

Prostate Cancer Support

More than 170,000 men are diagnosed with prostate cancer every year. While approximately 30,000 men die from the disease annually, there are nearly 3 million men living in the United States today who have been diagnosed with prostate cancer and are managing the disease. This number is estimated to reach 4.2 million men by the year 2024. These men and their spouses/partners and loved ones need information about various treatment options available for minimizing the impact of the disease while maximizing the quality of life.

Us TOO provides educational resources, support services, and personal connections to those affected by prostate cancer to help them learn to **fight** this disease. The power of Us TOO is in helping men and those who love them by transforming resignation into **determination** and fear into **Hope**.



Your local group:

An Informed Patient is an Empowered Patient

There's not a well-worn path from a man's prostate cancer diagnosis to any "best" treatment at any stage of managing the disease. Before making any treatment decisions, it's very important to invest the time and energy to be fully informed about all appropriate treatment options, the likelihood of related side effects and ways to potentially manage treatment side effects. **Us TOO is a nonprofit that offers a variety of support and educational resources at no charge for those affected by prostate cancer.**

"Life is not a solo act. It's a huge collaboration, and we all need to assemble around us the people who care about us and support us in times of strife." *Tim Gunn*

In-Person Support Group Meetings

Us TOO has a network of more than 200 support groups in the U.S. and abroad. Men with prostate cancer who attend meetings—sometimes along with spouses/partners—can find invaluable information and perspective from their peers who quite often have "been there - done that" relative to the experience of managing various aspects of prostate cancer. The interactive format of a support group meeting is an educational forum that facilitates conversations to exchange information among group members assembled with the common goal of empowering each other with the knowledge that comes from experience.

Find a support group at:
www.ustoo.org/Support-Group-Near-You



Online Prostate Cancer Support Community

Gain direct access to an online information exchange with others in the prostate cancer community through Inspire. Log on to join more than 20,000 registered members who participate in this free service as another option from Us TOO for prostate cancer support and solutions. Start a discussion, post a journal entry, and learn from others confronting various challenges. **Visit www.ustoo.inspire.com** and participate in one or more conversations categorized by 15 prostate cancer topics.

Toll-Free Helpline for Personal Connections

The toll-free Us TOO Prostate Cancer Helpline **1-800-808-7866** (1-800-80-US-TOO) connects those who are battling prostate cancer with "Someone to talk to ... who understands." All calls are initially answered by staff at the Us TOO home office.



Upon request, callers can be matched with an Us TOO prostate cancer Helpline response team volunteer who can provide answers from having experience with the same treatment or side effect. Connections are typically made within hours.

"Surround yourself with people who provide you with support and love and remember to give back as much as you can in return." *Karen Kain*

Us TOO partners with Imerman Angels (www.imermanangels.org/get-support) to provide additional peer-to-peer support for the prostate cancer community. While Imerman recognizes that each cancer and life situation is unique, their goal is to connect those battling cancer to "Mentor Angels" for support from a peer who has been down the same road before.

"A man's pride can be his downfall, and he needs to learn when to turn to others for support and guidance." *Bear Grylls*

"A Forum for Her" Call-In Caregiver Support Group For The Women Behind the Men Affected by Prostate Cancer



Because prostate cancer can be a couple's disease, the woman is often subject to her own concerns in addition to those she shares with her partner. *A Forum for Her* is a regular conference call series (and invitation-only Facebook group) which provides women with important peer-to-peer support.

Learn more or join a call at:
www.ustoo.org/aforumforher

A Prostate Cancer Forum for Gay Men and Their Partners Call-In Support Group



A Prostate Cancer Forum for Gay Men and Their Partners is an ongoing conference call series which provides gay men and their partners with important peer-to-peer support. Usually, both the man living with prostate cancer and his husband or partner are deeply impacted, and each is subject to his own physical and emotional concerns. It can be helpful to address these concerns by speaking with others in a similar situation.

Learn more or join a call at:
www.ustoo.org/forumforgaymen

Support Conference Calls for Men

Us TOO partners with Answer Cancer Foundation (www.ancan.org/prostate-cancer), the first virtual real time audio/visual peer-to-peer support group platform providing online access from a computer, mobile device or telephone. There are six calls each month focused on high-risk/recurrent/advanced disease, low-risk/intermediate prostate cancer, or active surveillance.

"Get Support – Give Support: It works both ways.
Support is the source of strength." *Unknown*

For additional content focused on support and solutions, visit these Us TOO web pages:

ED, Sexual Health & Intimacy:

www.ustoo.org/intimacy

Urinary Incontinence:

www.ustoo.org/incontinence

Anxiety & Depression:

www.ustoo.org/anxiety-and-depression

Support Services for Military Veterans:

www.ustoo.org/Military-Veterans

Support Services for Spouses/Partners/Family Members:

www.ustoo.org/Spouses-Partners-Family

Stories from Those Living with Prostate Cancer:

www.ustoo.org/SEA-Stories

Financial Assistance Resources:

www.ustoo.org/Find-Financial-Assistance

"Choose to focus your time, energy and conversation around people who inspire you, support you and help you to grow into your happiest, strongest, wisest self."
Karen Salmansohn

Find additional prostate cancer educational resources at www.ustoo.org, including:

Monthly Hot SHEET newsletter:

www.ustoo.org/Read-the-HotSheet-Newsletter

Prostate Cancer News You Can Use:

www.ustoo.org/Find-News-You-Can-Use

Genetics and Genomic Testing:

www.ustoo.org/genetics-and-genomic-testing

Clinical Trials Finder:

www.ustoo.org/HCP-Clinical-Trials



SUPPORT - EDUCATION - ADVOCACY

Us TOO International

Prostate Cancer Education
and Support Network

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Web: www.ustoo.org

Us TOO International is a nonprofit that serves the prostate cancer community by providing educational materials, support resources, and personal connections to the prostate cancer community at no charge. Established in 1990, the organization was founded by—and continues to be governed by—people directly affected by prostate cancer.

To make a donation to help fund the support, education, and advocacy we provide to the prostate cancer community at no charge, please visit www.ustoo.org/donate, call 800-808-7866, or email ustoo@ustoo.org. Thank you!