SW Arizona Chapter Hosts a Very Special Gathering

From left to right, Rex Zeiger, 2009 Edward C. Kaps Hope Award Winner, Ed Kaps, one of the founders of Us TOO International, Ralph Valle, 2008 recipient of the Edward C. Kaps Hope Award, & Jim Kiefert, Director Emeritus of Us TOO all join to honor Rex Zeiger!

At the February 4, 2010 meeting of the SW Valley Chapter of Us TOO in Goodyear, AZ, a Rex Zeiger Celebration was held. Rex, one of the newest recipients of the Edward C. Kaps Hope Award, was presented with the Award by Ed Kaps himself! As Rex regularly attends this Chapter, it was most appropriate to use such an occasion to honor him. The Chapter was pleased to have Ed Kaps present to make the presentation. After Ed Kaps’ remarks & Rex’s response, others shared what Rex had meant to them and some of the accomplishments, which they recognized, he had achieved.

Ed Kaps shared with those gathered about the beginning days of Us TOO twenty years ago. Rex, himself, participated 19 years ago, so he was one of the “pioneers”, along with Ed and others. Jim Kiefert, Director Emeritus of Us TOO International responded to Rex’s recognition and to the history of Us TOO to conclude our celebration. The Cancer Treatment Centers of America Western Regional Center, Goodyear, AZ, presented an Us TOO 20th Anniversary Cake for our refreshments! There was a lot of good fellowship as many shared some wonderful memories! ~ Bob Shelton, Us TOO Goodyear AZ
Prior to the presentation, Bob Shelton, Chapter Co-Leader, recognized the support of Rex’s wife, Ann, (right) in all of his accomplishments and presented her with a bouquet of roses and lilies. Ann spoke about the importance of what Rex has done, and that she was always pleased to be his support.

Bud Fletcher (far left) Chapter Leader Sun City and Ed Kaps (far right), founder of the Edward C. Kaps Hope Award present Rex Zeiger (center) with his award. Ed Kaps one of the original founders of the organization, spoke about the history of Us TOO and that we are celebrating our 20 Year Anniversary throughout 2010!

I am at complete loss of words and yes, old men know how to cry. I do not know how to thank all of those that were responsible for the presentation because to this day I do not know where the support came from for the award and who did all the planning to make the presentation possible. My sincere wishes are that the award could be presented to the Arizona Us TOO Support Groups. They are truly the men and women who earned this. You could go out and start a support group a day but if you didn’t have a Ralph Valle, or a Bert Chamberlain or any of our reliable coordinators to do the educating, the fund raising, and etc. there would be no support groups.

During my association with the Us TOO experience I have had the opportunity to meet and work with so many wonderful men and women that always seemed to be there when you needed them, and yes we made a few mistakes but I have always lived with the theory that there is no such thing as a mistake or an error. It should be known as a learning experience and let’s hope that you learned well the first time.

Much love and regards to all ~ Rex Zeiger

Special thanks to Cancer Treatment Centers of America Western Regional Center in Goodyear, AZ. for providing a special cake!
Ray Kamka (above) Chapter Leader from Sun City West, AZ shares, “This award was given to a man who has unselfishly given his time and knowledge to the Us TOO organization and to men in need of his help. When I was diagnosed in 2003, I was in the state of panic, had much anxiety and stress, trying to find out what I should do next. Rex’s name came to me out of the blue & with God’s help. He spent many hours with me reliving the anxiety & stress. He gave me tools to use in my research to intelligently select the best treatment for me. He gave me a place to go to talk to men who have been thru Prostate Cancer. HE WILL ALWAYS STAND TALL IN MY EYES”. ~ Ray

Jim Kiefert former Us TOO Chairman of the Board shares, “Rex is a compassionate chapter leader who has dedicated his time, energy, and resources to helping others dealing with Prostate Cancer. Rex is a valiant warrior who continues to live the mission of Us TOO.” Over forty members throughout the Arizona area attended to show their gratitude to Rex!

Chuck Voinovich N/E Arizona chapter leader (above) says “REX IS A TRUE KNIGHT FOR OUR CAUSE!”

~ Chuck
The Us TOO Nassau Chapter headed by Chapter Leader, Valentine Maura, Secretary, Historian Wendell Barry and Survivor, Treasurer Charles Sands (both Founding Members) visited the Island of Eleuthera to hold a "Male Health Conference" on Prostate Cancer Awareness! The function was held in the Settlement (town) of Palmetto Point (midway between North and South) which requires lengthy drives from the outskirts; we also competed with a Haiti Earthquake Relief effort.

The purpose of the Conference was two-fold; firstly, the awareness of the Disease and secondly to discuss the establishment of the new Us TOO Eleuthera Chapter. The response was very positive with an enthusiastic question-and-answer period.

Under the auspices of the Cancer Society Eleuthera (Sponsors) the necessary papers, rules, etc are under review and the appropriate election, application, registration with "Head-office", Illinois will be completed accordingly.

Talks about the possibility of doing a SEA Blue walk in the Bahamas are also underway. ~Valentine Maura

"We are so fortunate we connected with the Us TOO Organization! We never knew you had so much experience in doing a walk event and had so many valuable “free” materials. Not enough thanks to send can express our gratitude and excitement for a possible future event!

~Valentine Maura, Chapter Leader, Bahamas
Bill Palos talked for several years on how he needed to retire from some of his Us TOO responsibilities. He has retired from his duties of being a Board Member, but is still going strong as the Chapter Leader and Regional Volunteer for the Quad Cities area and several other states.

Bill has been a prostate cancer survivor since July 1994. Bill says, “Prior to treatment, there wasn’t a lot of information on all of the alternatives or many people to talk to about their experience with a particular treatment. I live in the Quad Cities which is on the Illinois and Iowa border. The total population is around 400K.”

After having Brachytherapy, Bill contacted the American Cancer Society to help set up a support group function in the Quad Cities. “We had 5 men and their wives to set it up in 1994. We became an Us TOO Support Group in January 1996 after talking to CEO Hank Porterfield. A year later Hank talked me into being the Regional Director for Illinois and Iowa. I have been a Regional Volunteer for over 14 years. My territory has grown to 8 states, (Minn.-Wis.-Iowa-Ill.-Neb.-Okl.-Ark.-La.)”

Bill has been on the faculty at all of the Us TOO University Programs and has been active as a Board Member on several committees. He was chairperson for the Chapter Committee for the past three years.

Bill has been the chapter leader of the Us TOO Greater Quad Cities Prostate Cancer Support Group for the last 16 years. They have over 800 members including the wives of prostate cancer survivors and have anywhere from 40 to 60 members at their meetings.

“We are also one of a few support groups that actively pursue donations to support the Home office”, shares Bill. We also obtain funds thru grants from the Quad Cities Marathon which I am a committee member. The funds are forwarded to Us TOO and are obtained by submission of an expense account each month when funds are needed for the chapter”.

The Marathon is a national event and last year they had over 4400 participant runners and walkers support the race, Funds from the race are put into a special QCM/Us TOO Initiative. Local organizations can submit grant requests for funding for prostate cancer education and awareness activities. Last year alone, the Quad Cities Chapter raised over $10,000 in donations for Us TOO International!

Thanks Bill for all your years of dedication to Us TOO. Though you have retired from the Board, we know you will be focusing all your time on raising awareness and funds for prostate cancer patients and their families in the Quad cities!
Pints for Prostates Events are “BREWING”

Just a quick note to let all of you know that things are moving forward with the Pints for Prostates campaign. We had a very successful 2009, reaching millions of men with our message about the importance of regular prostate health screening and PSA testing, while raising funds to help the Us TOO International Prostate Cancer Education and Support Network. A great many people gave us the support we needed to make such an impact during the last 12 months and we greatly appreciate the generous support.

We have momentum heading into 2010 and we are working on a few things that we hope to be able to announce during the next couple of months. I can tell you about a few things that we are excited about this year.

We are booking events around the country and have started to announce a few as the details get firmed up. If you are one of the folks who expressed an interest in doing something during 2010, please keep me posted on any progress that you have made in the planning process. We are here to offer ideas and support to market the event.

We have several companies working on proposals that would result in partnerships with Pints for Prostates on some products and expand our reach to guys who might not see us at a beer festival or bar event.

We will be approaching media outlets again this year asking for donated advertising space. We’ve received a tremendous level of support from a range of beer, food and consumer magazines, such as Time, Sports Illustrated and Real Simple. We also continue to work to generate publicity from broadcast, print and web outlets that have been helping us to reach guys. Getting the message out to the public and exposing people to the blue ribbon is critical to getting guys to be active in their health care.

Thanks to those of you who have supported the Pints for Prostates Campaign. If you are interested in hosting an event, please contact Terri Gibbons at the Us TOO home office @ terri@ustoo.org or 1-800-808-7866.

Cheers!

Rick Lyke

Follow “Pints for Prostates” on Facebook and www.ustoo.org/pints

“ON TAP”

- Monday, March 1, 4:00 PM @ The Ale House, Vestal, N.Y.
- Saturday, March 13, 2:00-5:00 @ Grapevine Beer Festival, Fort Mill, SC
- Saturday, April 10, 11:30 am, and Sunday April 11 till 1:00 am @ Mr. Dunderbak’s Biergarten Tampa, Florida
- Saturday, April 24, 12:00-10:00 pm @ The World Beer Festival, Raleigh, NC
- Saturday, June 12, 12:00-10:00 pm @ The World Beer Festival, Richmond, Virginia
- Wednesday, June 16, 6:00-9:00 pm, @ Pike Brewing, Seattle, WA
- Saturday, October 2, 12:00-10:00 pm @ The World Beer Festival, Durham, North Carolina

More events are “BREWING”
NEW in the NEWS!

A new monoclonal antibody with attached radioactive maker has been reported to be very active against prostate cancer. Highly aggressive and hormone resistant human prostate cancer cells were implanted in mice. The antibody known as F77 wiped out 85% of the tumor. It was also effective against hormone sensitive tumors. In addition, F77 is believed to boost the immune system.

TAK-700 is under clinical study; it is reported to inhibit the synthesis of testosterone and may be useful in patients resistant to ADT.

Russ Gould (left) has been a Chapter leader for over ten years, and is also leader of the Mets Mavericks Group. This group is for men with advanced prostate cancer, and was formerly started by Bill Blair. Russ has been part of the Us TOO University Staff, and is former Vice-Chair of the Us TOO board. He now staffs a full-time position with Wellness Place counseling prostate cancer patients, thanks to funds raised through the partnership of Us TOO and Wellness Place and the Chicago Prostate Cancer SEA Blue Walks. Russ has also received the Edward C. Kaps Hope Award this past year. Anant Kulkarni (right) is a retired pharmacologist and an active member of the Bill Blair Chapter in Palatine.

Us TOO’s Education Symposium and 20 - Year Anniversary Celebration has been officially announced! Save the Date: August 20-21, 2010 Hyatt Regency O’Hare, Chicago

More details coming soon!
Sexual Dysfunction in Prostate Cancer Patients

This topic is quite important. Before we consider the scientific and clinical information on this topic, it is important to note that there is a significant psychological component in proper sexual functioning. Leonardo da Vinci has addressed this as follows:

...although the will of the man may wish to stimulate it, it remains obstinate and goes it's own way...It does what it desires, the penis having a mind of its own.

After briefly reviewing the published literature, we wanted to bring to your attention the following practical things you need to know that might be of interest to you and your partner.

- **Orgasms after RP**: Orgasms typically will be dry. Lack of orgasm is reported by 30% patients, 20% report decreased intensity and 5% report it to be increased. Although nerves responsible for erection may be damaged during surgery, nerves for sensation are not damaged and sensation is not altered.

- **Penile changes**: Early apparent shortening is reported to be temporary. Late shortening (six months or later after surgery) may be due to prolonged absence of erection. Tissues are damaged and permanently contracted. Penile rehab is the answer - use Viagra and maintain the erection capability as soon after surgery as possible.

- **Penile Rehab**: As erectile nerves may be damaged, lack of erections after surgery for months leads to decreased blood supply (and oxygen) to penile tissues, leading to possible permanent damage. The goal of "penile rehab" is to prevent the tissue damage, protect the penile tissues and maintain erectile capability.

- Two or three erections per week should be attempted using a penile vacuum pump and/or Viagra-like drugs, (PDE-5 inhibitors) if necessary, beginning as early as 4 weeks after surgery. Check with your doctor about medication.

- If no response, penile injections can be used. Short acting PDE-5 inhibitors (Viagra and Levitra) can be used in conjunction with drugs injected in the penile tissue.

- **On non-erection drugs**, low doses of short acting Viagra and Levitra may be used, as they protect against penile tissue from degeneration. Long active drugs (Cialis) should not be used together with penile injections (for non-erectile days).

- **PDE-5 Inhibitors**: Viagra, Levitra and Cialis are similar drugs. Cialis is longer acting and has less visual side effects ("blue vision"). These pills are more effective in patients undergoing "nerve-sparing" surgery. Patients not responding to the PDE-5 inhibitors soon after prostatectomy, may still respond later (up to 2 yrs post surgery) as the nerves fully recover. Patients receiving radiation do not experience ED immediately, but only later during the second year after radiation. The problem usually gets worse with time. Radiation induced ED usually responds to PDE-5 inhibitors.

- Concurrent administration of Nitrates (nitroglycerin, isosorbide, PETN, etc.) is prohibited whenever PDE-5 inhibitors are being used.
• **Intraurethral drugs:** MUSE - suppository the size of a grain of rice is deposited in the urethra using an applicator. A cream preparation (BEFAR) has also been used. Approx 30-50% of men respond, but not consistently. Clinical studies with MUSE have not been published and are not available in patients undergoing prostate surgery/radiation. Penile aching or burning and dizziness has been reported and after MUSE. First dose should be given under supervision. Low dose MUSE may be useful for penile rehab.

• **Injectable drugs:** Trimix/ Bimix/ Caverject are injected into the body of penis (corpora cavernosa). Patient undergoes initial training. Some manual dexterity is needed to draw the liquid into the syringe and inject. Caverject (alprostadil) is available in pre-filled syringes, but only works in 60% of patients. Trimix (papaverine, phentolamine and alprostadil) is effective in 92% of patients. If pain or burning sensation is reported, Bimix (papaverine and phentolamine) is used. Trimix and Bimix need to be refrigerated. Scarring and infection is rare. With continued use, lower doses are needed.

• **Vacuum device** - 80-90% of patients can obtain successful erections in approx 15 minutes, but may be difficult to use for some; needs training. Not advisable if patient is on blood thinners. Penis is cold and appears blue or grey, needs a tight constriction band to maintain erection.

• **Support sleeve:** Semi-rigid sleeve to be used around penis to facilitate intercourse.

• **Implants:** When pills, infections and devices are unsuitable or unsatisfactory, an implant may be the answer. In patients with good long-term prognosis for their cancer, a waiting period of 12-18 months after surgery is desirable before considering implants.

• Implants achieve highest satisfaction rate. Current "state of the art" implants are inflatable and can produce erections in 5-15 seconds. Implanting involves surgery, possibility of infection and mechanical breakdown. Ten year follow-up shows 85% of implants are free of mechanical breakdowns and 97% are free of infection. A "controlled expansion" device (to prevent over-inflation) with a lock-out valve (to prevent accidental inflation) and pump-up/pump-down mechanism is the new most improved available version.

• An inflatable implant consists of a pair of cylinders to be implanted in the penis and a pump/reservoir to be installed in abdomen and/or scrotum. Non-inflatable and semi-rigid implants are used, but are not of favor.

• **A book by Ralph and Barbara Alterowitz, Intimacy with Impotence,** contains detailed information about various drugs, herbal products and devices useful to patients with ED. Another authoritative book, by **John P. Mullhall, MD** (Memorial Sloan-Kettering Cancer Center), **Saving Your Sex Life,** can be useful as a reference.

Please consult your doctor for better understanding of items of interest to you.

Us TOO Home office has copies of “Intimacy with Impotence” available for $10 per copy, and the John P. Mullhall book “Saving Your Sex Life” can be purchased through the Us TOO website in the Helpful Resources @ www.ustoo.org
• Order hard copies of the HotSheet from the Downers Grove home office. Encourage members to come to meetings to get their copy.
• Designate a group leader and an alternate leader (or more)
• Gather a group of volunteers to form a steering committee.
• Have a person or persons who can help with clerical functions.
• Have a sign-in sheet to keep track of who attends.
• Plan on having a monthly Newsletter or webpage to inform the members of that month's program (important marketing tool).
• Assign someone to be the accountant. (Pass the basket to get a few dollars from each attendee.)
• Plan on offering Newly Diagnosed Kits for new patients. (available "free" from home office).
• Post SEA Blue Posters in hospitals and Dr.'s offices to advertise monthly meetings, time and location. (available "free" @ home office)
• Recommended venues would have free parking and be centrally located for future members.
• Plan on having representatives from the Group attend Us TOO annual meetings as a great deal of information can be obtained in networking with other support groups both nationally and internationally.
• Give your members a chance to give feedback about the meetings, and to give suggestions on what they would like meetings to offer. Have a "comments" box.
• A mailing list can be a method to inform current patients and their family of the new group. As more people hear about the support group, word of mouth helps to increase membership
• Plan on having members donate several dollars at each meeting to help fund the necessary monthly expenses of printing, etc., expenses.
• If feasible, plan on offering snacks, i.e. granola bars, coffee, water, etc...preferably prostate healthy!
• Monthly Program Speakers/presenters: The medical staff at the hospital(s) offer a varied and wide assortment of professional talent in their respective departments including oncology, surgery, radiology, dieticians, counseling, etc., from which to offer a large assortment of interesting and informative monthly meeting presentations.
• Allow members of the support groups to offer their own situations as possible presentations, or panel discussions. Have chapter leader give a short presentation on whats new in PC world. Use HotSheets, internet, "News You Can Use," etc.
• Assign someone to find a prostate healthy recipe or food each month. Chapter News! has a prostate healthy recipe or two, every other month that you could share with your group.
• Develop an email list (a good method to quickly get members). VERY IMPORTANT!
• Encourage your members to register for "Getting to Know You" @ www.ustoo.org/knowyou. This will help to keep everyone in the KNOW about what is happening within the Us TOO Network. They will receive an electronic copy of the Chapter News! every other month and other important information from Us TOO.
• Stay in contact with the Us TOO home office. We have great materials for your use!
Bill Blair Chapter’s Steering Committee

A Steering Committee is a very helpful group for the management of the chapter and to relieve the chapter leader of some of the load. The members of the Bill Blair Chapter in Palatine, Illinois meet once a month for about 2 - 1/2 hours.

Some of the tasks are:

1. Fold and stuff monthly newsletter (Speak to your hospital or sponsor to see if they will cover mailing costs)
2. Review last chapter meeting to define what improvements can be accomplished.
3. Select meeting topics and speaker.
4. Define what can be done to keep chapter vibrant for returning members.
5. Support for newly diagnosed.

USE A HOBBY TO RELIEVE YOUR STRESS!

Linda Hoetger is the wife of prostate cancer survivor Ray. They both attend the Us TOO Lancaster, Ohio support group. Ray had his surgery last fall and since then Linda has found that using a favorite hobby she already had helped her through some of the most stressful times of Ray’s journey with prostate cancer.

“I started making scrapbooks many years ago as a creative hobby and have found it is my stress relief. When we found out that Ray had prostate cancer I wanted a way to share what has been happening to us in a personal way. I also started a blog with the scrapbook, another way to share with others. As for the idea for the PSA Petey, I found out that the prostate is the size of a walnut and so in my imaginative mind I started giving them some personality. Its also a way to promote awareness about mens PSA levels in our loved ones lives” shares Linda.

“PETEY the PROSTATE” originated as the Us TOO Lancaster Ohio’s mascot! He could be off to a successful new business venture. GOOD LUCK PETEY!
Happy Valentine’s Day to All Prostate Patients and Partners!

By Mo Kiefert, Us TOO’s Companion & Family Advisory Panel Member

Valentine’s Day is one of my favorites. Most know that it’s the day on which lovers express their love for one another. It is named after a Christian martyr, Valentine, but became associated with Geoffrey Chaucer (remember reading THAT) and romantic love in the Middle Ages. Lots of years have passed since the time of hand written love notes of poetry and song. Now most of us find just the right words in the mass produced Valentines. Still, we are always trying to find new ways to express our affection for our loved ones.

Couples who are experiencing, or have experienced, prostate cancer often try to make every day Valentine’s Day. They find their love deepens for one another. Since this month is especially for lovers, I asked people to share some of the year-round Valentines they give one another. Here are some of their responses.

Valentines the Partner can give to the Patient

Help to research about the disease
Attend doctor appointments; take notes when appropriate; Ask questions; give feedback
Learn to cook foods that support good nutrition, but give him his favorites once in awhile
Help keep logs of appointments
Help patient with diet and exercise choices; encourage the exercise
Rent Movies (selecting your partner’s likes as well as your own)
Ask – “what can I do to make you comfortable?”
Undivided attention without judgment; don’t try to change his mind about his feelings
Buy him books by favorite authors or go to the library for him
When he’s in pain, experiencing hot flashes, discomfort, offer your help without judgment.
Share laughter. Brighten your life.
Take time and care for yourself.
Keep a positive attitude.
If possible, get away with your partner – take short (or long) trips
What are some of the “fun” things you used to do – do it again for the first time
Pack a picnic go someplace special
Read TO your partner
Invite friends to visit.

Suzanne, a wise woman sums it up beautifully when she says, “Love your man; respect your man; encourage your man and fully live with your man. The gift of love I most appreciate is openness and good communication which is an invitation to join in the dance.”
Valentine’s Day cont.

Valentines the Patient can give to his Partner
Yes, the patient can do many things for his partner. I hear some men feeling remorse because they feel they are on the “receiving” end, but are unable to “give” much. Men have submitted some great advice for the year-round Valentines they can give to their spouses, including:

- Undivided attention; listen to her and honor her thoughts without judgment (sound familiar?)
- Buy her flowers or her favorite bottle of wine
- Enthusiastically take her to a “chick flick.” (Hold her hand and share your popcorn.)
- Pay attention to her - notice her hair-cut, new clothes.
- Say “thank you” for the things she does for you.
- Take her out to lunch or dinner.
- Share jokes or funny e-mails with her.
- Look at photos together; talk about the sweet memories and funny experiences.
- Ask, “what can I do for you?”
- Go for a walk together or enjoy an evening looking at the stars.
- Encourage her to get away - go shopping - visit friends.
- Encourage her to continue with her hobbies.
- If able - do what you can to help around the house - even little things are appreciated.
- Wipe dishes or empty the dishwasher.
- Keep her informed of financial and legal issues. Does she know where all legal and financial papers are?
- Have an official will, a Living Will and Power of Attorney.*

*This may feel uncomfortable, but every couple should have these documents. If a partner is suddenly left alone, she needs to know how to access things. This is a huge Valentine to give to her.

These are just a few ways to make everyday Valentine’s Day at your house. Better yet, ask your partner what they would like for their everyday Valentine? Make a list and then - DO IT!

The easiest and most endearing Valentine you can give to each other is to say “Thank You” and “I love you.”

Happy Valentine’s Day!

Believe...
That even when you think you have no more to give,
When a loved one or friend cries out to you - you will find the strength to help.
Our Journey with Prostate Cancer

by Kathie Houchens, Columbus, Ohio, wife and partner on the road.

Prostate cancer broke into my ordered world bringing disbelief, panic and a sense that my life had frozen in that moment when Dave revealed his diagnosis to me. He, the calm and measured scientist, had been charting the course of his potential disease discovery for over a year before the telling biopsy brought the devastating news. Not wanting to worry me, he waited to disclose the situation until he was sure. I had just turned 60 and he was 64. Our last child had married two years earlier and we were enjoying the first of what we expected would be many fruitful years ahead as a couple. Our last living parent had just died at 91, so my expectation was that our next thirty years would include winding down our work schedules, taking time to travel, enjoying the grandchildren and sharing more of our lives together than we had had time to do while raising our three children. This news seemed to change all that. I felt helpless, adrift on a sea of unknowing. My biggest fear was widowhood, being alone, losing my best friend forever. That was August of 2001. How could I have imagined then that prostate cancer would add a positive dimension to our relationship and to our lives? Would I have believed that eight years later I am at peace with our situation?

In August 2001 Dave had already researched the treatment options and was fairly sure that his choice would be the radical prostatectomy (“open retro-pubic” was the option at that time.) In September his surgery was performed by a trusted colleague with results that gave us great hope for cure. I now believe that speaking of “long term control” is a more helpful mindset. Once diagnosed with cancer, while not letting the big C control life, recognizing its potential for recurrence can open channels to life-giving information and wisdom. We both continue to read books, attend conferences, search websites, support research and educational organizations and attend support groups. This helps, not only with our personal challenges, but also in companioning others.

The oncologist-recommended regimen has included a sequence of vitamins and supplements as well as pharmaceuticals. When we saw the PSA doubling time increase, a Combidex MRI scan identified possible lymph node involvement. Timed to take advantage of the effects of his second round of ADT (Triple blockade androgen deprivation therapy), Dave spent two and a half months in Florida for IMRT (Intensity Modulated Radiation Therapy) to target and to eradicate remaining tumor cells. This meant we lived apart while I continued at my job in Ohio. Thanks to cell phones and e-mail we stayed connected. Operating in our separate spheres, Dave was able to create a supportive community among the patients sharing the clinic waiting room each morning. I was present to lend an understanding ear and my accumulated information to a friend in Columbus whose husband had just been diagnosed.

In the eight years we have traveled a road we would not have chosen, we are thankful for new awareness, creative opportunities and rich friendships, thanks to prostate cancer. I have learned the lingo including the importance of Gleason scores, the intricacies of PSA numbers, the amazing array of treatment options, the rudimentary pharmacology of supplements and some of the science involved in making nutritional and diet choices. We have both taken exercise more seriously, knowing that our aim is total physical wholeness and well-being. While we hope these lifestyle changes keep prostate cancer at bay, we also find we sleep better, have more stamina and a sense of peace.
M. Scott Peck, MD in his primer on personal growth and spirituality, The Road Less Traveled, begins by saying “Life is difficult.” A hard truth, we do all face bumps in the road. Accepting that, I can prepare myself to live with graceful resilience. Our 46 year marriage continues to teach me patience, flexibility and the ability to let go. Some things are what they are. Facing them without giving in to despair, embracing them without being controlled by them, I share with Dave a fuller life of faith that God uses every circumstance to bless us and those around us when that is our prayer.

Lessons I am learning:

- **Today is a gift.** I treasure it and savor it. To live in the moment, not fearing what may come tomorrow or next week, but participating fully in the possibilities of this day.

- **I claim the power to heal by learning about nutrition**, by preparing meals and snacks that promote health. The book by Dr. Charles “Snuffy” Myers, Eating Your Way to Better Health, educated us on what to avoid and what to include in a prostate-healthy diet. I learned about the role many foods and food components have on the growth of prostate cancer cells. The recipes by Rose Myers and her sister Sara give me an arsenal of tempting dishes with which to combat the disease on the home front. Feeling empowered to “do something” gives me a participatory role in Dave’s ongoing wellness.

- **The diagnosis that felt like a death sentence eight years ago has been a gift**, an open door to many wonderful experiences. What began as an emotional earthquake that shook the foundations of our dreams for the future has become an open door to discovery of deep spiritual resources within each of us that, combined, have enriched our lives, increased our mutual trust and appreciation, brought us closer together.

- **Wives and partners of prostate cancer survivors are victims, too.** This is a couples’ disease that affects the most intimate and emotion-filled moments of a relationship. Coping not only with the physical challenges posed by treatment side-effects, but also embracing the emotional needs that may be less obvious and difficult to admit or express, calls for sensitivity, education and understanding. When support groups open to wives and partners are available, I recommend participating.

- **Communication is the key!** We have learned to share our deepest fears and doubts out loud with each other. We are in this together!

- **Express your feelings!** Often my panic is diffused, my depression lifted, by putting my feelings into words, getting them outside myself. Other avenues for me are music, poetry and art. Through non-verbal expression I release anxiety.

- **Meditation helps!** A contemplative attitude, whether prayer, yoga, walking a labyrinth or strolling in a park are ways to put life back into perspective. ~ Kathie Houchens

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**Monthly HotSheets Available**

For those of you who would like to receive hard copies of the HotSheet, Us TOO pays for the production and printing costs. It can still be downloaded free off the Us TOO website. We ask that you cover the postage costs only. If you are still interested in receiving hard copies, please contact jackie@ustoo.org. The costs are very reasonable!
You Just Never Know Who You’ll Meet...

George and Liz Ledwith knew something important was happening the day of George’s radical prostatectomy. They had weighted their options, pondered the implications long and hard and carefully selected the surgeon. Yes, this would be an important day. What they did not anticipate was a friendship which began the morning of George's surgery and has lasted several years.

Liz Ledwith describes it this way, "We met Sandy and Keith, on the day of George’s surgery. Keith was Dr. Lepor’s first patient that day and George was his second. Sandy and I met in the waiting room and quickly become fast friends."

Throughout the years, the two couples have remained close, providing support and deepening their friendship with each passing year.

COMING SOON...

We are in the process of creating new chapter logos for you! The use of this logo will more clearly show your affiliation with Us TOO International. Appropriate use includes your Facebook page, your website, on meeting flyers, etc. Watch for more information on how you can get your “custom made” logo in the next issue of the Chapter News!

“SAMPLE” LOGO
Make Some Soup for Your "Sweetie" its EASY!

Mmm-mmm Minestrone!

**Ingredients:**
- Two 14-oz cans fat-free vegetable broth
- Two 14.4 oz. cans diced tomatoes, drained
- One 15 oz. can white kidney beans drained and rinsed
- One 10 oz. package frozen spinach, mostly thawed
- 1 cup frozen cut green beans
- 1 cup frozen peas and carrots
- 1 cup uncooked whole-wheat blend rotini or penne pasta
- 1 tsp. dried minced onion
- 2 tsp. chopped garlic
- 1 tsp. Italian seasoning
- 1 bay leaf
- Sea Salt and pepper to taste

**Directions:**
Combine all ingredients in a large pot on the stove. Add 1 cup water and stir it up.
Cover and bring to a boil.
Reduce heat to low and allow soup to simmer covered, for 10 minutes. Remove bay leaf, add salt and pepper to taste, and serve!

Makes 10 servings

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**Per Serving (1 generous cup):** 105 calories, 0.5 g fat, 512mg sodium, 19.5 g carbs, 4.5 g fiber, 4 g sugars, 5 g protein

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**Us TOO Chapters in Washington joining forces for Pints for Prostates Fathers Day Event!**

The Us TOO Mason County Warriors are gearing up for their Pints for Prostates Event to be held June 16 to honor Fathers Day. It will be held at The Pike Brewing in Seattle.

From left to right are: **John Ross, Mike O'Day and Hal Parks**, Us TOO Mason Warriors Chapter, WA. Cheers Guys!
By: Stanley Popovich

Many people who have cancer have a hard time in managing fear. As a result, here is a brief list of techniques that a person with cancer can use to help manage their most persistent fears and every day anxieties.

When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to divide the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

A person should visualize a red stop sign in their mind when they encounter a fear provoking thought. When the negative thought comes, a person should think of a red stop sign that serves as a reminder to stop focusing on that thought and to think of something else. A person can then try to think of something positive to replace the negative thought.

Another technique that is very helpful when you have cancer is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed or frustrated, open up your small notebook and read those statements. This will help to manage your negative thinking.

Learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your depression and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help. *EDITORS NOTE -Join an Us TOO Support Group for “Someone to talk to who understands”

Dealing with our fears when you have cancer is not easy. Remember that all you can do is to do your best each day, hope for the best, and take things in stride. Patience, persistence, education, and being committed in trying to solve your problem will go along way in fixing your problems.

BIOGRAPHY

Stan Popovich is the author of "A Layman’s Guide to Managing Fear Using Psychology, Christianity and Non-Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to: http://www.managingfear.com/
Editors Note:

I cannot believe how fast this year is already flying by! Though August may seem like a long way away, planning is in full swing for our 20 Year Education Symposium & Anniversary Event on August 20—21 here in Chicago. We are making every effort to make this a most memorable weekend that you will not want to miss. I encourage you to make every possible effort to make sure you can attend! So far, we have Dr. Charles “Snuffy” Myers and Mark Moyad MD confirmed.

Some of the chapters are already planning fundraising activities on their own to raise money so that they can cover the costs for their airfare and hotel expenses.

We have Special Anniversary stickers, and pens for you to use to help to promote awareness about this huge milestone event for Us TOO. Just contact the office and speak to Jackie or myself.

We should all be very proud to be able to say that we are the only organization that has been around for 20 years Supporting, Educating and Advocating for men and their families about prostate cancer.

YOU are ALL part of this organization and we need to celebrate!

I hope to see each and every one of you in August to share our thanks ~ terri

ZERO - The Project to End Prostate Cancer has slots for the Bank of America Chicago Marathon

Run the 2010 Chicago Marathon for a good cause, join ZERO’s Dash for Dad Endurance team. ZERO’s mission is to not only reduce prostate cancer or alleviate pain from the disease but to end it.

All runners will need to commit themselves to fundraising $900 that we will put towards the fight against prostate cancer. For more information or to sign up visit www.zerocancer.org/chicago <http://www.zerocancer.org/chicago>

Already signed up for the 2010 Bank of America Chicago Marathon? Not a problem, contact Tracy Cesaretti at tracy@zerocancer.org to find out how you can still commit yourself to raising money for such a good cause.