



Someone to talk to . . .  
who understands

**BOARD OF DIRECTORS**

**EXECUTIVE COMMITTEE**

FRED MILLS  
CHAIRMAN OF THE BOARD  
KAY LOWMASTER, MSW, LCSW  
VICE CHAIR  
CARL FRANKEL  
SECRETARY  
DAVID HOUCHEMS, PHD  
TREASURER  
RIDGE TAYLOR  
ASST. SECRETARY/TREASURER  
THOMAS N. KIRK  
PRESIDENT AND CEO

**DIRECTORS**

GREGORY BIELAWSKI  
JERRY HARDY  
JEAN JEFFRIES  
DAVID LUBAROFF, PHD  
RICK LYKE, APR

**DIRECTORS EMERITUS**

JOHN DEBOER FOUNDER  
ED KAPS FOUNDER  
JAMES KIEFERT, EdD  
IMMEDIATE PAST CHAIRMAN

**MEDICAL ADVISORS**

ISRAEL BARKEN, MD  
PROSTATE CANCER RESEARCH &  
EDUCATION FOUNDATION  
E. ROY BERGER MD  
SUNY AT STONY BROOK  
DAVID BOSTWICK MD  
BOSTWICK LAB  
WILLIAM CATALONA MD  
NORTHWESTERN UNIVERSITY  
GERALD CHODAK MD

**Founding Us TOO Medical Advisor**

MIDWEST PROSTATE AND UROLOGY  
HEALTH CENTER  
DONALD COFFEY MD  
JOHNS HOPKINS UNIVERSITY  
E. DAVID CRAWFORD MD  
UNIVERSITY OF COLORADO  
FRANK CRITZ MD  
RADIOTHERAPY CLINICS OF GA  
ROBERT FLANIGAN MD  
LOYOLA UNIVERSITY  
ROBERT HUBEN MD  
ROSWELL PARK CANCER INST.  
CHRISTOPHER KANE MD  
UNIV OF CALIF, SAN FRANCISCO  
HERBERT LEPOR MD  
NYU MEDICAL CENTER  
CHRIS LOGOTHETIS MD  
MD ANDERSON CANCER CTR  
CHARLES MCKIEL MD  
RUSH UNIVERSITY MEDICAL CENTER  
DAVID MCLEOD MD  
WALTER REED ARMY MED CTR  
JUDD MOUL MD  
DUKE UNIVERSITY MED CTR  
CHARLES MYERS MD  
AMER INST FOR DISEASES OF THE PROSTATE  
CARL OLSSON MD  
COLUMBIA-PRESBYTERIAN  
ARTHUR PORTER MD  
MCGILL UNIV HEALTH CENTRE,  
MONTREAL, CANADA  
PETER SCARDINO MD  
MEMORIAL SLOAN-KETTERING  
ANTHONY SCHAEFFER MD  
NORTHWESTERN UNIVERSITY  
JOSEPH SMITH JR MD  
VANDERBILT UNIVERSITY  
THOMAS STAMEY MD  
STANFORD UNIVERSITY  
J.B. THRASHER MD  
UNIVERSITY OF KANSAS  
NICHOLAS VOGELZANG MD  
NEVADA CANCER INSTITUTE  
PATRICK WALSH MD  
JOHNS HOPKINS UNIVERSITY  
JOHN WARD MD  
HUNTSMAN CANCER INSTITUTE  
RICHARD WILLIAMS MD  
UNIVERSITY OF IOWA HOSPITAL



NATIONAL HEALTH COUNCIL

Member since 2005

Us TOO is a 501-c-3 charitable organization founded in 1990 by and for Prostate Cancer Survivors, their families and men at risk

February 19, 2010

Dear Us TOO Support Group/Chapter Leaders and Friends,

We are pleased to make the March 2010 *HotSheet* available.

In this edition of the *HotSheet* we have included articles which have received attention on issues of interest, such as:

- disparities found for those being treated the private and public sectors,
- comparative studies of treatment effectiveness;
- diet, sexual activity, exercise;
- prostate cancer and suicide;
- fundraising efforts by Skip Lockwood at Zero;
- an alternative cancer vaccine;
- as well as input and opinions from Drs. Moyad, Myers and Chodak.

We want to bring to your attention an upcoming education opportunity. CancerCare is conducting a free Connect Workshop titled “Caring for Your Bones When You Have Prostate Cancer” on Thursday March 25<sup>th</sup> at 1:30 PM Eastern time.

You can listen to this workshop over the telephone or online and register with their registration form, by telephone at 800-813-4673 or online at [www.cancercare.org/connect](http://www.cancercare.org/connect). Us TOO, with many other organizations, proudly supports and spreads the word on CancerCare’s sessions... this one looks very good to us.

Save the date for the Us TOO 20<sup>th</sup> Anniversary symposium in Chicago planned for August 20-21, 2010. We are making plans and inviting speakers now and over the next few weeks.

Thanks for what you are doing out there to support and help others, this meeting will be a good chance for you to meet others and share good ideas and learn. Look for more information in the weeks and months ahead.

Sincerely,

Thomas N. Kirk  
President and CEO

Us TOO International Prostate Cancer Education & Support Network  
5003 Fairview Avenue, Downers Grove, IL 60515-5286 • Ph 630-795-1002 • Fax 630-795-1602  
PCa Hotline: 1-800-80-Us TOO (808-7866) • [www.ustoo.org](http://www.ustoo.org) • e-Mail: [ustoo@ustoo.org](mailto:ustoo@ustoo.org)