

# CHAPTER NEWS!



SUPPORT • EDUCATE • ADVOCATE

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Editor: Terri Gibbons, Program Manager

Volume 4, Issue 8

## It is Impossible to Fathom all the Lives Bill Blair has Touched...

Us TOO International Prostate Cancer Education and Support Network

### Inside this issue:

Bill Blair Passes Away	1-2
A Joint Statement from America's top Prostate Cancer Organizations	3-4
Chapters and Leaders in the News!	5-6
Us TOO Naples changes name	7-8
Us TOO Greenville Awarded Grant	9
Us TOO Bahamas donates \$\$	
Companions... A FAMILY MATTER	10-12
Bring Pints for Prostates to your City!	13
Editors Corner Message Board	14



The morning of February 24, 2009, Us TOO received a phone call from Russ Gould, Chapter leader of the Don Johnson Chapter. We were saddened to hear that our dear friend and colleague Bill Blair had lost his battle with prostate cancer during the nite. The absence of his presence will be a great loss to the prostate cancer community, and leading Prostate Cancer Organizations all over the world. Bill's positive attitude, unfathomable knowledge about prostate cancer, and belief in the human spirit, saved lives. Pictured above is Bill at the Greater Chicago Prostate Cancer Run, Walk, n" Roll last September, with team member Kelly Keene from "Team Downsey". More on Pg, 2.





Pictured from left to right Terri Gibbons Us TOO Staff, Bill Blair and Tom Kirk present Bill with Edward C. Kaps Hope Award at the Don Johnson Meeting on January 27. "I was blessed to have met and know Bill as I know many others were. I was fortunate to have attended his "Last Lecture" that evening. I did not know that would be the last time I saw him of course, but as he talked that evening I found myself in awe of this weakened but wise and peaceful man. He knew what was important. I recall his reflections that "the purpose of life is life's purpose" and the importance of experiencing the passion and joy that comes from helping others and allowing one's self to enjoy those who are helping and caring for you. I find myself saddened but enriched for having someone like him to pass through my life. He is someone I will seek to emulate and keep in my mind each day."—Tom Kirk



Shirley Grey and Bill, June of 2008 at The Don Johnson Meeting both Edward C. Kaps Award winners!

The Don Johnson Chapter will now be known as "The Bill Blair Chapter". The Steering Committee of the chapter currently has plans in motion on how to extend and preserve Bills work and name. There will be a "Bill Blair Fund" A place to make tax-deductible donations to help extend Bills work. Bill often said "WE HONOR THE FALLEN BY SERVING THE LIVING". To those of you who knew Bill, hold the memory of what he meant to survivors in your heart and continue to fight the battle for others.

Please send checks to BILL BLAIR FUND, Us TOO International, 5003 Fairview Ave. Downers Grove, IL 60515.

"Bill's spirit has been an inspiration to us all. He knew the synergy of the body, mind and spirit. His positive attitude and belief in the human spirit made him survive despite the severity of his disease"—Jim Kiefert

"What a legacy of caring, compassionate, hope filled living our friend Bill leaves behind. It is impossible to fathom all the lives he has touched"—Elizabeth Cabalka

Bill Blair was the single most important person in my life aside from my family! I have never known a more giving person in my life. Through Bill's efforts, many of our members have been able to extend their lives. Men in Bill's group with metastatic disease live longer than they would have because of Bills ability to not only give these men "hope" he gives them "life". Bill Blair has worked miracles for our group. In no uncertain terms, Bill Blair saves lives -John Shearron,

"Bill was a Renaissance Man and beloved humanitarian and is irreplaceable in the entire Prostate Cancer Community"—Robert Cobb

To my husband and to me he was "a beacon of great hope in the middle of a stormy life". The "never give up attitude" and "incredible determination" to find a cure and save the lives of others, to us was more about others than about Bill's own life. Bill went to his death "with that fight for others in the forefront". What a man and what a way to go.-Stu & Myrna Porter

# Us TOO and 13 of America's prostate cancer organizations issue reaction 3 to the PSA screening studies

LETTER FROM TOM KIRK PRESIDENT/CEO Us TOO International "NEWS YOU CAN USE" March 23, 2009

You may have noticed last week stories about prostate cancer were taking front and center as Don Imus talked openly about his recent prostate cancer diagnosis and word began to surface that several research articles (and an editorial) were to appear in the March 26<sup>th</sup> edition of the New England Journal of Medicine. We received our copy in the Us TOO office today.

Some of you may have had opportunity to dial into the NCI teleconference held last week Wednesday the 18<sup>th</sup> for advocates to discuss the US major screening trial, for those who missed this call a reply is available toll-free at 1-800-297-0769 until April 18<sup>th</sup>.

It was a very helpful and informative discussion and at least two Us TOO volunteers asked useful questions. Thanks to Jack David Marcus from New York and Jerry Hardy from the Detroit area for their questions.

Appearing below is a joint statement issued today by Us TOO International and 13 of America's leading prostate cancer organizations. This is great progress from my viewpoint and reflects a commitment to joint action.

Note the statement reaffirms the priority to increase research at the DOD for prostate cancer. Please to take action, come to the Us TOO webpage and go to the red button "Support Federal Funding for Prostate Cancer Research" and let your Congressman know your thought...we need to be heard! - TOM KIRK

## **A JOINT STATEMENT FROM AMERICA'S PROSTATE CANCER ADVOCACY, EDUCATION, AND SUPPORT ORGANIZATIONS**

Since 1993, when the PLCO trial was started, we have awaited the results of this trial with eager anticipation, as have others. The initial report of the results of this study -- and those of a comparable European trial -- published last week in the New England Journal of Medicine have told us two things:

- \* The studies offer conflicting evidence about the possibility of a prostate cancer-specific survival benefit associated with the regular use of prostate specific antigen (PSA) testing and digital rectal examination (DRE).
- \* These studies provide no convincing evidence that mass screening of men over 50 or 55 years of age will lead to a prostate cancer-specific survival benefit within 10 years.

We have come together to make two clear statements about these trials:

- \* Above all we thank the patients, the investigators, and the national authorities that funded these two trials for their efforts. The development and implementation of these trials over the past 16 years has been an enormous commitment by all concerned.
- \* We enthusiastically support the continued follow-up of patients in the prostate cancer arm of the PLCO study for at least a further 5 years, through 2014, as originally envisaged.

## America's Prostate Cancer Advocacy — cont.

In addition, in the long-term interests of the health of every man in the USA, and with health reform recognized as a national priority, we wish to state the following:

- \* Every man, regardless of his age, has the right to know whether he is at risk from prostate cancer, a disease that still kills over 28,600 American men every year, and many more around the world. We encourage all men to be proactive, and to seek out information and support in regard to their health.
- \* We shall continue to encourage every man to discuss his individual risk for prostate cancer with his doctors, and to request the appropriate use of PSA and DRE tests until better options are available. Further clinical action based on results of these tests is also a matter for serious discussion between each patient and his physicians.
- \* We call upon the federal government to emphasize the need for more research into early detection technologies and methods that will lead to better and more accurate diagnosis of prostate cancer.
- \* We call upon Congress to increase funding for the Prostate Cancer Research Program at the Department of Defense.
- \* We call upon the National Institutes of Health to increase funding for prostate cancer research through the National Cancer Institute.
- \* We call upon the medical research community to place greater emphasis on the development of new clinical tests that can differentiate between those men at greatest need for aggressive prostate cancer treatment and those with indolent forms of the disease who can be well managed without invasive treatment.

**This statement is approved by the following US-based prostate cancer advocacy, education, and support organizations:**

- \* American Urological Association Foundation - [www.auafoundation.org](http://www.auafoundation.org)
- \* Malecare Prostate Cancer Support - [www.malecare.com](http://www.malecare.com)
- \* Men's Health Network - [www.menshealthnetwork.org](http://www.menshealthnetwork.org)
- \* National Alliance of State Prostate Cancer Coalitions - [www.naspcc.org](http://www.naspcc.org)
- \* Prostate Cancer Foundation - [www.pcf.org](http://www.pcf.org)
- \* Prostate Cancer International - [www.pcainternational.org](http://www.pcainternational.org)
- \* Prostate Conditions Education Council - [www.prostateconditions.org](http://www.prostateconditions.org)

**Go to the first page of the Us TOO website @  
[www.ustoo.org](http://www.ustoo.org), push this button to write your congressman  
TODAY!**



Bob Wright from the Chapter Leader for the McAllen group wanted to find a way to raise funds for their chapter. In September 2008 during National Prostate Cancer Awareness Month the employees of South Texas Health System in the Rio Grande Valley of South Texas wore Jeans To Work to support the local chapter of Us Too McAllen which meets the first Thursday of each month in one of the systems hospitals. This is an ongoing commitment by health care employees to support local charities and at the same time go casual in denim on Fridays for a minor contribution of \$1.00.



March 5, 2009 this local Us Too Chapter accepted a check for \$818.00 from Bob Wright Chapter Leader and a South Texas Health System employee from their hospital employees. Shown in the picture are Bob Wright , Dr. Juan Castillo family practice guest speaker, and South Texas Survivors and their spouses to include special guests from Winnepeg, Canada and nursing students from South Texas College...This Chapter encourages other Us Too Chapters to Wear their Jeans to Work to underwrite the Support, Education, and Advocacy they give to their communities Survivors, Families, and Providers.



Over 200 men and their partners attended the Seminar!

The "2nd Annual W.B. Ingalls Memorial Prostate Health and Cancer Seminar was held Saturday, March 7, at the Palm Beach Convention Center.

Jesse Seligman Chapter Leader from the Us TOO Wellington, West Palm Beach Group who helped plan the seminar shares his thoughts. *"People are really hungry for knowledge if it is presented in a way they can understand and digest. The dialogue going on about too much testing is really heading in the wrong direction. We should have more testing and better testing to find out what ails our bodies, then more discriminate therapy based on the results of these more objective tests. 30,000 men each year are still dying of PCa , it's not like a mosquito bite that can be shrugged off. "Knowledge is Power". Lets gain more of the former to give us the later!"*

"I'm always looking for resources to help my holistic health care clients in their journeys of healing", shares Kay Hutshinson, practitioner of Chinese medicine and life coach.

When I met Mike Jones at the Manor Health Fair, I was immediately struck by the incredible level of positive energy and passion that he exuded as a regional leader for Us TOO, an organization dedicated to providing support group and health empowerment services to men, who have been diagnosed with prostate cancer and their families.

As a survivor of prostate cancer, Mike dedicates his life to educating others with a vibrancy that helps others to see that they too can overcome illness and achieve states of wellness and spiritual peace.

What did you find most helpful in enabling you to survive prostate cancer?

Mike Jones: My state of mind and my ability to connect with a higher power. Facing prostate cancer allowed me to open my heart and soul to the supreme architect of the universe, God. I realized very early it was God who had a purpose for me in dealing with cancer and helping me understand, "Why me?" Thinking about God opened my mind to God. I knew if I wanted to make it in life, I had to make it my life.

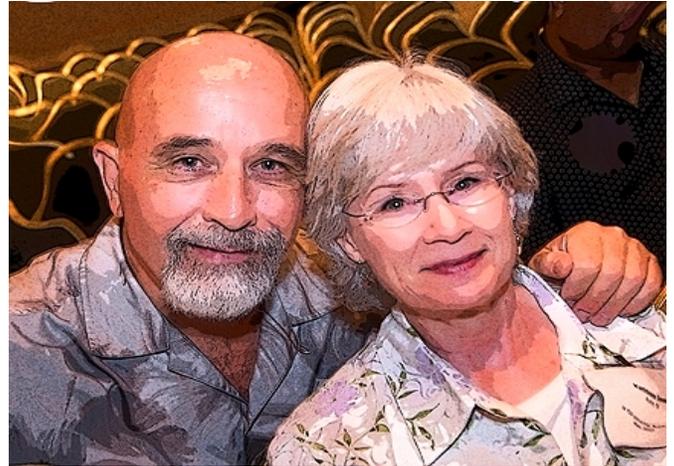
I also found that if you find yourself miserable, count your blessings. It may prompt you to do something about it.

What three strategies can you share to enable our readers to move through the experience of prostate cancer positively and with greater healing?

Mike's strategies are:

- (1) Have a three-day pity party, then turn the negatives into positives. Decide no matter how tragic or devastated one becomes, if you work at it and remain positive, things will work out.
- (2) Surround yourself with positive people: friends, family and strong support systems (find others who have been on the same journey).
- (3) Love life and find a purpose for your existence. Don't be afraid of the space between your dreams and reality. If you can dream it, you can make it so.

Kay Hutchinson, CAMQ, CAMT is a practitioner of Chinese medicine, energetic life coach and teacher of qi gong movement. She is the founder of Aiki Healing (<http://www.aikihealing.com/>), a private practice in Austin, Texas, and the publisher of "Health Prosperity" a publication dedicated to empowering people to manifest optimum health and wellness. She provides long distance consultant services to help clients prevent cancer and to support the recovery process of those who have been diagnosed with cancer with natural healing methods that complement traditional western care.



**Mike Jones Regional Director for Us TOO Texas, and Chapter Leader Austin, and wife Kathleen "count their blessings daily".**

***You Make a Living by What You Do. You Make a Life by What You Give....***

# Us TOO SW Florida, Stepping Up, Meeting Needs, Changing Names!

Naples News..1/26/2009

Southwest Floridians are great at sensing needs and taking action.

Even when the cause may be unpleasant or stressful. Or maybe that's what makes the need and compulsion to help that much greater. This time it is Ted Gruver of Naples who earns our applause for starting the Us TOO Naples Prostate Cancer Support Group, an affiliate of Us TOO International a Prostate Cancer Support and Education Network with 320 chapters worldwide.

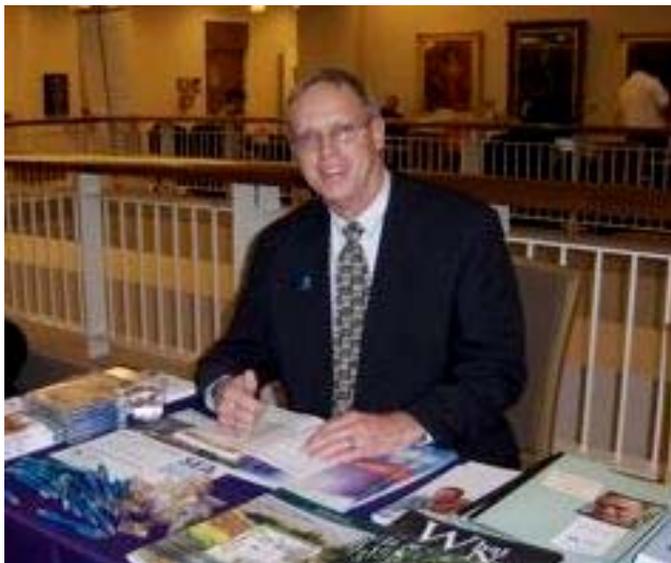
Ted had the Da Vinci procedure back in February of 2008. Soon after that he looked around the area and decided there need to be more support groups options for men who have been diagnosed with prostate cancer Ted organized the Naples Chapter last April an they have been expanding ever since. In fact, they have just changed their name to Us TOO SouthWest Florida because they are getting men and their spouses to attend their monthly meetings from Sarasota to Naples!

"I see something I can dig into and make it happen", Gruver says. The group is planning several upcoming events this year to include "Play for Blue" tennis and bocci tournaments, and next year "Play for Blue" golf and kayaking outings!

*"Its amazing how many people have prostate cancer. Men don't talk about health issues like women and that's why ladies with breast cancer are so far ahead of us." - Ted Gruver Us TOO SW, FL*



Dr. Gerald Chodak (right), one of the founding Dr.'s of Us TOO International attended Us TOO SW Florida's February meeting. Ted Gruver (left) introduces Dr. Chodak. Dr. Chodak is a Urologist and prostate disease specialist for 30 years. He has developed videos about prostate cancer to help educate patients. His Website is [www.prostatevideos.com](http://www.prostatevideos.com)



Us TOO International was invited to participate in the *CANCER CONNECTION DAYS* Special Session on supportive care for cancer patients & family on February 24, 2009. Special thanks to volunteer **Tom Rowland**, who answered questions and talked to attendees at the Us TOO table! The program, hosted by the Robert H. Lurie Comprehensive Cancer Center of Northwestern University, included lectures followed by question & answer sessions from the Lurie Cancer Center's Supportive Oncology Team, and exhibits from many area non-profit organizations providing services to cancer patients and their families.

## Us TOO Greenville South Carolina Awarded \$6600 Grant!



Johnny Payne Us TOO Greenville, SC accepts the grant!

GREENVILLE, SC - March 15, 2009 -- The South Atlantic Division of the American Cancer Society recently awarded a Targeted Community Investment Grant to Us TOO International Prostate Cancer Education & Support Network - Greenville Chapter, in the amount of \$6,600. The Targeted Community Investment Grant Program financially supports state, regional and local projects consistent with the Society's fight against cancer. Since 2005, the Division has invested more than \$1 million in the fight against cancer in local communities.

South Carolina ranks 3<sup>rd</sup> in the nation for prostate cancer mortality; African American men are twice as likely to be diagnosed and die from prostate cancer than any other race in the world. Recognizing the sense of urgency to save lives from prostate cancer, the Us TOO Greenville chapter will use the awarded funds to continue its initiative to educate men, especially in the African American community, about the risks of prostate cancer.

The Greenville, SC Chapter of Us TOO in partnership with the American Cancer Society, the South Carolina Cancer Alliance, The Greenville Hospital System, St Francis Bon Secours Medical System, the Gibbs Cancer Center as well as African American Churches, Fraternities and social organizations will promote prostate cancer awareness and provide information to men to make informed decisions related to their prostate health and early detection.



Tom Boyce, (far left) Bob Cobb (center) and Satish Sachdev (far right) from the Us TOO Palmeiri Chapter in Lombard, IL. share their personal experience's on what treatment they decided on and why. Tom decided on Image Guided Radiation Therapy, Bob used the philosophy of monitor maximally and treat minimally. He is also a "vegan" and ended up having cryosurgery. Satish chose the Da Vinci Robotic Surgery..Thanks to all three for sharing their journey! They all did an excellent job and it generated lots of discussion.



Bob Shelton (left) & Lou Perrinello, co-leaders of the Goodyear, AZ Us TOO Chapter headed up an Us TOO table at a Health Fair in the PebbleCreek Community in Goodyear.



## Companions...A Family Matter

Welcome to a Chapter News series brought to you by the Us TOO's Companions and Family Advisory Panel.

These articles, addressing every day life situations faced by those living with prostate cancer, are designed to support you and your spouse/partner and family members. Next issue of chapter news we will have an article from Jennifer Reilly, R.D., a dietitian with The Cancer Project, coauthor of *The Cancer Survivor's Guide*, and developer of The Cancer Project's Food for Life Nutrition and Cooking Classes for Cancer Prevention and Survival. .

### Part Two - Cooking with Soy — by Mo Kiefert

"What on earth is THAT," asked my husband. We were both staring at a newly opened container. It contained an oozy looking white block floating in water. It REALLY did look pretty bad. "That's tofu, honey," I said, trying to sound excited. "What do you DO with it," he asked. "Well, I'm not quite sure, but I'll figure it out," I responded unenthusiastically. Need I tell you that the evening meal was not the greatest cooking success I've ever experienced? Thus began my search to learn more about cooking with soy.

Since Jim's prostate cancer, we realized we had to make many changes in our life-style. Eating was one of those changes. First and foremost was to cut out the red meat in our diet. Much of the diet research told us about the benefits of soy. This was twenty years ago when there was very little information about soy and how to prepare it. That goosey white substance was about the only soy product in the grocery stores besides soy milk. Today, there are many soy products available. Still, most people are not sure what to do with them.

#### What are Soy Products?

Soy is the protein found in soybeans. It is often used to replace animal protein in an individual's diet. The soybean is low in saturated fat and contains no cholesterol. Soy beans are not only vegetables that contain all eight essential amino acids; they are a good source of fiber, iron, calcium, zinc and B vitamins.

Soy is made from coagulated soy milk which is pressed into the resulting curds into blocks. That block of soy floating in water is still on the market. Unfortunately, I've not seen any directions on how to use it on the packaging. Here are some suggestions.

Begin with removing the soy from the package. Place it between several layers of paper towel in a colander or large strainer. Set a heavy object (large can) and let it sit for at least an hour. This removes much of the moisture.

One of the benefits of tofu is that it doesn't have much of a flavor, but it easily takes on the flavor of any marinade or spices you may choose to use. Slice the cube of tofu in half or in squares and marinate it for a couple of hours - be sure to turn it over if the tofu is not completely covered by the marinade. Remove the tofu from the marinade (saving the liquid). Again place between paper towels to absorb the extra moisture. Brown the tofu on both sides in a good grade of olive oil. At this point, you can thicken the marinade and add the browned tofu to serve over brown rice or whole wheat pasta. You can add to any Asian dish or salad.

This is the basic recipe for preparing soy. However you choose to use it, removing as much moisture as possible, marinating and browning it are keys to success.

At this point, you can thicken the marinade and add the browned tofu to serve over brown rice or whole wheat pasta. You can add to any Asian dish or salad.

## Cooking with Soy!

This is the basic recipe for preparing soy. However you choose to use it, removing as much moisture as possible, marinating and browning it are keys to success.

You are only limited by your imagination when it comes to a marinade. You can purchase many different marinades from the supermarket. Many cook books contain soy-related recipes. I suggest that you use herbs and spices generously also.

There are many soy products available in supermarkets, from soy bacon, sausages, burgers, hot dogs, ground "meats" or granules. Two of our favorite products are baked tofu (of different flavors) and tempeh (also of different flavors).

The baked tofu has already had the moisture removed and flavor added. It can be used like any meat product, but is especially good in casserole-type dish or salad. It is firmer than even the "firm" plain tofu. It takes on a better flavor (I think) when it is cubed and sautéed in olive oil before adding to your recipe.

Tempeh is a soy product that is made by a natural culturing and controlled fermentation process that binds the soy bean into a cube form. Unlike tofu, it is a whole soybean product, often with vegetables and spices added. It has a firmer (more meat-like) texture and stronger flavor. It has a high concentration of protein and dietary fiber and vitamins than plain tofu. Tempeh is our personal favorite.

I'm including three recipes as examples for the use of plain tofu, baked tofu and tempeh.



### Smoothies

Everybody loves a smoothie. You don't really need a recipe. You just need imagination. The quality of your smoothie will depend on the power of your blender. We use a vita-mix because it liquefies vegetables, thus keeping valuable fiber. If you're using a regular-type blender, you may not want to use any vegetables or you could end up with chunks, rather than a smooth drink.

This smoothie recipe begins with plain tofu. You want to use a soft, well-drained product. If making a full blender - 4 large servings - drop  $\frac{1}{4}$  -  $\frac{1}{2}$  cube of tofu. (You can save left-over smoothie for a day or two if it does not contain banana) Next - add your choice of one or more of the following ingredients"

Juice - any fruit juice will do, Soy Milk

Fruits - bananas, apples, peaches, apricots, pineapple, berries, peeled oranges (seeded), mangos, papaya, (pomegranates - a Tablespoon is enough but requires a high speed blender).

Toss in a little flavoring - vanilla, almond or coconut are best. Cinnamon or nutmeg adds a wonderful too,

A couple of our favorites are: Tofu, Soy milk, frozen blueberries,  $\frac{1}{2}$  cup pineapple with a dash of cinnamon, ice cubes.

Tofu, orange juice, a whole mango, 1 peeled orange, 4 or 5 baby carrots (needs high speed blender),  $\frac{1}{4}$  tsp vanilla or coconut extract, ice cubes. Blend completely, pour in glasses and sprinkle with nutmeg or cinnamon.

## Easy Tacos

1 (12 - 14 oz) bag frozen or refrigerated cooked soy granules  
 Or  
 Favorite flavored baked tofu cut in small pieces.  
 1 envelope taco seasoning  
 $\frac{3}{4}$  cup water  
 Tortillas or taco shells (whole wheat tortillas are available)  
 Chopped spinach or lettuce, chopped tomatoes and onions  
 Diced ripe olives (optional)  
 Shredded soy or regular cheese  
 Guacamole (optional)



Brown soy granules. If using baked tofu, sauté until warm. Add taco mix and water. Cook according to taco mix directions.

Place  $\frac{1}{4}$  cup Taco mixture into taco shell and add spinach or lettuce, tomatoes, onions, olives, cheese and top with Guacamole. Makes 4-6 tacos.

## Cajun Stew

2T olive or soybean oil  
 1- 2 cups chopped onions  
 1 cup chopped green pepper  
 3T soy flour  
 2 cans vege broth  
 1  $\frac{1}{2}$  cup chopped tomatoes  
 1 package flavored Tempeh  
 1 tsp crushed red pepper  
 1 tsp cayenne  
 1 tsp ground cumin  
 1 tsp black pepper  
 1 tsp chile powder  
 1 T minced garlic  
 Cooked Brown rice



Us TOO Director Emeritus Jim Kiefert and his wife "Mo", who is on the Circles of Love Advisory Panel. Thanks Mo for your recipes and great advice on eating healthy! We SO appreciate you!!

Cut Tempeh in small pieces and set aside. Sauté onion and green pepper in olive or soy bean oil. Add soy flour and stir until it starts to brown. Gradually add vegetable broth. Cook 3 minutes. Add cubed tempeh, tomatoes and all spices. (This is a spicy dish. You can reduce or eliminate some of the cayenne, cumin or chile powder.) Simmer slowly for 15 - 20 minutes. Serve over cooked brown rice.

Please send your prostate healthy recipes to [terri@ustoo.org](mailto:terri@ustoo.org)

The Us TOO Bahama Chapter was delighted to donate \$500 to Us TOO International. They had an extremely successful awareness campaign, specifically in September for Prostate cancer Awareness month.

They appeared on four television stations and eight radio shows during the month of September. They held DRE/Screening clinics throughout the year, with a total of 771 screenings in 2008. Researchers from MOFFIT Cancer Centre and Morehouse School of Medicine were also in attendance at two of their clinics.

Special thanks go out to Dr. Robin Roberts, Urologist and Founding member and medical consultant, along with his nurses Netthalee Brown and Salome Farrington.

Wendell Barry, Secretary for their Steering Committee says " Dr. Roberts and his staffs attitude is highly commendable. They just want to assist in any way they can".

In the past five years the Us TOO Bahama Chapter has screened close to 2100 men!



Us TOO Bahama officers Valentine Maura, Chapter Leader, Charles Sands, Wendell Barry, Jack Sturrup, Hubert Pratt, (in no specific order) are delighted to donate \$500 to Us TOO International!



The Tempe Arizona St. Lukes Us TOO chapter had a panel of four long-time prostate cancer survivors speak at their January meeting. Bob Hicks moderated. Paul Kaczur spoke about his experience with radiation, Bert Chamberland talked about anti androgen therapy and its role in treating advanced PCa . Jim Koeneman talked about the importance in clinical trials and Ralph Valle spoke on current and promising chemotherapy protocols.



Us TOO Ingalls Hospital has a new chapter in Mokena, IL. The chapter alternates locations with hopes of having better attendance at each meeting. They celebrated the first meeting by having a "pizza party" which was supported by a grant from Endocare. The grant money was also used to promote media for the event. Urologist Dr. Raj Patel (pictured above, far right) spoke about CryoTherapy. "The evening was a huge hit, we had over 40 people attend!" shares Jillian DiSanto chapter leader. Special thanks to Endocare for their generous support!

## Bring Pints for Prostates to your City!



Pints for Prostates is an awareness campaign developed by Rick Lyke, a drinks journalist and Us TOO Board Member. Rick, a prostate cancer survivor, designed the "Pints" campaign to "Reach Men Through the Universal Language of Beer."

### What is a Pints for Prostates Event?

A Pints Event is a fun event that can save lives. The goal of holding a Pints for Prostates Event is to engage men in a fun and non-threatening way at a time and place where the message of regular PSA testing and prostate health screenings can be effectively communicated. Women are welcome to attend, too!

### Why Hold a Pints for Prostates Event?

Men listen to their friends. That is why a Pints event can be an excellent way to get the word out about the importance of getting screened early for prostate cancer. According to the American Cancer Society, the 5-year survival rate for prostate cancer is 100% when it is detected early. What better way to save lives and have fun than to gather a group of friends and empower them to stay healthy! Having the chance to provide face to face support to men meeting the challenge of prostate cancer is one of the benefits of the beer festival outreach portion of the campaign.

For more information on how to host a Pints for Prostates event, go to [www.ustoo.org/pints](http://www.ustoo.org/pints) or email [terri@ustoo.org](mailto:terri@ustoo.org)

**MORE DATES FOR UPCOMING EVENTS COMING SOON!**

### Stickers Available for Events!

#### "ON TAP"

April 14-Gordon Biersch Brewery Restaurant, Bolingbrooke, IL

May 2-World Beer Festival, Raleigh, North Carolina

May 7-Visalia Rawhide Thirsty Thursday, Visalia, CA

June 25 -Visalia Rawhide Thirsty Thursday, Visalia, CA

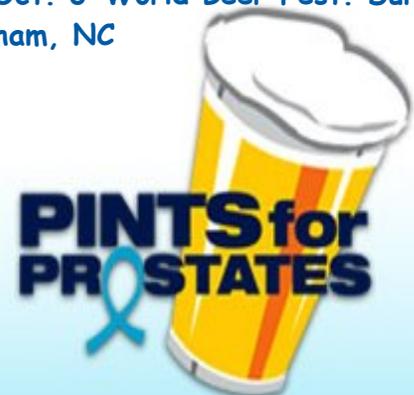
July 23-26-Oregon Brewers Festival, Portland, OR

September 24 -Great American Beer Festival, Colorado Convention Center

Oct. 3-World Beer Fest. Durham, NC



Terri Gibbons, Us TOO staff and Us TOO Board Member Rick Lyke (center) attended the "Pints for Prostates" event in Fort Mill, SC. Rick met "Scott" (far right) a newly diagnosed patient, at a previous pints event. He attended this event to find additional support. "Meeting Scott and connecting with him made my day" said Terri. This is what makes my job so rewarding" !



Editors Corner:

***I think I can finally actually say happy spring! Things are as busy as ever here in the home office. As you can see the Chapter News continues to grow. This would not be possible without all of you doing your part in your communities. I know many of you are already planning your Fathers Day events, so be sure to have your camera's ready to take pictures so you can share your stories with us! I love hearing from all of you, and encourage you to call or email me whenever you need anything or would like to "brainstorm" on any ideas you may have to help to promote prostate cancer awareness. Since the article in the New England Journal of Medicine came out, it only reinforces how important it is for Us TOO to help men and their families educate themselves so that they are able to make informed decisions about detection and treatment of prostate cancer. We need all of you to help make this happen. Tell your stories, help spread awareness, write your congressman, GET INVOLVED! You could save someones life! As my dear friend Bill Blair would say "Honor the fallen by serving the living". You all make a difference! ~ terri***



Terri Gibbons, Chapter Services Program Manager  
**SEND ME PICTURES!!!!**

Message Board

- Look for "The Road Ahead" email coming soon from Terri Gibbons with the final DRAFT of the New Chapter Guidelines attached. We welcome your feedback!!
- Still looking for items for the online auction! Contact pam@ustoo.org
- Vietnam Veterans website now available @ [www.vietnamveterans.org](http://www.vietnamveterans.org)
- 12th Annual Massachusetts Prostate Cancer Symposium Saturday, May 16. For more information call 617-482-3044
- Chapter Leader PASSCODE available by calling 1-800-808-7866
- Subscriptions for the HotSheet available to individuals for \$35 per year. Contact Jackie @ 1-800-808-7866..

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