More than 160,000 men are diagnosed with prostate cancer every year. While approximately 27,000 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 raises awareness and provides educational resources and support services 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.

Us TOO International is a nonprofit that serves the prostate cancer community by providing educational materials and resources 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 at no charge to the prostate cancer community, please visit www.ustoo.org/donate, call 800-808-7866, or email ustoo@ustoo.org. Thank you!
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.**

**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](http://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.

**Support Conference Calls for Men**
Us TOO partners with Answer Cancer Foundation ([www.ancan.org/prostate-cancer](http://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

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

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

“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**

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

“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**

“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**

“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**

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

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