 15-21 p. 14
	RADIATION, IMMUNOTHERAPY AND CHEMOTHERAPY	p. 23	A. The Prostate Cancer Playbook B. What Now? L. Living With Prostate Cancer *	p. 15 pp. 12, 22 pp. 12,13
	CONSIDER CLINICAL TRIALS	p. 27	A. The Prostate Cancer Playbook B. What Now?	p. 17 p. 26
Principle #5	Anticipate Side Effects and Know How to Manage Them	p. 28	K. Us TOO <i>HotSheet</i> Monthly Newsletter	Ongoing
	MAINTAIN BONE HEALTH	p. 28	E. Bone Health in Focus F. What You Need to Know for Better Bone Health B. What Now? A. The Prostate Cancer Playbook	Throughout Throughout p. 32 p. 23
	MINIMIZE PAIN	p. 29	A. The Prostate Cancer Playbook B. What Now?	p. 13 p. 25
	MANAGE INCONTINENCE	p. 30	H. In Control I. <i>HotSheet</i> - Burning Issues Supplement G. Hope, Recovery, Support	Throughout Throughout pp. 13-19,34
	MAINTAIN INTIMACY	p. 31	G. Hope, Recovery, Support	pp. 23-30,36
Principle #6	Recognize the Eventual Need for an End-of-Life Plan	p. 32	A. The Prostate Cancer Playbook	p. 38
Principle #7	Empower Yourself Daily through Diet, Exercise, Spirituality, and Humor	p. 34	A. The Prostate Cancer Playbook B. What Now?	pp. 18,22 pp. 29,31,33

* Hard copy only

**Us TOO International
Prostate Cancer Education
& Support Network**

5003 Fairview Avenue
Downers Grove, IL 60515-5286
Phone: (630) 795-1002
Fax: (630) 795-1602
PCa Support Helpline:
(800) 80-Us TOO (800-808-7866)
Email: ustoo@ustoo.org
www.ustoo.org



Achieve Peace of Mind through Self-Directed Care

WHAT CAN YOU DO?

Do Your Homework: Study Your Cancer.

There is a lot of information out there regarding prostate cancer. It's important that you sort out the information and make informed decisions that work for you.

Get Support and Accept Involvement from Others.

Choose expert and experienced physicians and advisors you can trust who make you feel comfortable and confident. Connect with supportive family, friends, other patients, and survivors. Be prepared to get second opinions.

Acknowledge Your Diagnosis and Deal with Your Feelings.

There are solutions for living life fully, and options for improving your quality of life. Be open for change. Reach out to new resources and new people to help you along the way.

Become Empowered and Take Charge of Your Care.

Self-directed care is very powerful. Do not put your destiny in the hands of others to decide. Research your cancer, know your options, and be involved in every decision.

Consider Joining an Us TOO Support Group.

Meetings are free and open to all men, their partners, friends, and health professionals interested in prostate cancer. They provide emotional support and unbiased information such as treatment options, solutions for side effects, and nutrition. It helps to meet others walking the same path as you.

Access Additional Us TOO Resources

- *HotSheet* monthly newsletter, available online and in print, highlights the latest treatments.
- Prostate Cancer *NEWS You Can Use* e-newsletter.

Visit Us TOO on the Web.

- The contents of this brochure is available online with links to all materials specific to advancing prostate cancer at www.ustoo.org/ADK
- Find a support group near you at www.ustoo.org/Chapter_NearYou.asp
- The Us TOO Inspire Community <http://ustoo.inspire.com> provides online peer-to-peer support and discussions specific to advancing prostate cancer, and connects patients, families, friends, caregivers and health professionals for health and wellness support.
- Prostate Pointers www.ustoo.org/Prostate_Pointers.asp is one of the most active and popular prostate communities available online. It features 14 focused and moderated email discussion lists, an event calendar, and links to thousands of physician and web pages.
- My Prostate Cancer Roadmap <http://www.myprostatecancerroadmap.com/> is an educational web site that provides resources and information specific to advanced prostate cancer patients and those who love them.
- Shirley Grey's "Ten Things I Learned While Loving in Sickness and in Health" <http://www.myprostatecancerroadmap.com/take-the-journey/relationship-ten-things-i-learned>
- And you'll find a vast amount of information and support options for all aspects of prostate cancer at www.ustoo.org

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Veridex,
Ferring Pharmaceuticals,
GTx, Inc.
and people like you!