DENDREON HONORS PATIENT ADVOCATES AT NASDAQ BELL RINGING CEREMONY

These are truly exciting times for men with advanced prostate cancer and its recent FDA approval. These are times of new hope for men and their families with advanced PC and also the potential of treating other cancers. There has been much written about PROVENGE and its final FDA approval. There is another part to this unfolding story – Dendreon, is truly committed to the patients.

The above photo shows the exciting bell ringing ceremonies at the opening of the NASDAQ on May 28, 2010. For this prestigious occasion, Dendreon decided to include only PC patient advocates and a few company executives. Included in this picture our advocates Tom Farrington, Tom Kirk, Betty Gallo, Joel Nowak and Russ Gould. In his short remarks, Mitch Gold, Dendreon CEO, (center) said that Dendreon was dedicating this ceremony to prostate cancer patients, who lost their battle before they were able to benefit from access to Provenge in time, and in particular to Stuart Porter and his family. Stuart lost his eight year battle with prostate cancer on May 25. Stuarts sons, Stu. Jr. and Randall spoke of how important the Us TOO Bill Blair chapter was to their parents. They truly believed that being involved with the group extended their Dad’s life. Having this extra time with him was a blessing to the family.

Stuarts wife Myrna Porter, Shirley Grey and Russ Gould were the three who founded the Chicago SEA Blue Prostate Cancer Run/Walk. Both Myrna and Shirley have lost their husbands to prostate cancer since the walk started six years ago.
From Passion to Action - Join Us TOO on August 20 & 21

Start making plans to attend the Us TOO 20th Anniversary Education Symposium & Celebration - “From Passion To Action: Us TOO at 20.” The event is set for Friday and Saturday, August 20 and 21 at the recently-renovated Hyatt Regency O’Hare in Chicago. As you will see from the event itinerary that follows, it’s shaping up to be a very impressive event featuring:

- Some of the most respected industry thought leaders on the most relevant prostate cancer topics including screening, testing and treatment.
- Engaging sessions with moderator, panel discussions, and Q&A.
- Networking to share information, meet new people, and reconnect with old friends.
- Inspiration from survivors and the positive impact of Us TOO over the past 20 years along with our vision for the future.

Event attendees will include men and their families responding to a prostate cancer diagnosis or recurrence, local Us TOO affiliated chapter support group leaders and other volunteers from around the country, Us TOO International Board members and other leadership, interested medical professionals, supporters and collaborators from the non-profit and for-profit prostate cancer communities and anyone who has had a special connection to Us TOO International over our last 20 years.

Don’t miss the event that will recognize and celebrate our collective achievement, empower each of us individually, and help shape our mission moving forward. Spread the word and make your reservations early to guarantee your spot at the event at a discounted rate. Register online at www.ustoo.org/2010symposium

$240 SAVINGS
IN YOUR
REGISTRATION FEE:
Includes round-trip airport shuttle from O’Hare as well as four prostate healthy meals and Refreshments!
All Chapter Leaders should have received the below Save the Date Card to distribute to your members.

From Passion To Action : Us TOO at 20
The UsTOO International Summit, Symposium & Celebration
for Men and their Families Battling Prostate Cancer
AUGUST 20 - 21, 2010 • CHICAGO, ILLINOIS

Join the Fun and Excitement!!!
- A Pre-symposium Advocacy Summit: moving beyond the confusion on prostate cancer screening guidelines & updates on research priorities in imaging.
- 2-day Educational Symposium: with respected MDs, active survivors & family members addressing the latest on treatment approaches & critical research, status of new or potential breakthroughs & examples of citizen action.
- Exhibits & “Meet the Authors.”
- 20th Anniversary Dinner & Awards Celebration.
- Quality Hotel! Great Rate! Easy Location!
- Pints for Prostates – Gourmet Beer-Tasting Fundraiser.
Tom Kirk, President & CEO, Us TOO International, (center) receives a check from Dominick’s President and prostate cancer survivor, Don Keprta, (far left) in support of Us TOO patient education and support programs and services, at the Dominick’s & The Chicago White Sox Strike Out Prostate Cancer Program, held Wed, June 9, 2010 in Chicago, IL. Bob Jordan WGN anchor (far right) Mc’d the event. Bob Jordan has also been the MC for the Chicago SEA Blue Run/Walk the past few years.

Tom also meets and collects autographed baseballs from Tommy Lasorda and White Sox past DH Harold Baines. For a chance to win those baseballs, participate in the Us TOO True Blue Fundraiser Raffle held on Friday, Aug 20 at the Us TOO 20th Anniversary Celebration Dinner event! More info at: www.ustoo.org/2010symposium

A Special Thank you to Dominicks!

Wynona Redmond, Dominick’s Public Affairs & Government Relations Director

Tom Kirk and Don Keprta, Dominicks President

20 Years of Peer Support & Education
Moving Forward the SEA Blue Campaign
PATIENTS FEATURE OF THE MONTH

A discussion of one subject area focusing on the patient needs and point of view. This will be a continuing column in each Chapter News! and the format will be 4 sections:

Title (subject area)

A statement of:

“Why are we doing this article”

A statement of:

“How will this benefit the Chapter Leader or the patient”

Body of the article

This month there will be two feature articles:

1) Active Surveillance Powerpoint
2) Snuffy Myers Videos

Any questions? Contact:

russ.gould@wellnessplace.com

For copies of any of these articles:

Contact terri@ustoo.org

HELP FOR CHAPTER LEADERS...ASK 'RUSS AND ANANT'

*NEW* FEATURED ARTICLE *NEW*

Russ Gould and Anant Kulkarni keep us “In the Know”

This month we have a special powerpoint presentation put together by Geoff Iverson on Active Surveillance. Geoff is an active member of the Bill Blair Chapter in Palatine. To get a copy of this you can contact terri@ustoo.org for a copy...OR...if you are a Chapter Leader, you can find it on the Chapter Leader Resources Section of the Us Too Website.

Active Surveillance (AS) as a technique in managing Prostate Cancer (PCa) has been the focus of much discussion lately, both pro and con. AS is one viable and useful tool in the battle against PCa, though it is certainly not a definitive answer nor applicable for all men diagnosed. The attached presentation puts forth specific information and findings about PCa as it relates to AS that can be useful in making a decision about your course of action in dealing with the disease. It is meant to help you get your mind around what is happening. The information is useful to anyone diagnosed with PCa in helping them comprehend the barrage of information they receive.

The information presented here provides one side of the picture. The other side is how you emotionally view your circumstances. Any treatment decision should be made by considering both medical information and emotional feelings. Being well informed about your condition and options will help you make the best decision for yourself and your circumstances.
Why are we doing this:

This website gives concise answers, in the form of short videos, to many questions we all have when we read information regarding prostate cancer in the print media or on the internet.

How will this benefit the chapter leader or the patient?

As the list of topics below will show, the answers given in the website videos clarify confusing issues. For example: Are statins really helpful to control prostate cancer? Once prostate cancer has metastasized, am I doomed? Is PROVENGE really a "breakthrough" treatment? Why is there such a controversy about PSA screening? Should I stop taking some supplements?

About 25 topics have appeared so far on this website. Chapter leaders will be able to give a quick answer to a query from a member who has been recently diagnosed and has not had enough time to be familiar with all of the information sources. Other members will be happy to know what they are doing (or not doing) is freshly supported by this authoritative source. Showing a few of these videos at a chapter makes for a very informative meeting.

The topics are:

No More Selenium Or Vitamin E For Prostate Cancer
Gleason Scores: Wait, Watch or React?
Statins and Prostate Cancer
Can Metastatic Prostate Cancer Be Cured?
More on Provenge
Provenge
Foods Prostate Cancer Patients Should Avoid
Newly Diagnosed Prostate Cancer
Does PSA Screening Save Lives?
Question of the Week: Avodart & Heart Problems?
Best Diet For Prostate Cancer?
PCa Dangers: Alkalization
Sugar and Hormonal Therapy for PCa
Supplements to Avoid
Question of the Week: Proscar versus Avodart
Pomegranate Extract & Other Meds
Fish Versus Flax For Heart Health & PCa
Does Sugar Feed Prostate Cancer?
Question of the Week: Degarelix Versus Lupron
Question of the Week: Pomegranate
Question of the Week: Flaxseed Powder
Are vitamin and mineral supplements as good to take as the foodstuffs that may contain them?

Question of the Week: Pumpkin Seed Supplements
What are your thoughts on modified citrus pectin and recurrent prostate cancer?

What role does Lupron play in hormonal therapy?
Fishing for Funds to Raise Awareness!

Mike Jones (far right) Us TOO Austin Texas Support Group Leader gets “big hugs” and thanks for organizing the Fish for the Cure Charity Bass Tournament & Fish Fry in Canyon Lake Texas on Sunday June 13. Mike along with the help of Travis from The Tackle Box at Canyon Lake raised several hundreds of dollars for Us TOO. Special thanks also goes out to all of the support group members from the South Austin Us TOO Chapter who gave donations to help support the event and to all the great raffle prizes that were donated by Aviation Academy New Braunfels Introductory flight and Veracity Aviation New Braunfels Helicopter Rides!

Mike Jones and some of the Fisherman hold the Us TOO Banner with pride! I heard the biggest fish caught was bigger than the Us TOO banner....?
By Ralph Valle

The main objective of this effort is to get the Arizona US TOO chapters to communicate and network with each other. Why is networking important to us? As survivors or newly diagnosed members of our Arizona chapters, we have a common interest in the disease. Participation would help us individually in coping with the disease and at the same time benefit PCa advocacy by the creation of a core group of advocates to promote awareness in the general population. United we can help each other in numerous ways.

We try to do this through an AZ US TOO organization called Prostate Community Action In Arizona (PCAinAZ) and the website at:

http://www.pcainaz.org

And a bulletin board at:

http://www.pcainaz.org/phpBB304

Our vision is to provide a basic education about prostate cancer early in the life of male Arizona residents. This is done to improve their understanding of the risk of prostate cancer as they age and to promote the advantage of early detection through testing with PSA and DRE. It sounds like a modest goal and very attainable, but the State of Arizona is not providing the necessary funds to make it possible.

How to improve networking among Arizona’s chapters?

We believe that creating a communications volunteer position within each US TOO Chapter is an important step to create a liaison among Arizona Chapters. That person, man or woman or a team of volunteers is the way to get each group involved in the networking process. That person will be responsible to integrate their chapter with the PCAinAZ website and Bulletin Board. There is an urgent need to start this process to facilitate this initial networking effort.

This will benefit all of us as we combine our efforts in providing information, helping members to cope and to provide a united front in advocacy. United like this we will be a more influential institution in Arizona. The Arizona Department of Health follows the U.S. Preventive Services Task Force Recommendations for screening prostate cancer. They do not recommend screening. This and other issues are important to our members.

There is a chat room facility at www.pcainaz.org and meetings with all chapters will be scheduled to promote our objective in PCa awareness and networking. In time experts guest speakers will participate in scheduled chats to the benefit of all Arizona Chapters.

The bulletin board’s link can be found at the Main Menu on this page: click on Bulletin Board or go to pcainaz.org/phpBB304

You can read most Forums there without registration. To have access to all Forums or post a message requires registration at that site. The registration link is at the upper right side on the Bulletin Board’s Index page. This registration must be approved by the site’s administration. See you there! ~Ralph
The meeting was organized by our founder-leader Rex Zeiger at the facility where he lives. The main objective was to help Bud Fletcher in his organization and management of the Sun City Chapter. A secondary objective was to promote more networking among all US TOO chapters in Arizona.

In attendance: Rex Zeiger — Sun City Chapter and honorary member of all Arizona Chapters, Bob Miller — Bert Chamberland Chapter, Mesa, AZ, Bud Fletcher — Sun City Chapter, Sun City, AZ., Ray Kamka — Sun City West Chapter, Sun City West, AZ., Bob Russell — Sun City West Chapter, Sun City West, AZ., Lou Perrinello — Southwest Valley Chapter, Goodyear, AZ., Bob Shelton — Southwest Valley Chapter, Goodyear, AZ., Ralph Valle — St. Joseph’s Chapter, Foothills Chapter, Phoenix and Glendale, AZ.

The meeting started with an introduction of all present and a request to introduce themselves when speaking for identification during the recording process. An agenda and information about the Prostate Action in Arizona website and bulletin board was provided to those attending. See agenda at: http://tinyurl.com/2bloeuu
PCainAZ handout at: http://tinyurl.com/2d3srn4

At the start of the session, the US TOO website was mentioned so that we all understand the availability of resources available to Leaders and all members. The website is at:
http://www.ustoo.org

Bud Fletcher who was the "initiator" of the meeting started by mentioning his problems in running his chapter. Pretty soon it was evident that we all have common problems in our chapters and we decided to proceed with the proposed agenda.

Ray Kamka, Chapter leader on the Sun City West chapter made a presentation about his chapter’s organization and meeting practices. He emphasized the use of fliers and of a newly diagnosed information Kit to help those that come to his chapter seeking information after a diagnosis.
A handout of his presentation can be found at: http://tinyurl.com/23zpffen

Bob Shelton and Lou Perrinello, co-chapter leaders of the Southwest US TOO Chapter made a presentation about their operational and organization methods. They emphasized a close association to the sponsoring facility. In their case The Cancer Treatment Centers of America in Goodyear, Arizona. A summary of their presentation can be seen at:
http://tinyurl.com/23j9b3l

Bob Miller, assistant to the chapter Leader James Koeneman at the Bert Chamberland Chapter in Mesa, Arizona mentioned the development of that chapter and their recent move to Banner Desert Hospital. Bob was enthusiastic about the facility and their support to US TOO. The founder of this chapter died recently and the members named the chapter in his honor. The organization and operation of that chapter is very similar to those described by Ray and Bob above.

Ralph Valle, chapter Leader for the St Joseph’s Hospital and the AZ US TOO at the Foothills chapters discussed the organization of these chapters. His main concern was recruiting members to take over those chapters. We had a discussion on how to remind and announce the chapter meetings. Most present used email and some used a phone calling tree. After a lively discussion, we mostly agree that a combination of methods would be acceptable to any given chapter. The use of a chapter member roster was discussed as means to maintain attendance and help members network with each other.
We all agreed that a combination of formal presentations by invited speakers, DVD presentations (like those available from the PCRI) and open meetings in which members discuss their current situation is the best way to promote education and support members in surviving their disease.

The usefulness of the US TOO Hot Sheets informational value was discussed. The need to pay for postage was an important issue. The fact that the information is available from the website should be mentioned to all members. Ray Kamka mentioned that he emails the Hot Sheets to his members. The postage cost is very reasonable and we all agreed that getting the hard copies is an important element that adds value to our chapters. Member contributions are necessary to provide this service. Cost to members is 25 cents a copy.

In the present economy with US TOO depending on corporate contributions, we discussed promoting chapter member contributions. Financial reports are available from US TOO Headquarters and it is important to promote the organization that helps us promote our community services at the chapter levels. We urge all chapter leaders to promote membership contributions to preserve the organization.

The value of networking was discussed briefly. See the links to the website and bulletin board above and visit the sites and participate. Networking the chapters has significant value for all of us in Arizona. Try to promote an integration of your chapters to exchange information and improve education and support.

Ralph Valle in cooperation with St. Joseph’s Hospital Comprehensive Cancer Center mentioned the organization of a symposium for October 2010. This would be a scientific, no admission charge conference to promote prostate cancer awareness in Arizona. Such events help promote our US TOO organization while providing medical education. As dates and topics firms up, he will alert you by email.

A delicious lunch was served and we all enjoyed the camaraderie and exchange of information. We agreed that these kind of breakout sessions are valuable and should be done periodically. Our thanks to Rex Zeiger for hosting the event. Maybe we could all benefit from using the networking facilities provided by the Prostate Action in Arizona to meet periodically on schedule. Hope more of you chapter leaders guide your chapters to participate for all to benefit.

Summary provided by Ralph Valle.

SAVE THE DATE!
SNEAKERS @ WORK DAY
FRIDAY SEPTEMBER 17, 2010
For more info:
www.ustoo.org/sneakers@work
Us TOO is pleased to announce our new International initiative in Brazil. We are very proud and excited to launch Us TOO Brazil, the new international chapter that will help to prevent, educate and support more than 50,000 men who every year face the prostate cancer diagnosis in Brazil. We are very thankful and honored to have been accepted to the Us TOO family and it will be decisive to the success of our mission. 

~ Francisco Brocco

Us TOO expanding in the Bahamas

The second Us TOO Support Group in the Bahamas had their first meeting last month. In attendance were 13 men and 3 women from the cancer society. Opening prayers said by their chaplin Joel Roberts, welcoming remarks by chapter leader Rudy Sands took the opportunity to thank Terri Gibbons Us TOO Chapter Services Manager for assisting the chapter to be registered and recognized internationally. Mr. Sands also stressed the mission of Us Too International and the reason why Us TOO was established. Mr. Don Mitchell, the only prostate cancer survivor made his presentation which was inspiring, informative and challenging. He was given a tremendous round of applause! The next meeting is scheduled for Friday 25 June. Us TOO also has a group in Nassau.
Scientists have discovered why red wine and green tea can stop the growth of prostate cancer. Results of a new study explain that the antioxidants in these two beverages can disrupt a specific signaling process that is required for prostate cancer to grow.

Green tea and its major antioxidant, a polyphenol called epigallocatechin gallate (EGCG) have been studied extensively as a possible treatment for various diseases, including prostate cancer. Similarly, the polyphenols in red wine, including resveratrol, have been investigated for their cancer-fighting potential. Despite promising results, scientists were unable to identify the reason why these polyphenols had a positive impact on cancer growth.

The answer appears to lie in a signaling pathway called sphingosine kinase-1/sphingosine 1-phosphate (SphK1/S1P). In the new study, which involved scientists from both France and Japan, it was found that “Not only does SphK1/S1P signaling pathway play a role in prostate cancer, but it also plays a role in other cancers,” according to Gerald Weissman, MD, editor-in-chief of The FASEB Journal, which published the study.

The scientists first conducted in vitro experiments which indicated that inhibiting the SphK1/S1P pathway was necessary for the polyphenols to kill prostate cancer cells. They then used mice that had been genetically altered to develop human prostate cancer and treated some of the animals with green tea and red wine polyphenols. Tumor growth in the treated mice was reduced because of the inhibited SphK1/S1P pathway.

The scientists then conducted yet another experiment in which they used three groups of mice that had human prostate cancer cells implanted into them: one received regular water, another water with green tea polyphenol EGCG, and the third with another green tea compound, polyphenon E. Tumor size in the mice that drank either the EGCG or polyphenon E water decreased in size dramatically.

Weissman noted that even if future studies do not show that green tea and red wine are as effective as many people hope they will be, knowing why their polyphenols have the potential to stop prostate cancer could result in the development of drugs that could significantly improve treatment the disease, and others. In moderation, he said that “all signs show that red wine and green tea may be ranked among the most potent ‘health foods’ we know.”

SOURCE: Brizuela L et al. FASEB Journal 2010 Jun

Red wine in moderation may well have some important health benefits and, used in moderation (no more than one to two glasses a day), it does not appear to have any adverse effects.
In May 2009, Rick Lopez shared his Personal Prostate Cancer Journey in the Siuslaw News in Florence, Oregon and also in Us TOO’s Chapter News. He was diagnosed at age 47 with metastatic prostate cancer after requesting, but being denied, PSA testing from age 40. Today, as he deals with advanced, and incurable, prostate cancer, Rick shares how his disease, treatment regimen and, in particular, the side effects of that treatment, impact his daily life…and that of his wife, Cathy. This is his continuing story…one year later.

Rick Lopez shares, “ATTITUDE is KEY” to dealing with his prostate cancer.

My doctor’s reports continue to be positive and the PSA continues to fall ever so slightly. I am currently at .390 and the Lord is good! That’s just fine with me if it decides to stay right there!

My life, along with my body, has changed. The weight has crept up on me and now it is an ongoing battle to reduce my waist line and keep my rock hard body its chiseled self. Dieting was never part of my vocabulary and reading the ingredients of products at the store was something I left for others to do. But now, I dare not put something in the basket without checking “things”. It’s a vicious cycle. My loss of energy results in doing less, eating more and basically turning into someone I am not.

The pain in my joints has increased and I get mysterious bone pain, lasting weeks, from the intravenous Zometa treatment given to protect my bones. Each treatment seems to unfold something new and bizarre! Following a recent treatment, my thumbs locked up. I went to an orthopedist and he decided I needed some cortisone to free up the joints. I’ll take the locking joints any day over the shot in the hand. It was no fun… I could only stand to have a shot in one hand. Now to my amazement, both thumbs have no locking or pain. It just went away! God is good!

This month’s treatment session unfolded a mysterious, continual pain in my right heel bone. Something resembling a fracture or deep bone bruise. It doesn’t want to go away so I will get an x-ray and follow up with the doctor. The side effects from Zometa never seem to be consistent with me.

Thanks to the Lupron doing its job, eliminating my testosterone and lowering my PSA, my hot flashes/sweats continue unabated. I’ve simply accepted them as a way of life and am thankful that my cancer is not progressing.

Fortunately, I am still able to work. That keeps me involved with a very strong support system at the hospital and keeps my income and health insurance intact. As I wrote last year, it is becoming more and more difficult to keep working full time and that is still true. However, I love my job and do not even have disability retirement on my radar!

Besides Lupron and Zometa, I am on blood pressure, anti-depressant and pain medicines. I have to stop the pain meds at 7:30 p.m. or I’m too wired to sleep. I replace the pain meds with a sleeping pill which helps me get past the pain and get some sleep. It is a constant battle to keep the meds and their side effects all under control. As you can see, pain is a constant companion and it doesn’t matter that most of it is from Zometa. Pain is pain!

My wife, Cathy, has had her own set of challenges as she has seen her life changed dramatically by my health. Since there is no way to prepare for all of my changes, every day can bring on a new challenge. Sure, we know “kind of” what to expect, but never exactly since my response to treatment is simply “my response.” I just don’t always respond as the typical patient…whoever that is.
The one thing that is consistent about me is the lack of energy and motivation. That is one more thing attributed to the Lupron. That makes it very difficult getting up, putting in a full day of work and still, at the end of the day, having any energy left for work at home. As much as I would like to get out and do things around our home, I’m just not physically able to get up and get going. That has been a major adjustment for Cathy because it throws much more responsibility on her. This has brought us to the idea of selling our home and moving into something smaller, but the economy isn’t good for that right now.

Never did I think that at age 50 I would have to be dealing with these kinds of decisions. They are for much older people. But, Cathy and I were dealt this hand, have made other tough decisions and will be ok when all is said and done.

The biggest thing that is important in my life now, is my walk with my creator and my family. The Lord has been so good to me and my family and has held us together through many trials and tribulations. They say that it is very important to remove stress from your life and that peace is very important for survival. But you know, life does not stop because you have cancer. People go on and it is important that you go on with a positive attitude and a smile on your face. It is so easy to fall into the doom and gloom of this terrible disease but there is a reason for everything and the reason I have for me is that it has opened a pathway for me to share the joy of the Lord with others in this predicament and show them that all is not so bad. Attitude is the key. ~ Rick Lopez

All Chapter Leaders should have received a tri-fold brochure last month regarding the “Birdies for Charity Event”

This is a Professional Golf Association (PGA) event and will be nationally televised on TV July 5-11, 2010.

Support groups need to know that they can reproduce the Official Pledge Form and submit directly to the Birdies for Charity address 15623 Coaltown Rd, East Moline, IL. 61244. Also, each support group will receive 20% from the donations their support group earns. These funds will be forwarded after November when the funds are submitted to Us TOO. The funds may be used by each chapter for special events that their group organizes. It is recommended that each chapter keep a log of all donations they submit.

Us TOO will put the number of birdies made each day of the tournament on our web site www.ustoo.org. Bill Palos will provide us with a daily count of birdies made each day of the tournament, which includes the Pro Am event that starts on Monday July 5.

If they have any questions on the event or how to fill out the forms, contact Bill Palos at wpalos@aol.com or call (309) 799-3621.

Below are all the CURRENT Us TOO logos for your use. Please seek final approval from terri@ustoo.org
14

**Jevtana® (cabazitaxel) Injection Approved by U.S. FDA After Priority Review**

- First and only therapy to provide significant survival benefit in second-line metastatic hormone-refractory prostate cancer -

**Paris, France – June 17, 2010** – Sanofi-aventis (EURONEXT: SAN and NYSE: SNY) announced today that the U.S. Food and Drug Administration (FDA) has granted marketing authorization for Jevtana® (cabazitaxel) Injection in combination with prednisone for the treatment of patients with metastatic hormone-refractory prostate cancer (mHRPC) previously treated with a docetaxel-containing treatment regimen.

Jevtana, a microtubule inhibitor, in combination with prednisone was approved based on results from the Phase 3 TROPIC clinical study involving 755 patients with mHRPC previously treated with a docetaxel-containing treatment regimen. Results from this trial demonstrated a statistically significant 30% [HR=0.70 (95% CI: 0.59-0.83); P<0.0001] reduction in risk of death from mHRPC among patients taking Jevtana in combination with prednisone compared with an active chemotherapy regimen consisting of a standard dose of mitoxantrone and prednisone. Investigator-assessed tumor response rates using Response Evaluation Criteria in Solid Tumors (RECIST) were 14.4% and 4.4% for cabazitaxel-treated and mitoxantrone-treated patients respectively, p=0.0005. No complete responses were observed on either arm.

“This is truly a significant announcement for the prostate cancer community, addressing an unmet medical need. With the approval of Jevtana, health care professionals now have a new treatment option for patients with the most advanced stage of prostate cancer and for whom there have been few options,” said Oliver Sartor, M.D., TROPIC North American principal investigator, Piltz Professor for Cancer Research at Tulane Medical School, New Orleans. “Jevtana in combination with prednisone is the only FDA approved regimen to significantly improve overall survival in patients previously treated with docetaxel-based chemotherapy.”

“This is a proud time for sanofi-aventis Oncology. Phase III study results with Jevtana were significant for a prostate cancer compound since it successfully demonstrated a survival benefit compared to active control in a second-line treatment setting,” said Debasish Roychowdhury, M.D., Senior Vice President, Global Oncology, sanofi-aventis. “Jevtana builds on sanofi-aventis Oncology's long legacy of providing innovative oncology medicines to patients around the world.”

In the TROPIC Study, the most common (≥ 10%) adverse reactions (grade 1-4) were neutropenia, anemia, leukopenia, thrombocytopenia, diarrhea, fatigue, nausea, vomiting, constipation, asthenia, abdominal pain, hematuria, back pain, anorexia, peripheral neuropathy, pyrexia, dyspnea, dysguesia, cough, arthralgia, and alopecia.

The most common (≥ 5%) grade 3-4 adverse reactions in patients who received Jevtana were neutropenia, leukopenia, anemia, febrile neutropenia, diarrhea, fatigue, and asthenia. The most common adverse reactions leading to treatment discontinuation in the Jevtana group were neutropenia and renal failure. Treatment discontinuations due to adverse drug reactions occurred in 18% of patients who received Jevtana and 8% of patients who received mitoxantrone. Deaths due to causes other than disease progression within 30 days of last study drug dose were reported in 18 (5%) Jevtana patients and three (less than 1%) mitoxantrone-treated patients. The most common fatal adverse reactions in Jevtana patients were infections (n=5) and renal failure (n=4). One death was due to diarrhea-induced dehydration and electrolyte imbalance.

**About Jevtana® (cabazitaxel) Injection**

Jevtana is approved in combination with prednisone for the treatment of patients with metastatic hormone-refractory prostate cancer (mHRPC) previously treated with a docetaxel-based treatment regimen. Jevtana is to be administered intravenously. Jevtana was granted fast track designation by the FDA in November 2009. The rolling new drug application (NDA) submission was completed in March 2010 and was granted priority review in April 2010; Jevtana was approved by the FDA less than three months later. Jevtana is expected to be available as a marketed product in the United States this summer. A registration dossier of Jevtana is also under regulatory review by other regulatory authorities, including the European Medicines Agency.

**Important Safety Information for Jevtana (cabazitaxel) Injection**

Please see the accompanying full prescribing information for Jevtana, or visit: [http://products.sanofi-aventis.us/jevtana/jevtana.pdf](http://products.sanofi-aventis.us/jevtana/jevtana.pdf).
WARNING

- Neutropenic deaths have been reported. In order to monitor the occurrence of neutropenia, frequent blood cell counts should be performed on all patients receiving JEVTANA. JEVTANA should not be given to patients with neutrophil counts of ≤ 1,500 cells/mm³.
- Severe hypersensitivity reactions can occur and may include generalized rash/erythema, hypotension and bronchospasm. Severe hypersensitivity reactions require immediate dis-continuation of the JEVTANA infusion and administration of appropriate therapy. Patients should receive premedication.
- JEVTANA must not be given to patients who have a history of severe hypersensitivity reactions to JEVTANA or to other drugs formulated with polysorbate 80.

CONTRAINDICATIONS

JEVTANA should not be used in patients with neutrophil counts of ≤ 1,500/mm³.

JEVTANA is contraindicated in patients who have a history of severe hypersensitivity reactions to cabazitaxel or to other drugs formulated with polysorbate 80.

WARNINGS AND PRECAUTIONS

Neutropenic deaths have been reported.

- Monitor blood counts frequently to determine if initiation of G-CSF and/or dosage modification is needed.
- Primary prophylaxis with G-CSF should be considered in patients with high-risk clinical features.

Severe hypersensitivity reactions can occur.

- Premedicate with corticosteroids and H2 antagonists.
- Discontinue infusion immediately if hypersensitivity is observed and treat as indicated.

Mortality related to diarrhea has been reported.

- Rehydrate and treat with anti-emetics and anti-diarrheals as needed.
- If experiencing Grade ≥ 3 diarrhea, dosage should be modified.

Renal failure, including cases with fatal outcomes, has been reported. Identify cause and manage aggressively.

Patients ≥ 65 years of age were more likely to experience fatal outcomes not related to disease progression and certain adverse reactions, including neutropenia and febrile neutropenia. Monitor closely.

Patients with impaired hepatic function were excluded from the randomized clinical trial.

- Hepatic impairment is likely to increase the cabazitaxel concentrations.
- JEVTANA should not be given to patients with hepatic impairment.

JEVTANA can cause fetal harm when administered to a pregnant woman.

ADVERSE REACTIONS

Deaths due to causes other than disease progression within 30 days of last study drug dose were reported in 18 (5%) JEVTANA-treated patients. The most common fatal adverse reactions in JEVTANA-treated patients were infections (n=5) and renal failure (n=4).

The most common (≥ 10%) grade 1-4 adverse reactions were anemia, leukopenia, neutropenia, thrombocytopenia, diarrhea, fatigue, nausea, vomiting, constipation, asthenia, abdominal pain, hematuria, back pain, anorexia, peripheral neuropathy, pyrexia, dyspnea, dysgeusia, cough, arthralgia, and alopecia.

The most common (≥ 5%) grade 3-4 adverse reactions in patients who received JEVTANA were neutropenia, leukopenia, anemia, febrile neutropenia, diarrhea, fatigue, and asthenia.

The Incidence of Prostate Cancer

Worldwide, prostate cancer ranks third in cancer incidence and sixth in cancer mortality in men. In the U.S., prostate cancer remains the second most common cause of cancer death among men after lung cancer. In 2009, an estimated 192,000 new cases were anticipated in the U.S., while 27,000 men were expected to have died from the disease. For many patients with prostate cancer, their disease continues to progress despite prior treatment - including surgical and/or hormonal castration followed by chemotherapy. Metastatic prostate cancer indicates that the cancer has spread to the lymph nodes or other parts of the body, particularly the bones. Castration resistant/hormone-refractory prostate cancer means that the cancer has continued to grow despite the suppression of male hormones that fuel the growth of prostate cancer cells. An estimated 10-20% of patients with prostate cancer are diagnosed when the cancer has already metastasized.
About sanofi-aventis
Sanofi-aventis, a leading global pharmaceutical company, discovers, develops and distributes therapeutic solutions to improve the lives of everyone. Sanofi-aventis is listed in Paris (EURONEXT: SAN) and in New York (NYSE: SNY). For more information, please visit: www.sanofi-aventis.com.

Sanofi-aventis U.S. offers reimbursement support services and patient assistance programs through our PACT+ program to help provide eligible patients in financial need with access to therapies prescribed by their healthcare professionals. For more information, please call 1-800-996-6626.

Forward-Looking Statements
This press release contains forward-looking statements as defined in the Private Securities Litigation Reform Act of 1995, as amended. Forward-looking statements are statements that are not historical facts. These statements include projections and estimates and their underlying assumptions, statements regarding plans, objectives, intentions and expectations with respect to future financial results, events, operations, services, product development and potential and statements regarding future performance. Forward-looking statements are generally identified by the words "expects," "anticipates," "believes," "intends," "estimates," "plans" and similar expressions. Although sanofi-aventis management believes that the expectations reflected in such forward-looking statements are reasonable, investors are cautioned that forward-looking information and statements are subject to various risks and uncertainties, many of which are difficult to predict and generally beyond the control of sanofi-aventis, that could cause actual results and developments to differ materially from those expressed in, or implied or projected by, the forward-looking information and statements. These risks and uncertainties include among other things, the uncertainties inherent in research and development, future data and analysis, including post marketing, decisions by regulatory authorities, such as the FDA or the EMA, regarding whether and when to approve any drug, device or biological application that may be filed for any such product candidates as well as their decisions regarding labelling and other matters that could affect the availability or commercial potential of such product candidates, the absence of guarantee that the products candidates if approved will be commercially successful, the future approval and commercial success of therapeutic alternatives, the Group's ability to benefit from external growth opportunities as well as those discussed or identified in the public filings with the SEC and the AMF made by sanofi-aventis, including those listed under "Risk Factors" and "Cautionary Statement Regarding Forward-Looking Statements" in sanofi-aventis' annual report on Form 20-F for the year ended December 31, 2009. Other than as required by applicable law, sanofi-aventis does not undertake any obligation to update or revise any forward-looking information or statements.

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Win this signed lithograph print Hi5’ Dancing Hands by painter Metin Bereketli at the Us TOO True Blue Raffle at the August Event.

Metin Bereketli is internationally acclaimed and Beverly Hills-based painter.
His contemporary works have been featured in museums, galleries and exhibitions worldwide including Sotheby’s of London, The California Science Center Exposition Park, The Istanbul Stock Exchange, Pacific Design Center, Hollywood & Highland, Playboy Mansion, House of Blues, Peterson Automotive Museum, The Gardens of The Page Museum, Paramount Pictures, Universal Studios, and more.
Oregon folks drive for miles to attend the Florence Meeting

Bob Horney Chapter Leader of the Us TOO Florence group shares a great example of how Us TOO works. Wayne attends our group and gets good information...hears about his town’s City Manager being diagnosed...reaches out to him...both attend our group together before the City Manager’s treatment...he gets good advice from our urologist (who is not involved in his treatment)...I stop by to see his several weeks after his surgery and he is doing great. Part of what makes this almost amazing to me is that they both live 75 miles down the coast. We had a pc patient (20 days after surgery) and his wife visit our June meeting from Warrenton, OR which is 180 miles to the north. His cousin lives 2 doors down from me and told him about our group. He and his wife drove down Monday afternoon, attended the meeting Tuesday and drove back home that night. Both said it was well worth the trip.

Wayne Miller (right) of Bandon began attending the Florence meetings in June 2009. Wayne thinks highly of the group and the information that is shared at the meetings. When Miller heard this past March that the city manager Matt Winkel (left) in Bandon had been diagnosed with prostate cancer, he paid him a personal visit. As a result of Wayne’s visit, Matt now attends the monthly meetings.

We attend the Us TOO/Man to Man meetings in Florence, Oregon every month with my husband Len, and find them to be valuable help with lots of information from everyone, wonderful support and just great people to be around. In their own quiet way, they have replaced our fear of the unknown with the confidence that comes from having a better understanding of this disease called prostate cancer. What a Difference attending this support group has made in our lives!

~ Lorraine Lindstrom
The Pints for Prostates SEA Blue Kick-off Celebration was a huge success thanks to Debbie and Daryl Trinco and TEAM TRINCO. The team worked hard to get items donated for the raffle and worked together to sell raffle tickets raising close to $800 for Pints for Prostates. Over 100 people attended to show their support and to learn more about the 6th Annual Chicago SEA Blue Walk/Run that will be held this year on September 19 in Lincoln Park. To learn more about the event and to register, go to: www.seablueprostatewalk.org

From left to right Pam Barrett Us TOO Staff, Natalie Gulotta and Patrick O’Hara from UroPartners, and Tom Kirk Pres/CEO of Us TOO attend the Pints for Prostates SEA Blue kick-off celebration.

Daryl & Debbie Trinco make it a success!

Patti Bahnick (left) daughter of Ed Kaps and Amy Kenrich SEA Blue walk staff consultant.

Delfina Vinaja and her family found out about the SEA Blue kick-off event on facebook. “We are so excited and looking forward to having a team for the walk” shares Dee who lost her husband this past year to PCa.

Special thanks to Debbie and her “peeps”!
Us TOO is turning 20 and
We want YOU to have a party!

**History:** The Us TOO Board of Directors has been actively planning to celebrate our 20 year Anniversary to raise awareness about prostate cancer and Us TOO International. The Board of Directors wants to create a way for all Chapter and Support Groups to get involved and to help celebrate!

**The Challenge -**

**WEST COAST** – Jean Jeffries from the Us TOO Board of Directors and Advocacy Coordinator for the Us TOO Treasure Valley Idaho

AND

**EAST COAST** – Kay Lowmaster, Vice–Chair of the Board of Directors, Chair of the Program Committee and Chapter Leader Us TOO Hillman Cancer Center in Pittsburgh, PA.

**CHALLENGE ALL CHAPTERS/SUPPORT GROUPS** to develop and implement a creative and fun fundraising event or anniversary celebration to bring Us TOO’s message to your community -- promoting the 20 Year Anniversary throughout the U.S. and around the globe!

**The Reward -**

The chapter with the most creative event will win a $1000 Scholarship to attend the Us TOO 20 Year Anniversary event to be held in Chicago on August 20th and 21st !!!!
Examples of what others are doing:

- Jack Hudspeth Chapter Leader Tacoma Washington Group held fund-raising dinner at a local restaurant and raised $700 specifically to help support the 20 Year Anniversary.
- Us TOO Treasure Valley Idaho Chapter is hosting a BBQ for all members to celebrate!
- Mike Jones Chapter Leader Austin Texas is holding a fishing tournament in Canyon Lake Texas to raise money for Us TOO and celebrate the 20 Year Anniversary.
- Several Chapters are hosting Pints for Prostates Events and will start promoting the 20 Anniversary at these events.

Why Should You Do It??

- Money raised can be used by your chapter/support group to help to send your leader or someone from your group to the Anniversary Event in August.
- Help to raise awareness of Us TOO in your community so your chapter/support group can grow and can reach even more men and families.

What Can You Do at Your Event??

- “Hype” the Anniversary – it’s a once in 20 year event – don’t miss it!
- Use and promote the Anniversary logo.
- Spread the word throughout your community about prostate cancer awareness, and Us TOO.
- Hand out Us TOO materials, adding to the credibility of an organization that is 20 years old!
- Sing Happy Anniversary to Us TOO…video it…we will post in on a special section of the Anniversary website.
- Create a huge card or banner sending Anniversary wishes to Us TOO, take pictures…send them to home office! We will post everything on the Anniversary website page as we start receiving entries.
How Can Your Chapter/Support Group Win the $1000 Scholarship??

It’s Easy!!

- Plan and hold your event.
- Send a picture or video of your song and a picture of your card or banner to the home office.
- Entries will be judged on:
  - Most creative event
  - Craziest video
  - Most imaginative card or banner

If you are fundraising for your BASH, 100% of the proceeds must go to helping cover costs for one, or more of your members to attend the 20th Anniversary Event in Chicago, August 20–21, 2010

Entries are due by July 23, and the winner will be announced on July 27 – plenty of time for the winner to make those flight arrangements to Chicago for the Anniversary Celebration!

Contact terri gibbons at the home office for questions @ 630-795-1002 or terri@ustoo.org

Most Importantly..Have Fun!!
PARTYING FOR PROSTATES?

The Us TOO Lancaster Ohio Chapter celebrates Us TOO’s 20th Anniversary by throwing a luau for their group! Family and friends come out for a fun filled day full of food, music and “hula dancing” for all! This is the first entry for the “Chapter Challenge”. This is some tough competition folks! What can your group do to Celebrate Us TOO’s 20th Anniversary? You could win a $1000 scholarship for your group to attend the August Gala and Celebration in Chicago! Plan your Celebration today!

Leader Bill Stevens (left) and Keith Stought (right) show off their hula dancing skills! You gotta love these guys!

Is that “Petey the Prostate” driving the golf cart? Thanks Linda for making the cake!

Ray and Linda Hoetger give presents!

I can’t believe I just did the hula!

Look at all the good stuff I got!
Summer is here...let's start “Chillin’” and “Grillin’”

Chicken D’lish Kebobs

**Ingredients:**

- 12 oz. Raw boneless skinless lean chicken breast, cut into cubes (1 1/2 inches)
- 2 red bell peppers
- 1 large yellow summer squash
- 1 onion
- 1/4 cup plain low-fat soy yogurt
- 1 tsp. lemon juice
- 1/4 tsp. curry powder
- 1/4 tsp. Garlic powder
- 1/4 tsp. onion powder
- 1/4 tsp. salt
- Dash paprika

**Directions:**

In a medium sealable container, combine yogurt, lemon juice, curry powder, garlic powder, onion powder, salt and paprika, and stir well. Add chicken and coat completely. Cover container and refrigerate for at least one hour.

Meanwhile, if using wooden skewers, soak four in water for 20 minutes to prevent burning. Cut peppers, squash, and onion into chunks equal to the chicken cubes.

Skewer the chicken and veggies alternately onto four skewers, packing the pieces together tightly.

Spray the grill lightly with non-stick spray, and bring to medium-high heat.

Grill kebabs for 5 minutes with the grill cover down, then carefully flip kebabs with long barbeque tongs. With the Grill cover down, grill for another 5–7 minutes, until chicken is cooked through.

Remove from grill and allow to cool slightly. Pull chicken and veggies off the stick and serve with brown rice!

Recipe from – “Hungry Girl” www.hungry-girl.com

| Per Serving (two kebabs): 285 calories, 3g fat, 432mg sodium, 21.5g carbs, 5g fiber, 12g sugars, 44g protein. |

Makes 2 servings

PLEASE SHARE YOUR PROSTATE HEALTHY RECIPES WITH US!

SEND TO: terri@ustoo.org
Great on the Grill Vegie Wraps

Ingredients

2 La Tortilla Factory Smart & Delicious Low Carb High Fiber Large Tortillas (or whole wheat)
1 large portabello mushroom cap
1 red bell pepper, halved, seeds removed
1 small zucchini, ends removed, cut length-wise into 4 slices
3 tbsp. plain low-fat soy yogurt
1 tbsp. finely chopped fresh basil
1/2 tsp. crushed garlic
2 dashes sea salt
2 dashes black pepper

Directions

Spray grill well with non-stick spray, and bring to medium-high heat.

Grill all the veggies for 5 minutes with the grill cover down. Then carefully flip with long BBQ tongs. Grill veggies for about 5 minutes longer with the grill cover down, until slightly soft and blackened. Remove from grill and allow to cool slightly.

Meanwhile, in a small dish, combine yogurt, basil and garlic, mix well and set aside.

Once veggies are cool enough to handle, cut mushroom cap and pepper halves into slices. Then warm tortillas slightly in the microwave (or carefully and quickly on the grill).

Spread half of the yogurt mixture onto each tortilla. Place a slice of eggplant down the center of each tortilla, and place a slice of zucchini on either side. Sprinkle with sea salt and black pepper.

Evenly distribute mushroom and pepper slices between the two tortillas, laying them in the same direction as the other veggie slices. Roll each tortilla up like a burrito!

Slice each wrap in half (giving you four halves total) and enjoy!

Recipe from - “Hungry Girl” www.hungry-girl.com
This year, Us TOO International turns 20 years old, and the Us TOO Board of Directors has a vision to build on our anniversary with a celebratory symposium to bring prostate cancer awareness and action to the forefront in 2010.

As a result, we are so pleased to invite you to our upcoming two-day, national patient educational symposium and anniversary celebration event, “From Passion To Action: Us TOO at 20” – The Us TOO Summit, Symposium & Celebration for Men and their Families Battling Prostate Cancer, to be held August 20-21, 2010 in Chicago, Illinois at the Hyatt Regency O’Hare (Rosemont, IL).

**SPEAKERS**
The educational symposium includes nine sessions over two days, with presentations by Damon Arnold, MD, Director, Illinois Department of Public Health; Michael J. Dattoli, MD; Mark Moyad, MD; John Mulhall, MD; Charles “Snuffy” Myers, MD; Paul Schellhammer, MD; Captain E. Millissa Kaime, MD, Director of the Congressionally Directed Medical Research Programs; Jonathan McDermed, PharmD, Us TOO HotSheet newsletter co-editor and Director, Scientific & Clinical Affairs at IRIS Diagnostics; and a survivor and his wife, David and Kathie Houchens.

**EXHIBITS**
The Friday Exhibits will feature informational displays from vendors, non-profit organizations and a “Meet the Authors” area where attendees can speak with and purchase prostate cancer and prostate health-related publications.

**ATTENDEES**
Event attendees will include men and their families responding to a prostate cancer diagnosis or recurrence, local Us TOO affiliated chapter support group leaders and other volunteers from around the country, Us TOO International Board members and other leadership, interested medical professionals, supporters and collaborators from the non-profit and for-profit prostate cancer communities, and anyone who has had a special connection to Us TOO International over our last 20 years.

**ADVOCACY SUMMIT**
A highlight of the event will be the ADVOCACY SUMMIT: Moving Beyond the Confusion About Prostate Cancer Screening and Treatment, to be held on Friday, August 20, 2010 from 10:00 am to 1:30 pm. The summit provides the opportunity for survivors and family members, Us TOO leaders and volunteers, and representatives from the prostate cancer non-profit community to discuss common ground and next steps in the national debate surrounding prostate cancer screening and treatment.

The summit will be facilitated to assure open discussion and drive to conclusions. One expected outcome will be the creation of an Us TOO International position statement on early detection, screening and treatment for prostate cancer – from the patients’ perspective.

The agenda will include a presentation on plans for imaging advancements to improve prostate cancer diagnostic and treatment tools by Faina Shtern, MD, President and CEO, AdMeTech Foundation, and an update of NCCN Clinical Practice Guidelines in Oncology for Prostate Cancer by James L. Mohler, MD, of Roswell Park Cancer Institute and chair of the NCCN Guidelines Panel for Prostate Cancer, and other invited presenters from the American Cancer Society and the American Urological Association. Representatives from other prostate cancer non-profits making up America’s Prostate Cancer Organizations will also be invited to participate.
20th ANNIVERSARY DINNER
The Friday night 20th Anniversary Celebration & Awards Dinner will provide a platform to recognize the progress Us TOO has seen in the last 20 years, celebrate the contributions of our volunteers, and promote the opportunities Us TOO has in store for the future. A panel discussion of past and present Us TOO International leaders will be featured, including moderator Fred Mills, current Us TOO International Chairman of the Board, past chairmen Edward C. Kaps, Lew Musgrove, Jim Kiefert, and founding physician Gerald Chodak MD. All event attendees and dinner guests are asked to bring a blue item for the fundraiser raffle.

PINTS FOR PROSTATES FUNDRAISER
The symposium ends with an exciting and casual fundraising event on Saturday evening from 5:30 – 8:00 pm with the Chicago Gourmet Beer Tasting event hosted by Pints for Prostates. All proceeds benefit Us TOO International.

REGISTER NOW
Us TOO Summit, Symposium & Celebration for Men and their Families Battling Prostate Cancer
August 20-21, 2010
Hyatt Regency O’Hare, Rosemont, IL

Come join us! What a great opportunity to reconnect with all the people in the Us TOO network who have supported you over the years.


Register by August 6, 2010 and SAVE!

Questions? Call 1-800-80-UsTOO (1-800-808-7866)

Thank you for your consideration and support of Us TOO International. We hope to see you in Chicago this summer!

TRUE BLUE RAFLLE ITEMS NEEDED!
Please send your donated item to the home office no later than August 13. We truly appreciate any items...they don't have to be blue...just a suggestion!
A couple of beer festivals, a road race, some brewery hosted
tastings and Father’s Day all combined to make June a highly
successful month for the Pints for Prostates campaign. The
events stretched from Ontario to Texas and Seattle to Ak-
ron, helping to educate men about the need for regular pro-
state health screenings and PSA testing.

Pints for Prostates events during June came in all shapes and
sizes. At many of the events, members of local Us TOO In-
ternational support groups were on hand to talk with men that
had questions and to volunteer accepting donations for raffle
tickets, t-shirts and hats. Events included: Twin Liquors in Bee
Cave, Texas, hosting a Saturday tasting of Rogue Ale in its
store; the Akron Alumni Chapter of Kappa Alpha Psi fraternity held an event at Edgar’s Restaurant in Akron,
Ohio; Pints for Prostates had a booth at the World Beer Festival in Richmond, Va.; The Brewing Network and
Northern Brewer hosted a pre-National Homebrewers Conference Party to benefit Pints for Prostates in Rose-
ville, Minn.; Mac’s Speed Shop Barbecue in Charlotte, N.C., hosted a cask ale and shrimp boil event; Railway City
Brewing in St. Thomas, Ontario, hosted a brewery tours and barbecue; the Pints for Prostates Los Angeles Beer
Fest was held at Mr. Pockets Sports Bar in Manhattan Beach; and Dude Fest in Charlotte, N.C., hosting a Pints for
Prostates Beer Garden.

Two of the higher profile events took place at craft breweries and attracted hundred to each location. In Char-
lotte, more than 500 athletes signed up for the first annual 1K Beer Run to benefit Pints for Prostates hosted by
Old Mecklenburg Brewing. The day included the "run," great North Carolina barbecue and beer sampling at the
brewery. In Seattle, Pike Brewing hosted a day-long awareness event for Pints for Prostates that included a re-
ception sponsored by Dendreon for local employees and a silent auction of great local prizes organized by the
brewery. Pike Brewing donated a portion of the day’s beverage sales. For its part, Dendreon presented a $5,000
donation to the campaign.

Also during June, Pints for Prostates launched the "Donate for Dad" viral online fundraising campaign aimed at
supporting the mission of the Us TOO International. Donors had the chance to buy Dad a virtual beer for Father’s
Day and send an eCard to remind Dad to get a check up.

Pints for Prostates reaches men through the universal language of beer. It was founded in 2008 by prostate can-
cer survivor Rick Lyke, who also serves on the Us TOO International Prostate Cancer Education and Support Net-
work Board of Directors.

"It was an exciting month for the Pints for Prostates campaign and it was great to make connections with so many
people in the fight against prostate cancer," said Lyke, a 49-year-old Charlotte, N.C., marketing executive and
drinks journalist. "We could not have pulled off all of these events without the commitment of so many generous
supporters and the hard work of fellow prostate cancer survivors who volunteer their time. It is gratifying to
know at the end of the day that you have reached some guys that really needed to hear the message about get-
ting tested."

Pints for Prostates is a 501(c)3 charity that supports the Us TOO International Prostate Cancer Education and
Support Network. More information is available at www.pintsforprostates.org. Pints for Prostates also has a pres-
ence on Facebook and Twitter (@pints4prostates).
"TIE ONE ON"
PIXTS FOR PROSTATES, PIKE BREWING COMPANY AND
Us TOO INTERNATIONAL

A Charitable Event: Wednesday, June 16, 2010

Seattle WA- Cheers, bottoms up, down the hatch... Men have hundreds of words for drinking, but a very limited vocabulary to discuss their health, particularly issues such as prostate cancer. But on June 16th, at Pike Brewing Company "Tie One On" is not about drinking. It's about the blue ribbon, and raising men's prostate health awareness. Come support a campaign that's reached millions of men through the universal language of beer. Every pint benefits the cause, so bring your friends and raise a glass to fight prostate cancer.

Pike Brewing Company is proud to be a part of, Pints for Prostates charitable fundraiser to help fight prostate cancer. The entire day, beginning at 11 am will be dedicated to the Pints for Prostates cause. Twenty percent of the proceeds of every beverage sold that day will be given to the Pints for Prostates campaign and Us TOO International. Highlighting the day is a special evening event from 6-9 PM in the Pike Museum Room. Representatives from Pints for Prostates, Us TOO International and Dendreon Corporation, who are helping support the event, will be on hand to answer questions about detection, diagnosis and treatment. Additionally, a silent auction will be held during the evening event with items generously donated by; Beecher’s Cheese, Hotel Max, Columbia Tower Club, TASTE at SAM, Tom Douglas Restaurants, Ponti Seafood Grill, 106 Pine, Woodland Park Zoo, Museum of Flight, Wines of Washington, Click Wholesale Distributing, ACT Theatre, Noble Wines, The Chocolate Box and more.

Pike will raffle off some of their famous memorabilia and swag too while Pints for Prostates will be offering the opportunity to enter a trip for two to the Great American Beer Festival in Denver during September. The trip for two includes round trip airline tickets, three nights at the Sheraton Downtown Denver, tickets for three nights at the GABF, tickets to the Denver Rare Beer Tasting, a hosted pub crawl and admission to special beer insider events.

***************
"Tie One On" is not about drinking. It's about the blue ribbon, and raising men's prostate health awareness.

***************
Awareness is in the Air

Jack Hudspeth and Wayne Mazikowski

The “Boys in Blue” are there to answer questions from the crowd about prostate cancer.

Rick Lyke founder of Pints for Prostates toasts to the owners and staff at Pike, and to Dendreon!

“Cheers” to Awareness!

Awareness is in the Air

So you know your IPA... Do you know your PSA?

www.pintsforprostates.org

Scott Riccio (far left) from Dendreon makes the special announcement that they are donating $5000 to the Pints for Prostates Campaign. Rick Lyke (center) and President/CEO Tom Kirk (right) are there in person to say THANK YOU DENDREON! Special thanks also go out to Linda Stratton Marketing Director from Pike Brewery, and the guys from Us TOO who all worked so hard and collaboratively on this event.

Linda Stratton shares, “What remarkable people and so very dedicated to the cause. It was lots of work but truly seemed effortless and fun thanks to all of the help from the Us TOO Boys in Blue!”
The Oregon Urology Foundation/Institute held The 2nd Annual Father's Day Prost8k (8k & 5k Run/Walk) had 233 participants. We held the event again this year to raise funds for our annual free prostate cancer screening event we will hold in July.

Attached is a picture of some of the survivors. They wore dark blue shirts in recognition of being a survivor.

Quite a few of them are part of the Us TOO Oregon Urology support group.

Spreading Awareness from the West Coast to the East Coast!
It's Time to Get Moving!
Reduce the Chance of Prostate Cancer Recurrence with Regular Exercise
By "Nutrish" aka Tricia Sinek, RD/CD

After prostate cancer it makes sense to begin taking a look at all the options available to you to fight the disease and to thrive following this diagnosis. Treatments are improving everyday. But we’re also learning more about reducing the chances of recurrence using diet and lifestyle as valuable tools in the fight.

Evidence is growing that both diet and exercise can have a stunningly positive impact on the course of disease. Today we’re going to be discussing the reasons exercise is believed to be such a powerful prescription against prostate cancer and prostate cancer recurrence.

There are at least 3 ways exercise is thought to reduce prostate cancer recurrence:

#1 - Exercise Reduces the Circulation of Testosterone.
Exercise can reduce the circulating blood levels of the sex hormone testosterone and this is important because testosterone acts like fuel (or gasoline) for the growth of prostate cancer cells. We know that exercise does the same thing for women with breast cancer - because it lowers the levels of circulating estrogen. Several studies of exercise after a breast cancer diagnosis indicate that an increase in exercise after this diagnosis can cut the risk of recurrence by 50 to 60%! One of the only reasons we cannot currently claim the same amazing statistics for men with prostate cancer - is simply that not enough research has been completed on prostate cancer and exercise. It is very reasonable to expect similar results for prostate cancer in the future, after more research has been conducted - because all hormone driven cancers behave in similar ways.

#2 - Healthy Weight Loss, Reduces Insulin-like Growth Factors Which Fuel Tumor Growth.
Exercise helps you burn more calories which may lead to weight loss. Losing weight and reducing your BMI (body mass index) may reduce prostate cancer growth. Weight loss is thought to reduce cancer growth because as you lose body weight your fat cells produce less insulin-like growth factors - and insulin like growth factors act like fertilizer (think miracle grow) in fueling cancer cell growth. A leaner body with less body fat (especially belly fat) produces lower levels of insulin-like growth factors.

#3 - Exercise Boosts Your Natural Immune Function.
Exercise boosts the immune function and the performance of every one of your cells. This is true for all of us whether we are cancer survivors or not. Exercise enables you to produce an army of highly functioning immune cells that are better at seeking out and destroying both cancer cells and other invaders (like infections). Improved immunity helps you to tolerate your treatment more easily, experience less stress, improves sleep quality and exercise slows down the aging process.

Benefits of exercise in reducing the likelihood of prostate cancer recurrence:
+ Reduces the circulation of testosterone.
+ Healthy weight loss reduces the amount of insulin-like growth factors which fuels tumor growth.
Exercise improves immune function of every cell - leading to better overall health.
How much exercise do I need?
The Center for Disease Control (CDC) recommends that all adults engage in moderate intensity activity for at least 30 minutes five or more days per week. This is a general recommendation and a good target to meet. Keep in mind as a cancer survivor - you may need more exercise than these guidelines suggest in reducing recurrence risk. Check with your doctor to assure that you can start or increase your exercise program before you make any significant changes in lifestyle.

One of the medical oncologists I've worked with for years writes his cancer patients an actual "prescription" to exercise on a prescription pad, - just like he's prescribing a drug. He believes that exercise is one of the best therapies we have for fighting cancer. Exercise is cheap, readily available and has few negative side-effects, as long as you don't over do it.

What is moderate exercise?
+ Walking at a brisk pace
+ Riding a bike 10 to 12 miles per hour
+ Swimming laps at a medium pace
+ Elliptical trainer at a medium level

Exercise Guidelines:
1. Check with your doctor, but aim for at least 30 minutes of exercise each day,
2. At least 5 days each week.
3. Remember to hydrate.
4. Find an exercise buddy!

Tips for Exercise Success!

If exercise is new for you - *start slow BUT START.*

Stick with it. It may not feel good at first, but it grows on you.

Take a walk - the world is waiting just outside your door.

Sign up for a dance class for exercise and social interaction!

Written by Tricia M. Sinek, RD/CD, - Manager of Community Cancer Programs for Franciscan Health System in Tacoma Washington. Tricia has been a dietitian for almost 30 years, with 18+ years experience in the field of cancer and cancer risk reduction. She is an expert on the role of diet in the development of disease. She has spoken to over 30,000 people in Washington State on Healthy Lifestyle Habits. She lives in Puyallup with her husband Frank and loves to zumba, walk, bead, and cook, garden and enjoys life with her three grown sons and new daughter-in-law. She can be reached at tricia@nutrish.net
Us TOO is seeking nominations to the Us TOO International Board of Directors (BOD). In addition to the two seats that will become vacant beginning January 1, 2011, there are also seats currently available now.

The Board Membership Committee, chaired by Carl Frankel, will review and evaluate nominees and submit recommendations to the full Board for approval throughout the remainder of this year, as well as at its December 2010 Board meeting.

The Us TOO International Board of Directors is made up of 15 seats, one third of which are up for re-election annually. Two Board members who will be ending their terms of service this December 2010 are Greg Bielawski and Carl Frankel, Esq.

Retiring Board Secretary Carl Frankel exclaims, "What a wonderful experience and opportunity it has been to serve on the Board of Us TOO, International! For Directors, the "dividend" is the knowledge that we have contributed meaningfully and in our own individual way to the goal of providing support, education and a voice to prostate cancer patients and their families. It is how we fight back against the disease that has invaded all our lives."

Frankel continues, "The last few years have been especially challenging, but Us TOO has responded well, and we look forward to our 20th anniversary celebration in just a few months. As for the future, I see opportunities to provide new and improved services to what promises to be a growing patient base and, importantly, to secure the necessary resources to fund those services. Though I enjoyed and profited emotionally from my two terms on the Board, I do envy the successor Directors who will share in this upcoming adventure."

Greg Bielawski will also be ending his term of service this December. He has served as Board Treasurer, and Co-Chair of the Annual SEA Blue Prostate Cancer Walk & Run event in Chicago, Illinois. Greg comments: "Us TOO International is celebrating its 20th birthday this year. Over the last seven years as a board member, I am proud to have been part of the maturing and growth of Us TOO from primarily a prostate cancer education and support organization into that of a leader in the prostate cancer advocacy world whose perspective is sought out and respected. If you wish to see Us TOO become even more influential in the next decade, and have the passion and desire to help that happen, please consider applying to join the Board of Directors."

Selection criteria include items such as the candidate's relationship to Us TOO's purpose, its membership criteria ("...any man diagnosed with prostate cancer, a member of such a man's family or significant other, or any person involved in or interested in support or treatment of any such patients..."), familiarity with an Us TOO chapter, ability to think globally, skills or experience deemed beneficial to the work of Us TOO and commitment to Us TOO's purpose and mission.

Letters of nomination with a vita or resume can be sent now to Thomas Kirk, President/CEO, Us TOO International, 5003 Fairview Avenue, Downers Grove, IL 60515 or e-mail <tom@ustoo.org>.
Editors Corner:

I want to let you all know that I will become a “Carolina Girl” in the next few weeks! I will be moving to Charlotte, North Carolina. My official first day in our new Us TOO Southern Office will be July 12. YES..i am very thankful to tell you that I will continue to be working for Us TOO from my home office! We will be providing an 800# for your use and we will publish that shortly. I look forward to continue to “Get to Know You” all. We have come a long way, and as you can see from the size of this Chapter News that our goal of communicating and growing the chapter network has been successful. I will continue to do my best at working and supporting you, and I want to thank all of you who continue to share your personal lives and stories with Us TOO. You are all the heart & soul of this organization and you are greatly appreciated. I hope to see you at the 20 Year Anniversary Event in August. This organization is going strong after 20 Years and you should all be very proud of yourselves for making that a reality!

We have lots more work to do, and we encourage you to share your thoughts, ideas and concerns with us on how we can continue to grow and keep Us TOO strong for another 20 years! ~ terri

Reasons You Should Attend The 20 Year Anniversary Event!

There are a number of reasons I am looking forward to attending Us TOO’s 20th Anniversary:

1. To support a great organization that has made a real difference in improving men’s health during the past 20 years.
2. To say thank you to our founders, our leaders, our board, and our staff.
3. To meet up with old friends, to make new friends, and celebrate this 20 year milestone.
4. To participate in a great celebration and listen to leading experts on prostate cancer.

I think others would be interested in attending for the above reasons as well.

Best wishes and see you in August!

Don Lynam, Us TOO 20 Year Event Advisory Committee, and past Board Member

Us TOO International
Prostate Cancer Education and Support Network

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