Expanding and Strengthening the Us TOO Network!

Local support group leaders, activists and other key stakeholders recently gathered with Us TOO board members to Team for Success in a personal, focused, informal discussion about the challenges and opportunities for increasing the visibility of Us TOO and its resources in the Atlanta area. Some of the hot topics on the agenda during the town hall meeting included plans to uncork the first “Pours for Prostates” wine tasting fundraising event, updates from local support groups, and outreach to Atlanta’s African American communities to provide prostate cancer awareness and education.

The next Us TOO Town Hall is scheduled to be in Austin, Texas on Thursday July 25, 2013. If you are interested in attending this meeting, please contact: terri@ustoo.org. Space is limited.
From left to right, Jeff Mills Us TOO Board of Directors, Greg Bolden, Comprehensive Mens Health Initiative, Atlanta, and John Whetstone, President Georgia Prostate Cancer Coalition. Jeff, Greg and John are working with Us TOO to host the first “Pours for Prostates” fundraising event in Atlanta on August 13 at Pitypat’s Porch.

Special thanks to Jeff Mills for letting Us TOO host the Town Hall at Enterprise Leasing offices!

From left to right: Dave Houchens, Us TOO Vice Chairman of the Executive Committee, Jim O’Hara, formerly from PCRI (now retired) and Tom Kirk, Us TOO Pres./CEO. Jim O’Hara still leads his Us TOO Support Group in Fayetteville, Georgia and though he has recently retired from PCRI he continues to stay active in the prostate cancer community.

From left to right: Dave Houchens, Us TOO Vice Chairman of the Executive Committee, Jim O’Hara, formerly from PCRI (now retired) and Tom Kirk, Us TOO Pres./CEO. Jim O’Hara still leads his Us TOO Support Group in Fayetteville, Georgia and though he has recently retired from PCRI he continues to stay active in the prostate cancer community.

Tom Kirk with Bill Beaudin (right). Bill helps lead the Us TOO Marietta GA Group and is a member of the Georgia PCa Coalition. Bill says, “I can’t learn enough about prostate cancer! I have several family member who have died of the disease. Talking with other cancer survivors has provided tremendous emotional support for me.” Bill also volunteers at Hope Lodge, a place where cancer patients stay during treatment. Bill talks with patients who are going through treatment and tells them how his Us TOO support group has had a very positive impact on him. “Having Prostate cancer surgery is not like having your appendix out, Bill shares, “It has many more after affects and patients need to be aware of that!”

Dr. Kimberly Davis (left) from Atlanta Clark University and Bob Graves, former Us TOO Regional Director. Dr. Davis is Senior Research Scientist / Community Outreach Director and advocates primarily for awareness and education for prostate cancer in the African American communities in the Atlanta area. The University currently has six faculty members who are doing prostate cancer research. Kimberly shares, “My father also has prostate cancer so I have a personal connection with the disease. I know how critically important it is to get the message out in the black community for men to take charge of their health and educate them on the risks of prostate cancer. Especially since black men are at such a higher risk.”
Howard Griffin doesn’t speak in heroic tones about his battle with prostate cancer. At the time, he had other things on his mind. Most notably, his wife’s recent diagnosis of MS.

“We were walking in Toronto about six-and-a-half years ago,” says Howard. “Then all of a sudden, she wasn’t with me. She was on the ground.”

Back in Rochester, Howard’s wife Evelyn was put through a battery of tests. She complained of hurting inside. As is often the case with MS, though, a diagnosis was slow to come. While on a trip to South Carolina, Evelyn had another episode and her doctors in Rochester were able to put all the clues together.

Evelyn’s health deteriorated rapidly. “She went from walking, to using a cane, to using a walker, to a wheelchair in about a year-and-a-half,” Howard recalls. Soon Howard, a sixth grade teacher at Rochester’s School 30, would need a nurse to help daily with giving Evelyn the care she needed.

Howard’s primary care physician was concerned that Howard was not watching out for his own health. So Howard agreed to have a physical. His PSA levels—an early indicator of prostate problems—were elevated. His Dr. expressed her concern and recommended another test 6 months later.

Howard had the follow up test. A few days later on a Saturday, Howard got a call from his Dr. at 7:30 in the morning. His PSA levels had jumped even higher. His Dr. had set up an appointment for Howard to see a urologist the following Monday morning.

After Howard’s exam, the urologist referred Howard to a surgeon for a biopsy of his prostate. The news from the surgeon was not good: Howard had prostate cancer. Fortunately, it had not spread. Surgery was scheduled to remove Howard’s diseased prostate.

Despite the diagnosis, Howard felt an immediate sense of comfort with his surgeon. “He was very direct and personable,” Howard recalls. What Howard didn’t realize at the time, though, was that his Dr. was one of the most respected urologic surgeons in the country. The advanced surgery that his Dr. would perform on Howard was only available at eight other hospitals in the nation.

On September 2, Howard’s prostate was removed with minimally invasive robotic surgery.

The benefits of this kind of surgery became evident to Howard soon after. He had his surgery on a Friday, and was released on Saturday. “I was in and out,” recalls Howard. “I had talked to some of my frat brothers who’d had this surgery the old way, and they had been in the hospital for 10 or 11 days.”

The faster recovery was critical for Howard’s life. He went right back to teaching and to taking care of his wife, whose health continued to deteriorate. After a number of serious bouts with MS and emergency trips to the hospital, doctors finally recommended more advanced care for Evelyn. Howard arranged for her to stay at Monroe Community Hospital, so she could get the daily care she needed while he worked.

Howard would see Evelyn on most days and then bring her home on weekends, when he would cook and give her his full attention. He would often get help from his children and people at his church. “The deacons would debate over who would come to my house,” Howard says. “They knew I cooked!”
Howard’s commitment to his wife, though, meant his attention to his own health faded into the background. As Evelyn’s health grew worse, Howard started missing his follow up visits with his Dr. Then, in August of 2007, Evelyn died. She and Howard had been married 37 years.

Evelyn’s funeral was in her hometown of Hartsville, South Carolina. Upon returning, Howard went right back to work at School #30.

Again, Howard’s doctor became concerned that Howard might be ignoring his own health. When Howard finally got his PSA levels checked—over nine months after he was scheduled—they were around a level of one. “I thought, ‘Good!’,” Howard recalls. “They were so much lower than they had been before.” But his number was not good at all. Since Howard no longer had a prostate, his PSA number meant that cancerous cells could be present.

A CT scan revealed that Howard had cancer cells in the former vicinity of his prostate. His long absence from his doctor’s care had probably given them the opportunity to grow. Howard was now referred to a radiation oncologist at the University of Rochester Medical Center.

“I started on radiation treatments,” says Howard. “Five afternoons a week, from March through May.”

Howard felt fairly healthy throughout the treatment. He was asked if he wanted to participate in a research study that was being done at the University of Rochester Medical Center to determine if exercise during cancer treatment could reduce the amount of fatigue. He eagerly signed up, and felt that the workouts kept his energy levels high.

His Doctor’s team was also vigilant about Howard’s mental and emotional health. “They would talk with me, answer my questions. They didn’t leave me guessing about anything,” says Howard. “So long as you’re not dealing with the unknown, you can handle it.”

“They would ask me if I wanted to talk to a counselor,” Howard recalls. “But after talking directly to my Dr., I was always fine.”

On June 19, Howard had one final CT scan. There was no longer any sign of cancer.

Howard is thankful for his doctors and for the University of Rochester Medical Center. Not just for his own life, but for giving him the chance to take care of his wife in her final days.

“It was hard,” says Howard. “I don’t think it’s all sunk in yet. But I’ve realized I have a lot to live for. I have a good family and good friends. And I really miss being in the classroom, I really miss my students.”

While some of those students and friends are amazed at what Howard has been through, he only marvels at others. “I did have moments of self-pity, but when I saw what everyone else was going through, it put things into perspective. Now I appreciate each day!”
There’s exciting news for all our friends in the Atlanta area! On August 13th, Us TOO along with other Atlanta prostate cancer organizations will present the first Atlanta Pours for Prostates Wine Sampling and Auction. The benefit will be held at the historic Pittypat’s Porch restaurant in downtown Atlanta from 5:30 to 8:00 PM. In addition to a large selection of quality wines to taste and enjoy, a number of athletes and other notables soon to be announced. Already committed as a Guest of Honor is Georgia All-American, Heisman Trophy winner and NFL star, Herschel Walker. A number of special sports and Olympic memorabilia will be auctioned off to the highest bidder, all to benefit Us TOO’s upcoming Prostate Cancer Seminar, also planned for Atlanta later in the year.

Presenting the Pours for Prostates benefit with Us TOO will be the Georgia Prostate Coalition, the Comprehensive Men’s Health Initiative, the Clark/Atlanta University for Cancer Research and the Men’s Health and Wellness Center.

Tickets are $30 donation per person and will go on sale online @ www.ustoo.org/atlantapours the first week in July and will be available at the door.

Put the date on your calendar and plan to attend an evening of sports, wine and just good fun to benefit Us TOO and prostate cancer education.
Patrick Fisher helped to start the Us TOO support group in Rochester New York last September and has taken his role as leader very seriously. Patrick is extremely active in the community getting the word about their monthly meetings, and one of the ways he has done that is by writing articles and submitting them to local newspapers. Here is how he gets it done!

Draft the article and then contact the Editor in Chief and let him/her guide you to the most appropriate writer. Typically, he/she will request a copy or lead you to a writer for the Health Section, Editorial, or Op-Ed section. By starting top-down you can then tell the actual writer that you have been referred to them from their Editor in Chief. Most importantly, make the article compelling with accurate information. Don’t over emphasize. If phone numbers, email addresses or websites are included be certain they are correct by testing them before you submit the draft. Always identify Us TOO International as a not-for-profit 501c3 organization dedicated to survivors of prostate cancer and those who love or care for them. And, always end the article with your preferred contact information including phone number, email address and/or website.

Patrick states that, “As a survivor of prostate cancer, he encourages every man to discuss prostate health with a medical provider. Vietnam veterans, men over the age of 50, men with a family history of prostate cancer, African-American men, and men who apply or take testosterone supplements may be at greater risk.”

He believes all the urologists, all the cancer clinics and cancer support organizations of the world are fighting the same fight. It takes a world in an unbiased and united front to beat cancer. He uses his life experiences and lessons learned to help fuel the passion that it takes to be a strong leader.

Patrick shares, “As the youngest of six sons growing up in the 50’s, there was a lot of expectation on me to be ‘like my older brothers’. As young men we all joined the US Army and all served our Country. As a product of the 70’s, I learned how to climb the corporate ladder; how to hold back tears and sentimental feelings and how to stand on my own two feet. So, when I was told I had prostate cancer my instinct was to man-up and go forward. For all the men who walked this path before me, it goes without saying: I wasn’t prepared for the emotional challenge ahead of me. Fortunately, my life partner and my surgeon of choice stood by my side and guided my path forward. They let me cry for myself without shame and became my ‘rock’ of support. My life lesson learned is this: There’s no shame in seeking help to face cancer head-on. In fact, there’s tremendous benefit to be gained by sharing with -and learning from- those who have been there.”

The link below launches to an article that he wrote that was picked up by Messenger Post News and appeared online and in print issues sent to residents across three counties in New York.

http://www.mpnnow.com/opinions/x1338692829/Patrick-Fisher-Don-t-ignore-prostate-health#ixzz2XG7zs5Bi

“My life lesson learned is this: There's no shame in seeking help to face cancer head-on. In fact, there's tremendous benefit to be gained by sharing with -and learning from- those who have been there.”

~ Patrick Fisher
Us TOO Rochester
Flying Saucer Draught Emporium Teams Up With Pints for Prostates
July Promotion Includes Chance to Win 9 Night European Beer Adventure for Two

DALLAS, TEXAS – The Flying Saucer Draught Emporium is teaming up with Pints for Prostates during a four week “European Beer Adventure” promotion designed to reach men through the universal language of beer. The 16-location beer pub group will generate prostate cancer awareness from July 3-24 that will culminate in a drawing for a trip for two to Belgium, Holland and Germany.

Flying Saucer will raise funds during the event to support the Pints for Prostates awareness mission. Each Wednesday as part of its popular “Brewery Night,” the Flying Saucer will feature a different classic European beer with the brand’s signature logo glassware. At 7p.m., 144 people at each location will be able to get the glass of the week and a pour of the featured beer for a great price, with the price of the glass going to support Pints for Prostates. Each glass will come with a raffle ticket for a drawing for a European Beer Adventure taking place Sept. 12-22, 2013.

“This is the second year we are teaming up with Pints for Prostates for this promotion and we are excited to be working with them on this chain-wide awareness celebration,” said Keith Schlabs of the Flying Saucer. “Our ‘Beerknurds’ are excited to support a great cause and have the chance to win a beer adventure of a lifetime.”

The special Pints for Prostates European Beer Adventure is organized by BeerTrips.com. The raffle includes round trip airfare for two from the continental U.S.; nine nights lodging in Amsterdam, Brussels, Cologne and Nijmegen; tours of famous breweries, including Cantillon, Koenigshooven/La Trappe and Brouwerij Kerkom; escorted café crawls; guide city tours; breakfast daily, three beer dinners and five beer lunches; and private coach transportation. For a $10 donation for a single ticket, $25 donation for three tickets or $50 for seven tickets, Flying Saucer patrons can obtain additional entries in the drawing. The total value of the trip for two is estimated at $8,500. The drawing will be held on July 28, at the Flying Saucer’s Charlotte location. The prize is non-transferable and no cash substitute will be offered. The winner and their guest are responsible for obtaining passports and all trip related costs not outlined above. You must be 21 years old to enter. No purchase is necessary.

Beer brands supporting the promotion at The Flying Saucer include Chimay, Blanche de Bruxelles, Duvel and Gouden Carolous.

“It is great to be working again with The Flying Saucer Draught Emporium because they enable us to reach thousands of men with a lifesaving message about the importance of early detection,” said Rick Lyke, a beer journalist who had successful prostate cancer surgery in 2008. “BeerTrips.com has put together a fantastic European Beer Adventure to some of the world’s great beer destinations. This is the beer trip of a lifetime and it is for a great cause.”

BeerTrips.com has been providing unique beer travel experiences to destinations around the world since 1998. This special Pints for Prostates group tour is limited to a total of 16 slots. The tour will be hosted by Lyke, the Pints for Prostates founder and a drinks journalist who has been writing about beer, wine and spirits for more than 30 years. He has visited Europe numerous times. Pints for Prostates is a 501(c)3 charity that reaches men through the universal language of beer with an important health message.

“Men are 33 percent more likely to develop prostate cancer than women are to have breast cancer, yet few men know about the critical importance of early detection,” Lyke said. “The support of the Flying Saucer, Chimay, Blanche de Bruxelles, Duvel and Gouden Carolous will help us reach an audience that needs to hear our message.”

About Pints for Prostates

Pints for Prostates a 501(c)3 campaign that reaches men through the universal language of beer to encourage them to take charge of their health. The group was founded by prostate cancer survivor and beer writer Rick Lyke in 2008. The grassroots effort raises awareness among men about the importance of regular health screenings and PSA testing by making appearances at beer festivals, social networking and pro bono advertising. According to the National Cancer Institute, 240,890 new prostate cancer cases were diagnosed in the U.S. in 2011. More information is available at www.pintsforprostates.org. Pints for Prostates also has a presence on Facebook and Twitter (@pints4prostates).
About Flying Saucer Draught Emporium

The Flying Saucer Draught Emporium is committed to bringing good beer to good people. The first location opened in Fort Worth, Texas, in June 1995 is the same group of beer lovers are in charge today. Currently the Saucer has 16 locations in Texas, Arkansas, Missouri, Tennessee, South Carolina and North Carolina. www.beerknurd.com.

About BeerTrips.com

Beer Trips.com was founded in 1998 to offer serious beer people the opportunity to travel to the world’s best beer destinations with other people who love great beer. Beer and travel, travel and beer — these are two of our favorite things. Both, in our estimation, are worth a fair amount of life’s energy. Our goal, and our very reason for existing, is to take our travelers to the best beer destinations, drink, taste and enjoy the best beers, meet the beer-loving people of the countries we visit, and explore the history, culture, art and architecture of the interesting places where beer “grew up”. To do this we stay in nice, well-located hotels, eat at great restaurants that emphasize beer in their fare, and visit breweries, brew pubs, cafes, and museums that enhance our understanding and appreciation of beer and its rich history and culture. www.beertrips.com.

Us TOO will be in Austin, Texas
July 24 - 25 for the “Teaming for Success” Town Hall Meeting
Join us for a casual “Meet & Greet” “The Flying Saucer”
815 W. 47th Street
Austin, Texas
Wednesday, July 24 @ 6:30 PM

If you are interested in attending the Town Hall Meeting On Thursday, July 25, from 1:00 - 5:00 @ St. Davids South Medical Center please contact Terri Likowski @ terri@ustoo.org or 877-978-7866 for more information.
SPACE IS LIMITED
Finding Positive Ways to Deal with Diagnosis
For one man, writing helped with the healing process...

DEAR PSA by: Richard Diem

Dear PSA, let’s make this clear
If you weren’t discovered perhaps I wouldn’t be here

Trying to judge you as friend or foe
Following your ups and downs wondering
where you will go

Are you still? Are you moving, awake or asleep?
Have you opened your eyes on this vigil we keep?

My doctor and I wondering will you
rise and appear
To wander around creating havoc and fear

Or will you be still without want to roam
So I can pack up my hopes and then
bring them home

With only hot flashes this and no more
Rest assured once again you chose to ignore

The surroundings around you, the need to rise
The need to wander and roam
as you open your eyes

Yes each time we meet there is hope and there’s fear

And there’s gratitude that we met or perhaps I wouldn’t be here

Thank you for the interest in using this poem in your newsletter and of course I hope
In some way it will touch another heart in a positive way.
~ Richard Diem

Richard Diem is a retired letter carrier and lives with his wife of fifty years in South Huntington, Long Island, NY. He has three children and eight grandchildren! For the last ten years, (and he hopes for more to come) he has worked as a caregiver for men that suffer with Alzheimer’s disease and Dementia.

He is also a Eucharistic minister to the homebound and this has been a true blessing for him and is very thankful he is still able to do this.

Richard shares, “It is fourteen years since I was first diagnosed and at some point a trace amount escaped to my lung and trying to keep it under control is where I am today. Reaching out and away from myself has been a true blessing to be able to help others. I recently ministered to a doctor who eventually died from Prostate Cancer.”
Hello to all from the Bachelor Classic! As we rapidly approach our 9th annual outing scheduled for Saturday, August 3rd, we are building momentum like we never have before. With the help of the Louisville, KY chapter of Us TOO and its leader Don Stern, our fundraiser will once again be presented with the support of KentuckyOne Health as a large corporate sponsor. KentuckyOne is a primary caretaker for those afflicted with prostate cancer in the Louisville area and serves as a host for Us TOO’s local monthly meetings.

This year’s tournament will kick off with a 9:00 a.m. shotgun start at Hidden Creek Golf Club, which is just across the Ohio river from Louisville in Sellersburg, IN. Immediately following golf play, the BC community will gather at the clubhouse for lunch, awards, and recognition of all the organizations and individuals that made what many of our regulars call “one of the best days of the year” possible. For those that have not had enough, a post-tournament happy hour will take place at one of our favorite local watering holes (Molly Malone’s Irish Pub on Shelbyville Rd).

New to the BC in 2013 will be a pre-tournament dinner on Wednesday, July 11th at Impellizzeri’s Pizzeria in the East End of Louisville (Brownsboro Rd location). We are calling this addition the “Us TOO Slice Night” and plan to use the platform to broaden our outreach to existing and potential friends of the Classic. Impellizzeri’s is going to donate a portion of proceeds off all sales that evening directly to Us TOO and we will also hold several raffles, drawings, etc. in support of our cause. All are welcome so if you find yourself in the Louisville area that night, please come out to help us fill up the tables!

The Bachelor Classic is an annual golf outing based in Louisville, KY with a primary mission of raising funds for Us TOO International. The tournament hosts over 100 golfers along with a wealth of non-golfing supporters. Each year the Bachelor Classic strives to improve the experience and always welcomes new people and ideas. Please visit www.thebachelorclassic.com for additional details and let us know if you would like to get involved!

With each passing year, the tournament participants become more connected to our charity. We are rapidly transitioning from a group of young men swinging for a cause to a community of tourney veterans on a mission. We all have family members and friends that are grappling with prostate cancer and in all likelihood, several of us are going to need the kind of support provided by Us TOO some day. As these realities have set in, the Bachelor Classic has become our opportunity to take action. Truth be told, we have a pretty good time in the process!

As always, the Bachelor Classic Committee would like to offer a sincere thanks to Us TOO’s corporate staff and the organization’s Louisville chapter for their continued involvement and support. We are dangerously close to a decade of operation and are constantly raising the bar as a team!

Cheers,
The Bachelor Classic Committee
Free PSA screenings were given at the Mandate Men Conference 2013, which was held March 14 & 15 at the River Center/Adler Theater in Davenport, Iowa.

Dave & Donna Evans from the Us TOO Quad Cities Chapter and Dave Damp, a representative of the Metro Lab, worked with Dr. Ida Johnson of United Neighbors Inc., Pastor Stanley Moore from Progressive Baptist Church, and Rev. Dwight Ford, Executive Director of Martin Luther King Center in Rock Island, to organize the free screenings event.

Bill Palos, Chapter Leader, Regional Director and former Us TOO Board member shares, “It has been a goal of our group to organize a free screening in the African American Community in the Quad Cites since black men are at such a higher risk for getting prostate cancer. We only tested thirty men that day. But it is our hope that those thirty men will share their experience with at least ten of their family members and friends and we will have a much bigger turnout the next time we do this.” Bill and the group distributed FREE PSA Screening cards throughout the community weeks prior to the conference.

Pastor Stanley Moore from Progressive Baptist Church is all smiles as he had his PSA test done in front of his congregation prior to the screening event!
He wanted to show the congregation that having the test was not painful and encourage his members to participate in this opportunity to receive a free test.

Special thanks to Metro Labs for helping to organize the event, doing the blood draws and donating the tests and lab results!

These men were happy to have the opportunity to get their PSA test done as they learned that African American Men are at a higher risk of getting prostate cancer than any other ethnicity.

Special thanks to Bill Palos (pictured left) and Dale & Donna Evans from the Quad Cities Chapter to make this event a reality. Palos lost his father, two brothers, and a nephew to the disease. He stresses the importance of semi-annual exams beginning at age 40 for people with a family history of prostate cancer. In this case, knowledge is decision-making power.
A Prostate Cancer Awareness Event, “Leave No Man Behind” was held on June 29 at the Martin Luther King Center in Rock Island, Illinois.

Rev. Ford, who is the Executive Director of the Martin Luther King Center, did a fantastic job of promoting the event and getting men and their families to attend!

Thanks to the help from Dave and Donna Evans and Dave Damp from Metro Lab for helping to get information from the men and get them ready for their blood draw.

Rev. Ford advised that the MLK Center has already arranged for a support group meeting scheduled for early July and plans to organize into a support group for African American men and their families and encourage any other minority ethnicities in their area to also attend these group meetings. The men who were checked will have their results by then and can attend the first meeting to find out what course of action they may have to take.

Fifty seven men were screened at the event thanks to the help from Rev. Ford and his volunteers. Many men and their family members attended! The goal was to screen fifty men so they exceeded their goal!

Free PSA Screening was provided by Metro Lab, and the Greater Quad Cities Us TOO Support Group from donations received from the Greater Quad Cities Marathon. Funds raised through this event are put annually into an account managed by Trinity Health foundation and made available by submission of a grant request.

Donations from First National Bank, Live Uncommon Foundation, Harcros Chemical Inc. and the Birdies for Charity John Deere Golf Tournament were also used.

A free breakfast buffet was available for the families who attended and there was a drawing for a lot of door prizes that were donated by MLK members and from Metro Lab and GQC Prostate Cancer Support Group.

The event was held with hopes of getting a support group started specifically for the Minority and Underserved Population in the Quad Cities community.

Dr. Beth Shelley spoke at the event about incontinence issues for men and for women.
Help our kids to “Get Educated on the Facts about Prostate Cancer”

Organize an event at your local high school for September during Prostate Cancer Awareness Month

Us TOO has this flyer available!

For more information for ideas on how to go about doing this, contact:

terri@ustoo.org

Bev Nicholson honored for 20 years of service to prostate cancer support group!

Bev Nicholson, RN, CNS, AOCN, was recognized on April 18 for providing 20 years of guidance and compassion to prostate cancer patients and their families. More than 80 of Beverly’s friends, family and professional associates came to pay their respect and gratitude to her for her dedication to the Prostate Cancer Support Group offered collaboratively between Mercy San Juan and UC Davis Comprehensive Cancer Center.

A crystal award was presented to Beverly by Ralph deVere White, MD, director of the UC Davis Comprehensive Cancer Center, and Lucinda Wiseman, RN, Senior Director of Medical-Surgical Services at Mercy San Juan. Dr. Marlene von Friederichs-Fitzwater, PhD, MPH, Director of the Outreach Research and Education Program at the UC Davis Comprehensive Cancer Center, also presented Beverly with a gift for her dedicated work on behalf of the WeCARE! Peer Navigator Program.

When Beverly moved to the Sacramento area from Ohio in 1992, she began working at UC Davis Cancer Center. She was asked to start a prostate cancer support group there by Dr. deVere White, who was the head of the Urology Department at the time. When Beverly decided to come to Mercy in 1996 to become the Regional Oncology CNS, an arrangement was made between UC Davis cancer leadership and Mercy’s cancer leadership to have Beverly continue leading the group at both facilities. Beverly has been leading the group every since, alternating every other month.

Beverly Nicholson has led her Us TOO group for 20 years! In addition to her work with the prostate cancer support group, Beverly is a palliative care nurse at Mercy San Juan and is part of a team that works to meet the palliative care needs of more than 600 patients and families each year.
Help to Spread the SEA of Blue!

**SAVE THE DATE!**
**Honor the men in your life.**

**SEA BLUE**
9th ANNUAL CHICAGO prostate cancer walk/run

SUPPORT EDUCATE ADVOCATE

**SUNDAY, SEPTEMBER 15, 2013**

Lincoln Park, Chicago

**REGISTER TODAY!**
When registering, enter code **SEABLUEFAN** for a $5 discount!

(630) 795-1002 // SeaBlueProstateWalk.org

Presented by: North Shore - Us TOO International and Wellness Place.

**BLUES** is to Prostate Cancer as **PINK** is to Breast Cancer

**SEA BLUE** Supporters:
New Leader from Oregon jumps right in!

Forming a Virtual Team is the next best thing...

For years I have watched as women’s issues and women’s health takes a front seat and men get left behind. Men, as a whole, have been happy to ignore their health where women, in general are more proactive. Men are reticent to join any support groups. Women often welcome them and love the ‘sisterhood’ that they provide. If men hear that something needs to be ‘fixed’ they want to do so. NOW. Women want it fixed, but are often satisfied just being able to talk about it. Men as a whole do not want to hear about something that they cannot fix.

Enter my move into being an advocate for men’s health. I understand the need for more education. The more men know about prostate cancer, the more in control they will be. The earlier a man is diagnosed, the more options they have. If there is no sign of prostate cancer yet, men can make lifestyle changes to decrease their risk of prostate cancer. If they have been diagnosed with prostate cancer they may be able to increase survivability and quality of life with the correct choice for them.

When I started researching prostate cancer, Us TOO stood out among programs for prostate cancer advocacy. I was initially disappointed to find that the SEA Blue Prostate Cancer Run/Walk was being held in Illinois. Then I realized that I could set up a virtual team here in Oregon. SEA Blue run/walk will give us a venue to reach out to men and educate them about prostate cancer and the importance of talking to their healthcare providers about appropriate testing and treatment. SEA Blue also gives us an opportunity for a media event to reach even more men in our county.

I am excited about this run/walk, as I have never done anything like this before. Though that could be a daunting effort, I know that with the support of the team at Us TOO we can make this a success for everyone. I want to thank you for the opportunity to participate even if it is from the other side of the country!

~ Jaynee Germond, Roseburg, Oregon

This year will be the 9th Annual Chicago SEA Blue Prostate Cancer Walk/Run.

With your help, we have raised over 2.3 Million Dollars in 8 years!

Funds have made it possible for Us TOO and Wellness place to provide free education and support programs and services for prostate cancer survivors and their families.

If we can’t SEA you on the day of the event but you still want to participate, think about creating a “Virtual Fundraising Team”

Contact: terri@ustoo.org
Russian House of Austin, Texas is working with Us TOO this year to host the first annual “Shop for Your Man” event, on Saturday, September 21, 2013.

Varda Salkey, owner of Russian House in Austin Texas shares, “Our goal is to provide support and spread the awareness about prostate cancer among women and turn women’s love for clothes and shopping into a good cause for men. Women will take a part in protecting and fighting for the men in their lives by purchasing donated dresses and jewelry from local and well known stores and designers. 100% of the profit from the fashion auction goes to Us TOO. Local jewelry designers, spas, salons, yoga studios and other wellness centers are creating small gift packages for our guests and donating items for the auction!”

Ticket donation is available for those who cannot be with us physically for the event, but would like to use this opportunity to support the cause!

Varda Salkey is the owner of Russian House in Austin, Texas. “We wanted to combine two main female instincts: shopping and nurturing,” shares Varda. Charity is the epitome of care and gives an opportunity to invite others to do good!”

Anastasia Bigun from Russian House is working on marketing for the event! Anastasia shares, “Prostate cancer is our cause because we love men and love having them in our lives healthy and well. And a fashion show? Well.. Don’t all women love those!”
Lots of confusion...
A Group leader from Oregon shares his frustration and thoughts, “We will not abandon average risk men!”

Let me be perfectly clear...unlike the U.S. Preventive Services Task Force (USPSTF), American Academy of Family Physicians (AAFP), American College of Physicians (ACP), the American Cancer Society (ACS), and even the American Urologic Association (AUA), Us TOO Florence is not abandoning asymptomatic, average-risk men...period! Left to the above groups, men between the ages of 40 and 55 should not be screened for prostate cancer unless (or until) they become symptomatic. Us TOO Florence is not about playing politics, scratching backs or any other less than supportive role with the lives of men. In contrast to the above named groups, Us TOO Florence holds firmly to the common sense guidelines that the AUA abandoned – that men should get a baseline PSA/DRE at age 40 accompanied by a comprehensive risk assessment. Members of Us TOO Florence have 2 distinct advantages: 1) we have “been there-done that” in terms of being diagnosed with and treated for prostate cancer; 2) and have the full attention of 2 urologists each month. So, when these groups (named above) tell everyone that the “known” harms of being screened outweigh the “possible” benefits of being screened, we can say, “Just a minute, you are only telling men what you want them to hear. Ask US about the harm done by being treated for prostate cancer. Ask our deceased men about the perceived benefit they gained by being symptomatic at the time of diagnosis. These groups give very little, if any, attention to early screening of the men at high risk of prostate cancer. How could they not provide screening for those men? The above named organizations and task force have all taken the position that the known harms of screening these men outweigh the possible benefits. Of course, what they aren’t telling us is that the so-called harms they are talking about don’t result from the screening - they result from treatment. They have 2 words for finding prostate cancer through screening...over-diagnosis. To support their message, they must make several assumptions: screening will result in unnecessary biopsies that will find prostate cancer (over-diagnosis); most of these cancers will be indolent and not cause a man’s death if left alone, (but no one can guarantee which one will remain indolent); urologists will suggest treatment for many of these cancers and they will be treated unnecessarily, leaving men incontinent and impotent for the rest of their lives; also, many men, finding out they have prostate cancer, will insist on being treated – unnecessarily. They see the entire harmful process beginning with the simple screening blood test. By eliminating that blood test, the known harms from a diagnostic biopsy (over-diagnosis) and the eventual treatment will be avoided. Their problem is they can’t acknowledge the fact that we can be screened, found to have prostate cancer, proceed to curative treatment – and live happily ever after. No matter which form of treatment men choose, according to these groups, the harms they suffer will outweigh any possible benefit of treating the cancer. It is of no consequence to them that asymptomatic men may be found with indolent prostate cancer, choose curative treatment and actually avoid death from a prostate cancer that would have turned aggressive (which no one would have known about until it was too late). No, to these groups, it is more important that we wait until we have symptoms, even though that is almost always too late for a cure. Just at the point of seeing genetic testing of biopsy tissue come to the aid of urologists in determining the potential aggressiveness of a man’s prostate cancer, screening is abandoned. Unbelievable! Hasn’t this been the “missing link” in over-diagnosis and over-treatment? Why aren’t we rejoicing and working full steam ahead to move this into the realm of common use AND pursuing early detection with screening? I can cite an example of this being used by our local urology group, Oregon Urology Institute: One of our Urologists had a man about 70 years of age come to him for surgery (that the man wanted). He had been diagnosed elsewhere. The Dr. suggested that they first send his biopsy tissue off for this testing. It came back that this man had about a one percent likelihood of having his cancer turn aggressive. At that point, Doctor and his patient agreed that active surveillance was the only appropriate course to follow. Harms avoided, medical cost prevented. This is what we should be pursuing.

And now we know that the American Cancer Society not only recommends against screening but has withdrawn its support for those who are diagnosed and looking for information. Guess more men will be turning to Us TOO International!

~Bob Horney, Us TOO Florence, Oregon Support Group
Us TOO Greenville and Spartanburg Chapters
Partner with SCCA to sponsor Prostate Health Tele-conference

On June 8th 2013 the Greenville and Spartanburg Chapters of Us TOO partnered with the South Carolina Cancer Alliance to sponsor “Prostate Health: The Choices Men Face” this was a statewide video conference broadcast to various sites across the state of South Carolina. The Conference originated from the Gibbs Cancer Center in Spartanburg SC and was broadcast to AnMed Health System, Anderson SC, Mid-Carolina AHEC, Lancaster, SC, Barnwell County Hospital, Barnwell, SC, the Medical University of South Carolina, Charleston, SC, McLeod Family Medical Center, Florence, SC, the University of South Carolina, Columbia SC and Upstate AHEC, Greenville SC.

Our mission was to educate men, particularly rural and African American men about their risk of having prostate cancer; the risks, benefits, and uncertainties of screenings and treatment including survivorship after treatment. We emphasized the importance of making informed decisions related to prostate cancer screening and treatment. The format included interactive, moderated lectures, a panel discussion and audience participation during a Q & A session.

The entire conference was videotaped for educational purposes and will be made available on various websites. Anyone interested in this video may contact Johnny Payne of the Greenville SC Chapter of Us TOO at

Us TOO Greenville Chapter is 20 years old!

Over the past 20 years, in addition to providing education and support programs, we have been an active advocate for patients. We are committed to making sure patients have access to the programs, medications, treatments and health care professionals they need for the best possible outcomes.

In addition to supporting prostate cancer survivors, we have promoted education and awareness through the Upstate Prostate Cancer Alliance, in collaboration with area hospitals we have assisted in providing free prostate health screening for thousands of men.

On September 9th, we will celebrate our Chapter’s 20 years of existence during National Prostate Cancer Awareness Month! We will pause to reflect the contributions of the Greenville South Carolina Chapter of Us TOO International. Our Keynote speaker will Tom Kirk, President and CEO of Us TOO International.

Us TOO Chapter Leader Johnny Payne with Us TOO President/CEO Tom Kirk at the Us TOO 20 Year Anniversary Celebration in 2010.

Tom notes, “I am excited to be able to attend the September meeting in Greenville to share in all of this groups accomplishments!” They are a huge asset to the Us TOO Organization.
Us TOO making strides to help promote awareness in Sierra Leone!

The first Men’s Health Week (MHW) observed between June 10th to 16th, 2013 in Sierra Leone has made a huge impact in the lives of many and Action Against Cancer has been getting positive comments and ‘thumbs up” for organizing such an event. A series of events were organized that both raise awareness about various health problems affecting men and boys and demand a change of direction from treatment to prevention. The theme of the week was ’Man dem sef for luk after them well bodi’ (Men should also take care of their health). Over 150 people, both men and women attended the launching of the MHW. Various representatives including the Ministry of Health and Sanitation, the National Youth Commission and International NGOs (GOAL Sierra Leone, FORUT Sierra Leone) gave statements on the rising trend of cancer and related NCDs, alcohol and drug abuse among men and boys.

In his opening remarks, Dr, Joseph Kandeh, Chairman for the launching event and District Medical Office for the western area, highlighted the increase in number of premature deaths due to preventable health conditions. He noted that lack of education and awareness is a major problem and called on health organizations to start emphasizing the areas of prevention rather than treatment. He said there are a lot of people with mental health conditions and an increase in the number of patients at the psychiatric hospital. He mentioned that a majority of disease conditions can be avoided and encouraged participants to prioritize their health. “For those who smoke tobacco, take drugs or drink too much alcohol, its time to stop.” he said.

Dr. Owizz Koroma, pathologist and director of the Sierra Leone Cancer Registry, gave the keynote address for the launching. At the start of his statement, he pointed out the challenges he has faced in the process of establishing a cancer registry in the country and declared his continued commitment to the fight against cancer in the country.

“Cancer is killing more people than malaria, tuberculosis, and HIV put together and in Sierra Leone, it is on the rise.” he said. “The most prevalent cancer in Sierra Leone is cervical cancer caused by the HPV virus. Second to this is liver cancer caused by Hepatitis B and C. This is followed by prostate cancer and then breast cancer.” He stressed on the importance of early detection and treatment of diseases affecting men and boys and called on all women to encourage their husbands to go for regular medical checkups.

Mr. Reynold BG Senesi, cancer biologist, and founder of Action Against Cancer in Sierra Leone and organizer of the MHW, gave the welcome address and said there is a need for an event like this to start raising awareness and advocate for men and boys who are suffering from a number of preventable health conditions and premature death.

Reynold also shared, “I must convey many thanks and appreciation to Us TOO International for the informational materials they sent to us. They were distributed to all of the participants who attended the event and to others in Sierra Leone.”

Over 150 men and women attended the event!

Other panelists at the event were; Mr Francis Bangura, from GOAL Sierra Leone, Mr Rodney R. Allen Camplebell a Nutritional medicine practitioner, reflexologist and stress management therapist, Mr. Manso Bangura, from the National youth Commission.
Happy Summer to all!

Time continues to pass and we find ourselves wondering how it is possible that the year is already half over!

The Us TOO staff continues to do our best to keep up with all of our responsibilities to keep moving forward. We have held our Teaming for Success Town Hall Meeting in Atlanta and wonderful result from that meeting was meeting and collaborating with the Georgia Prostate Cancer Coalition, Atlanta/Clark University and the Comprehensive Mens Health Initiative on a new fundraising event called “Pours for Prostates,” which is scheduled to be held in Atlanta in August.

We are currently planning our Texas Town Hall and hope that many of our Texas friends and leaders will be joining us! The meeting will be held in Austin, on Thursday, July 25 at St. David’s South Medical Center. Because Us TOO had formed some wonderful relationships when we held our Us TOO University there in 2006, and have continued to nurture those relationships, we have had fantastic response from our network regarding that meeting and feel strongly it will be huge success!

As you can see from the Chapter News!, many of you are continuously working hard to support the Us TOO mission to Support, Educate, and Advocate for those men and their families dealing with prostate cancer in their lives. Us TOO wants to slow down for a moment to give a “heartfelt” thank you to all of you!

You are making a difference and it is greatly appreciated! ~terri

Remembering Us TOO when funeral or memorial planning

We greatly appreciate those families who designate donations to Us TOO in lieu of flowers for funerals or memorials, or remember Us TOO in their wills.

Planned giving can be as simple as designating a gift through your will, gifting life insurance policies or securities, or designating Us TOO as a beneficiary on a retirement account. When establishing your will, we hope you will consider a bequest to Us TOO International to help us continue to be the primary source of support and information for prostate cancer patients, their families and friends.

Us TOO Board Member Dexter Rumsey is willing to help. If you would be interested in having Dexter come and speak to your group, contact

terri@ustoo.org