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



Someone to talk to . . .
who understands

October 22, 2009

Dear Us TOO Support Group/Chapter Leaders and Friends,

We are pleased to complete and send the November *HotSheet*. Just last week, we were also able to complete and electronically send the *Chapter News!* as a way of keeping the information flowing. "*Sharing is Caring*" as we know. Thanks to all of you that are sharing your activities and stories.

I am happy to say the archive of the September webinar/teleconference "*Estrogen Deficiency Side Effects Due to Androgen Deprivation Therapy*" was placed up on the Us TOO website earlier this month for your use. Also earlier this month, we announced and launched the new *Us TOO Prostate Cancer Support Community* with Inspire as part of our Board of Directors' desire to serve more people electronically. Check both out on the Us TOO website.

Now, as we look forward to November, we have more to offer you. You will find we are sending copies of the recently completed recovery guide titled "*Hope, Recovery, Support: Insights to Help You Live Life Restored...after prostate cancer surgery.*" This kit is brought to you by American Medical Systems (AMS) and I want to publically thank the volunteers from Us TOO who reviewed and commented during the production of this resource. We hope you, and those you touch, will find it a useful resource...you can obtain further copies by calling here or going to the Us TOO website.

The November edition of the *HotSheet* features a short cover story on the *Movember* fundraising initiative for men's health which was founded in Australia. Us TOO's focus is on Support, Education and Advocacy of course, and here is a chance for those of you who want to raise money specifically for research...all proceeds go to the Prostate Cancer Foundation and the Lance Armstrong Foundation. As they say, "*grow a mo and save a bro...and ladies can be a mo sista.*"

Enjoy the read as we have once again included articles on a variety of hot topics and comments by Doctors Moyad and Chodak. Let me end by saying we posted pictures from the September SEA Blue Walk in Chicago to remind those with charity in their hearts to know fundraising prizes can still be earned through Halloween, October 31st.

We are interested in staying active, vibrant and productive during this economic downturn, your gifts and support make that happen...please give and ask others to support this worthy and important mission of ours!

Sincerely,

Thomas N. Kirk, President and CEO

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