On September 30, Dendreon broke ground for their manufacturing facility in Atlanta, one of their three facilities that will be manufacturing PROVENGE, an active cellular immunotherapy that is under review by the U.S. Food and Drug Administration. Governor Sonny Perdue hosted a groundbreaking ceremony for the 160,000 square-foot facility will be located at the Majestic Airport Center in South Fulton County.

Us TOO Alabama/Georgia Regional Director Bob Graves attended the groundbreaking ceremony, along with several other prostate cancer advocacy leaders from the Georgia Prostate Cancer Coalition and the Prostate Cancer Research Institute.

Governor Perdue extended a gracious welcome to the company, saying, "Hosting the 2009 BIO International Convention in May introduced biotechnology companies like Dendreon to Georgia’s business assets. Our state’s world-class healthcare institutions and hospitals enable companies like Dendreon to conduct clinical research and engage in product development and manufacturing while benefiting from the vast scientific resources that Georgia has to offer."

"Dendreon is on track to complete the submission of its Biologics License Application (BLA) amendment to the FDA by the middle of November," said Mitchell H. Gold, M.D., president and chief executive officer. "After FDA approval we will implement a deliberate, stepwise launch to ensure the highest quality standards, patient delivery and experience with this completely new approach that could change the way prostate cancer and eventually other cancers are treated."
The House of Representatives recently approved legislation which called for increased funding from public and private sectors for the development of innovative imaging technologies for early diagnosis and treatment of prostate cancer—the most common cancer and second most deadly cancer among American men.

The passing of the resolution was recognized during recent Prostate Cancer Awareness Day at the Boston Statehouse. The event was organized by representatives from AdMeTech Foundation, a non-profit organization that has collaborated with academic institutions, health organizations, and research facilities to advance the use of diagnostic imaging for the screening and treatment of prostate cancer.

The highlight of the event was testimonies by Massachusetts State House representatives such as Senator Stephen Brewer, Senator Steven Tolman, Representative William Greene, Jr and Representative Stephen Kulik. A reading of President Barack Obama’s Proclamation acknowledging September, 2009 as National Prostate Cancer Awareness Month was done.

There were additional comments from Dr. Philip Kantoff, the Chief Clinical Research Officer of the Dana Farber Cancer Institute, and Dr. Clare Tempany, the Chair in Radiology Research with Harvard Medical School.

Dr. Sanford Jeames, a Patient Care Advocate and Facilitator for US TOO, explained to those in attendance the importance of continued funding for research into screening and treatment of prostate cancer.

The event also served to announce a public awareness event for prostate cancer. Mark Lightner, the President of the Arthur Murray Dance Studio in Boston announced a 'Dance for the Cure of Prostate Cancer' event to be held in Boston on October 10th. The proceeds for the event will go towards funding additional research in innovative imaging for prostate cancer screenings and treatment.

**The AdMeTech Foundation’s mission**

To expedite the development and implementation of advanced imaging technologies for early diagnosis and minimally invasive treatment of prostate cancer. The AdMeTech Foundation is committed to shifting prostate cancer care from the era of blind diagnosis and treatment to the future of image-guided, minimally-invasive and precisely-targeted interventions, performed in an outpatient setting with minimal discomfort, complications and cost.

AdMeTech represents a unique, integrated multi-institutional, multi-disciplinary effort which will expedite the advancement of molecular imaging as the means to improve early diagnosis and treatment of prostate cancer. Our programs will address the fundamental challenges in prostate cancer care through improving: assessment of risk, guidance of biopsy, diagnosis and related treatment, and early assessment of response to treatment.

The AdMeTech Foundation has helped expedite the development of high-precision, high-field prostate MRI at the University of Pennsylvania; pioneered development of prostate-dedicated medical robotics at Johns Hopkins; supported fundamental discovery of novel molecular imaging at Harvard Medical School, Johns Hopkins, and other institutions; developed first-generation prostate-dedicated optical technologies at Boston University; and established the International Prostate MRI Working Group to stimulate new ideas and facilitate transfer to patients.
Mayor Tammy de Weerd has joined six other Treasure Valley mayors in proclaiming September to be Prostate Cancer Awareness Month. In support of the Us TOO Treasure Valley Prostate Cancer Education & Support group Mayors de Weerd, Bandy, Bieter, Dale, Dowdy, Evans, and Mitchell have all agreed to make proclamations in a joint effort to raise awareness of prostate cancer in Idaho.

“Four thousand men in America will hear the words ‘you have prostate cancer’ this week and won’t know where to turn.” Said Jean Jeffries of Us TOO Treasure Valley. She continued, “Us TOO is an international prostate cancer support group where men who have, or have had, prostate cancer give valuable support to others through their involvement with Us TOO. Idaho has the seventh highest incidence of prostate cancer in America and a rating of ‘D-’ by the National Prostate Cancer Coalition for its’ mortality and screening statistics and lack of insurance coverage for prostate cancer screening. We need people to start talking about prostate cancer and what we can do to improve our mortality statistics.”

In September two members of Us TOO Treasure Valley will be sent to the National Summit on Prostate Cancer in Washington DC to talk to the Idaho representatives on health care and prostate cancer. Jean Jeffries said “The goal is to raise our “D-” to at least a passing grade. We can do this through raised awareness, education, and advocacy. Us TOO Treasure Valley recognizes how these local mayors are assisting us in spreading information to the general public.”

Mayor Evans from Garden City Idaho (left) and Wendell Jeffries Us TOO Boise Group

Us TOO Treasure Valley’s Town Crier Hugo Leuteritz (bottom left) Reads Mayor Bieter’s Proclamation For Prostate Cancer Awareness Month. Hugo Leuteritz read the proclamation for Boise’s Mayor Bieter at the Linen District Market this Sunday September 19, 2009.

Hugo created his own costume complete with hat and bell and the whole market stopped once he started ringing his bell to announce the proclamation. While Hugo made the announcement, Wendell Jeffries manned an information booth and sold raffle tickets.

Hugo and Wendell are active members of Us TOO Treasure Valley and usually are involved with any volunteer work. Hugo made sure that he donated the town crier hat and bell to our chapter so somebody else can carry on the town crier tradition next year. With Hugo and Wendell’s help, Us TOO Treasure Valley had another successful raffle to raise money for chapter funds. Hugo, you are a good sport!
Robert K. Strobel has led the Charleston Chapter of the Us TOO prostate cancer support group since 1999, providing guidance and counsel to men, and their families diagnosed or dealing with prostate cancer so that they may lead full and productive lives. Bob has worked tirelessly to raise awareness and understanding of prostate cancer and other men’s health issues throughout the greater Charleston community, earning him the appreciation that “Bob helps anybody and everybody”. As a retired Chief Master Sergeant in the U.S. Air Force Reserve, THE CHIEF, as he is known to many, has provided countless hours providing information on retirement issues, prostate cancer, and men’s health, and assisting retirees obtain their earned benefits. In his capacity as Service Officer for the Charleston Chapter of the National Association of Active and Retired Federal Employees, Bob has assisted retirees and survivor annuitants plan for and deal with health and retirement benefits and end of life planning. Bob has willingly shared his cancer journey and their serious personal health issues with his church men’s group and numerous men’s groups, radiating cheerfulness, confidence, and knowledge that is deeply reassuring to the individuals dealing with similar situations, the uncertainty of the future, and the loss of loved ones. These singular contributions which Robert K. Strobel has rendered to the community are deserving of special recognition. Therefore, I Joseph P. Riley Jr., Mayor of the City of Charleston, do hereby proclaim Sept. 4, 2009 as ROBERT K. STROBEL DAY! The City of Charleston and on behalf of the Charleston City Council, extend our deep appreciation to, and commend Mr. Strobel for his great service to our community in raising awareness and knowledge of prostate cancer and providing an exemplary standard of community service.

Without the support of the other men and their wives, my wife and I would have had a much harder time understanding and coping with my treatments since 1993 (Surgery to remove the Prostate in 1993, Salvage Radiation in 2001 and now on Lupron for the past few years). Our Support Group has made it much easier to made the decisions that needed to be made. I thank God for the support I have received from our Us TOO Chapter.

~ Bob Strobel
Benefits of SOY Products

Although it is sometimes controversial, the consumption of soy products is felt to be beneficial to prostate cancer patients. Following is a list of recently published by Cedars Sinai Medical Center:

Overall, isoflavones may have a role in the management of prostate cancer. The beneficial effects of isoflavones include:

- A decrease in blood androgen (testosterone) levels by increasing the level of SHBG (sex hormone binding globulin). SHBG binds to testosterone. Therefore, less testosterone is available to help the cancer grow.
- Binding to androgen receptors. As a result, more potent sex hormones (testosterone, dihydrotestosterone) are blocked from binding to the receptors and stimulating cancer growth.
- Inhibition of alpha-5 reductase, an enzyme that converts testosterone to its most potent form (dihydrotestosterone)
- Restriction of other enzymes associated with cancer cell growth.
- Inhibition of tumor blood vessel formation (antiangiogenesis) Blood vessel growth within the tumor allows the cancer to grow and spread.
- Decrease the insulin growth factor – 1 (IGF-1), which may be a marker for increased prostate cancer risk.

PARP – Inhibitors and BCRA Cancers

In a few patients, prostate cancer occurs as a result of the inherited BRCA gene mutation. Exciting news about the effects of “PARP Inhibitors” on BCRA mutation induced cancers was published. Excitement is about how the drugs were designed after the biochemical mechanism underlying such cancers was understood. As proof of concept, results have been published showing prolonged survival and clinical improvement in patients with advanced prostate cancer (and breast & ovarian cancers), if it is related to BCRA mutation. Moreover, the drug does not appear to be effective if the cancer was NOT the result of the genetic defect. As often is the case, it probably will be 2 – 3 years before the new drug will be marketed.

Exercise Can Reduce Prostate Cancer

A retrospective study published in the Sept. 9 issue of the Journal of Urology presents the first evidence that exercise and prostate cancer risk are related. It appears that, after adjusting for a variety of variables, moderate exercise reduced the risk of having prostate cancer and reduced the severity (gleason grade) of the disease. There are many other studies reinforcing this conclusion.
Us TOO member sings for “Strike Out for Cancer Day”

Santa Cruz, Calif- Once a year since 1983 Joe Ferrara of Santa Cruz has sung the anthem for the San Francisco Giants. The musician combined his love of singing along with his favorite baseball team, submitted a tape and got a call to perform front and center at the ballpark.
"It is marvelous to look in the faces of all those folks and see them for those two minutes."

Along with his passion for music Joe also owns a comic book store and says it was a conversation he had with two of his customers that saved his life.
"They both said the same thing - they had no symptoms. I thought maybe I should get tested and I did. I went and got tested and sure enough I got diagnosed with prostate cancer."

Doctors were able to catch Joe’s cancer early and now he has been cancer free for four years. Joe is using his second chance at life making sure that people are aware.
"I have the opportunity to be the face for it for the community and if I can get men to talk about that it’s okay to talk about it."

Although Joe has performed twenty seven times, tomorrow will be extra special because it will be the first time he sings for strike out for cancer day.
"Everyone has a story they have either have had this journey themselves or they know someone who has. To connect to people in a way that is meaningful to them."

Joe Ferrara, also performed and hosted a seven hour songfest fea- turing at least fifteen performers from 3 to 10 PM on Sunday, September 13th in the Rock Room Lounge at the Shadowbrook Restaurant in Capitola, Ca. Joe organized the event to raise awareness for Prostate Cancer Awareness month. He did the same last year and made an unofficial world record for a solo performance by an individual in a club setting by playing twelve hours without repeating a song or using sheet music or lyric sheets!
Blue Skies for Chicago SEA Blue Prostate Cancer Walk!

Men from the Bill Blair Chapter walk in memory of Bill.

Tom Kirk, Pres/CEO Us TOO and Ed Kaps Director Emeritus of Us TOO

“TNT” Boys are Dynomite in BLUE!

Secretary of State Jesse White (left) and WGN Anchor Bob Jordan start the walk off with the “cutting” of the blue ribbon ceremony. A SEA of Blue in Lincoln Park! (rt)

FREE PSA TESTING VAN. 101 Men Tested

SEA BLUE SUPPORT EDUCATE ADVOCATE

5th Annual Chicago Prostate Cancer Walk!
Blues Music tribute to Phil Guy (Buddy Guy’s brother) who died from Prostate Cancer Nov. 2008.

Dr. Damen Arnold talks about the importance of prostate cancer awareness and how early detection can save your life! EDUCATION is Key!

Teams raise $1000’s of dollars for the cause!
As Pink is to Breast Cancer Blue is to Prostate Cancer

They Walk to Show Support for their Fathers

New Friendships are Made!

Support, Education and Advocacy Tents were throughout the venue to promote the SEA Blue Mission to “SEE” Blue!

They Walk to Support their Family and Friends, they Walk to honor a loved one who has passed away from Prostate Cancer.
We’ve Only Just Begun to SEA Blue...help Spread the Message

James Branch, CO-Chair of the event welcomes all!

“This walk has become a family tradition” shares Bastian Dashers!

JESSE WHITE TUMBLERS WOW the Crowd!

LeAnne Atwood Wellness Place Staff, (left) and Pam Reiss Pres/CEO of Wellness Place (right) and husband are all smiles!

Tom Kirk speaks about the SEA Blue Mission

Ed Kaps one of the founders of Us TOO and his family are thrilled with the turnout and sunshine!

Thanks to the Volunteers who made this day possible! You all “BLUE” us away with your enthusiasm!
AUSTIN (KXAN) - This weekend, St. David’s hospital in South Austin is offering men a chance to have a prostate screening for free.

While it may not sound like a pleasant exam, if prostate cancer is caught early, there is an 98-percent survival rate.

"On June 11, I got a telephone call at 2:36. I’ll remember it forever. ‘You need to see Dr. Northway. You have prostate cancer.’ I look burly, but I dropped to my knees cried like a child because the word ‘cancer’ scared the you-know-what out of me," said Austinite Mike Jones.

Scared but determined to fight it, Mike Jones was lucky because doctors were able to detect the cancer early. "The whole key to prostate cancer is catching it early," said Jones. After three months of treatment, it was gone. "God blessed me with a super wife, and she was there for me through thick and thin," said Jones.

Doctors recommend that all men by the age of 50 get screened for prostate cancer. If someone in the family has had it, the first screening should happen at age 40.

"In general, there are few symptoms associated with prostate cancer," said Dr. Robert Northway, a Urologist with St. David’s.

That means the only way to find it early is by getting an exam.

"Do the rectal exam. Don’t give me the ‘wah-wah.’ Ask your wife, (or) mother, about all the exams they go through. And it’s a medical procedure," said Jones. "I survived a disease that would have taken me out had I not been screened."

"But generally, I think men will be happier with the knowledge that their screening tests come back normal," said Northway.

There was a series of free prostate screenings happening at St. David’s. Members from the Us TOO Austin group were there to answer any questions. To see the live interview go to:

http://www.kxan.com/dpp/mobile/Hospital_offers_prostate_cancer_exam

"People will forget what you say. People will forget what you did. But people will never forget how you made them feel."
In 2005, Us TOO began in earnest to address the needs of the companions, spouses and family members of prostate cancer patients & survivors. In our regular articles in the Chapter News, Us TOO’s Companion and family Advisory Panel continues to put a face on prostate cancer’s impact on the entire family. This month’s installment in our continuing series of family profiles focuses on an often misunderstood and always charged topic that is in the news a great deal these days – Active Surveillance. Special thanks to Geoff and Mary Sue Iverson for sharing their story.

Interview with Geoff and Mary Sue Iverson
“A Family Chooses Active Surveillance”

Background
Geoff and Mary Sue are ages 60 and 58 years old respectively and have been married 39 years. They live in the Chicago-land area with their grandson, Andrew.

Geoff: Even before my diagnosis, our lives had changed dramatically. Two years ago, we were set to retire. We had a boat and were looking forward to doing some extensive cruising. Plans changed quickly when we found ourselves with legal custody of our grandson, Andrew, now age 13. This was a significant change for us, in our thinking and in our plans.

Mary Sue: We are grateful for the opportunity to raise Andrew. He helps us cope with Geoff’s diagnosis. Our experience with Andrew gives us a new perspective on life in general. I feel empowered by that experience to meet this challenge too.

Diagnosis
Geoff: I had been keeping track of my PSA for several years. Through my work, we had a program that offered PSA testing and other health-screening. In mid 2008, my physician thought he felt something during the DRE. My urologist also reached the same conclusion. While the PSA was slightly elevated it was not high, under 4. An initial biopsy found high-grade PIN in 2 of twelve samples. A follow-up biopsy in November found cancer in 5% of 2 out of 12 samples, Gleason score (3+3)=6.

Mary Sue: This diagnosis totally pulled the rug out from under us. We got the news on our cell phone while driving to our financial advisor’s office and then spent the next two hours talking about prostate cancer with our financial advisor! I was very emotional and didn’t feel like I had any tools to work with. Things were crazy for a few days and it just felt unworkable.

Geoff: I had a lot of beliefs about cancer. “We just gotta’ get it out!” and “I’m going to die ” were my initial thoughts. Both my parents died of smoking-related lung cancer and I had already gone through skin cancer. Now this!

Mary Sue: I had no cancer in my family. This was foreign to me. Without a lot of information or previous knowledge, I felt like a fish flopping around in a shallow pool.

Making Decisions
Geoff: Our urologist/surgeon was very good to us. He scheduled us at the end of the day and spent 30-40 minutes with us. Ultimately, he presented us with two options: surgery or radiation. We met with the radiologist but didn’t like what we heard. Then we talked to our urologist and scheduled surgery with him for late January. Andrew was always in my thoughts, “I just have to be around to help raise him. He needs me.”

Mary Sue: Geoff had a huge sense of urgency - a great need to make decisions. I was concerned that we were moving too fast. While I wanted to be supportive, I had reservations.
**Telling Andrew**

**MarySue and Geoff:** We spoke with Andrew about the diagnosis as soon as we had had some time to let the panic ease. He confirms with us regularly that things haven’t changed and that Geoff is still going to be ok and that we will communicate with him if there are any changes.

**Changing Course**

**Geoff:** After scheduling surgery, we met a neighbor and fellow prostate cancer patient who previously had surgery and was not happy with his results. The discussion led us to a local prostate cancer survivor who is a terrific, extremely knowledgeable volunteer/resource for Us TOO and the Wellness Place. He met with us for two hours and we began to understand what the (diagnostic) numbers really meant.

During that meeting, we learned there are different forms of prostate cancer, different levels. These levels and forms lend themselves to different actions. In addition, we really started to seriously factor in Quality of Life issues, which the other doctors really didn’t discuss. We are young and very active. We really didn’t want to risk losing our sexuality. Perhaps most importantly, we learned that we had more time to fall back and regroup.

After a great deal of additional research, several additional appointments, locally and out of state, as well as a lot of soul searching, we cancelled my surgery and decided to pursue Active Surveillance. Fortunately, there is a doctor in nearby Glenbrook who specializes in Active Surveillance.

**MarySue:** The decision to cancel surgery was a VERY difficult decision, a battle really. Once we made this decision, however, we felt better equipped, like we had more in our pockets. We also got a real kick in the butt to find the very best doctor to work with us, and we realized the one we had was not the best. I guess you never really know if you’ve made the right decision but we felt good about it and we were glad to not have to rush into treatment.

**Geoff:** We realized the surgeon we had been working with didn’t really understand Active Surveillance. Nor did we feel that he respected our decision.

**What Active Surveillance Means to Me?**

**Geoff:** Another name for it is “Expected Management with a Curative Intent” which sums it up well. There is a very specific criterion for entry into the program as well as a rigorous regimen of tests at very specific intervals. There is also clearly defined criteria to move to intervention.

We recognize there are certainly risks associated with this choice as there are with every treatment option. We choose to balance the risk of Active Surveillance with the risk of treatment and also factor in quality of life. I also think that the more I can successfully delay treatment, the more likely that improved treatments will become available.

**MarySue:** This is definitely NOT the easy way out. This isn’t just sit-back-and-wait. It is also not just refusing to make a decision and doing nothing. We are actively monitoring and managing his health.

**Geoff:** I have created a PowerPoint presentation about Active Surveillance and share this information and my experience with others. Interestingly, I meet with a lot of people who express, “If I had just given it a little time… I raced in to a decision.”
Companions a Family Matter -cont.-

**Looking Ahead/Words of Wisdom**

**Geoff:** Most recently we are wrestling with whether or not to stay in the Active Surveillance study. The protocol involves biopsies annually. Unfortunately, I ended up with an ecoli infection as a result of my most recent biopsy that landed me in the hospital for five very long, hard days. We are reevaluating the need for annual biopsies. Should I have a biopsy simply for the sake of the study or should I have a biopsy only if there are changes in the numbers? We are vigilant in monitoring the PCa while enjoying our lives. To us, it is all about balance...

**Mary Sue:** It's also about education. We are both teachers and feel more comfortable with more information. It is in our nature to learn more, then help others learn more too.

I feel like we're on the edge of something really important here. In some ways being in this study helps us feel like feels like we are making a contribution, like a donation to the team and this feels rewarding.

**MarySue:** Andrew does not seem overwhelmed by this and deals with it quite rationally and quite seriously. He does know that there is a possibility that the cancer could progress but has taken it in stride and does not let it get in the way of the activities of a 13 (soon to be 14) year old. We are proud to say he has asked his closest friends to wear an Us TOO bracelet and he wears his bracelet everyday as well. I’m not sure he has come to terms with it any more than Geoff & I have, but the three of us together have found a comfort level with the disease that has drawn us closer.

**A final note:** Us TOO’s Companion & Family Advisory panel knows that everyone in the family has an experience of prostate cancer when one member is diagnosed. Far too often, all attention, care and focus goes only to the patient, leaving the rest of the family feeling lost, alone and without support.

Special thanks to Geoff and Mary Sue for sharing their story.

If you would like to connect with them personally, please do so at stateofmind42@gmail.com.

**POWERPOINT PRESENTATION CREATED BY GEOFF ON ACTIVE SURVEILLANCE AVAILABLE SOON IN CHAPTER LEADER RESOURCES SECTION OF THE WEBSITE!**

**Us TOO Leads Two Support Group Sessions At the PCRI Conference**

During the lunch break on the first day of the PCRI conference, David Houchens, who is a member of the Board of Directors of Us TOO, and his wife, Kathie, hosted the general support session attended by both men and women from a number of states and Australia. There were men who had experienced most forms of prostate cancer treatment and they shared information with those in the group who had been recently diagnosed. The importance of participating in a support group became apparent to newcomers who appreciated the roundtable style discussion. Educational materials from Us TOO were available for the support group participants.

There was also a session for those with Advanced Disease and was led by Walt D’Adrenne from the Us TOO Silicon Valley Chapter. “We did have a very good turn out with lots of discussion. I attended the advanced support group the last 2 years and the discussion focused on the personal treatment experiences of various attendees. This time the discussion focused on how various advanced groups run their meetings” shared Walt. Bob Scruggs and Phil Steward from his chapter also assisted with the session.
The Spartanburg SC Chapter of Us TOO joined in the “National Night Out” observation held by the Pineview Hills community in Spartanburg SC. The first Tuesday in August has been designated “National Night Out” in communities all over the United State for the past 26 years. The objective is to promote awareness to crime prevention and public safety. The overall message is that crime, drugs and gangs will not be tolerated in these communities. Over 400 attended the Pineview Hills celebration.

Us TOO participated in the annual community health fair which is an important part of the observation. Us TOO representatives from the Spartanburg and Greenville Chapters of Us TOO provided prostate cancer awareness literature and encouraged men to come to the upcoming free screening at the Gibbs Cancer Center in September.

To receive the Chapter News! every other month via email register @ www.ustoo.org/knowyou

Please encourage your members to the same. Anyone can register!
Questions to Ask Your Physician

• What are my chances of getting better?
• What are my treatment options? Is having no treatment an option?
• Would a clinical trial be appropriate for me?
• What are the expected benefits of each kind of treatment?
• What are the risks, possible side effects, and recovery times for each treatment?
• How may the various treatment options affect my sex life?
• If I have pain, how will we manage it?
• How may my day-to-day activity level change with each kind of treatment?
• What is the follow-up care required for each treatment?
• What is the mortality rate?
• How many of these procedures have you performed?
• If you had my condition, what would you do?
• How much will this cost?

Tips from Survivors of Prostate Cancer

• Prostate cancer is very treatable.
• Prostate cancer is not a death sentence.
• Never give up!
• Get a second, or even a third, opinion.
• Join a support group.
• See a board-certified urologist and oncologist.
• Keep learning every day; new information becomes available all the time.
• Share your experiences and feelings.
• Research your diagnosis.
• Take some control of your situation.
• Partner with your healthcare providers.
• Open yourself to a new perspective on life.
• Contemplate and write down your medical questions before your office visit.
• Write your physician’s answers down on paper or bring a tape recorder when you meet with him.
• Prostate cancer is a family disease — don’t shut them out.
• Enlist your loved ones for your support system.
• Join a national prostate cancer organization.

Special thanks to Howard Waage from Us TOO Monterey and Paul Soiffer Us TOO Santa Cruz for sharing these helpful tips. Excerpt comes from a brochure entitled, “Understanding Prostate Cancer.” This brochure was a joint effort created by Paul and Howard and has been recently updated in 2007.

Howard & Diana Waage
Two years ago Bob Hermann from the Us TOO Chapter of Macon County, IL received an invitation from the Us TOO Peoria group to attend the Us TOO meeting in Bloomington. Dr. Moyad was the speaker. A few of us attended and thought both the message and the delivery were excellent.

In January, 2009 we invited Dr. Moyad to speak at our September community wide meeting and informed George Melton in Peoria of our plan. Upon acceptance of the invitation we informed the Peoria, Bloomington and Springfield chapters of the date, place and probable time. George Melton began working to schedule a Peoria meeting in sequence with the Decatur meeting and was successful. Attendance at the Peoria meeting was 107 and at Decatur was 75. In the process of the above communications Candi Gray, Chapter Leader Springfield, began sending their newsletter to me. They will have a person speaking about genetics and PC at their October 13 meeting. I will attend that meeting and hope to bring a speaker on the same topic to Decatur in the near future.

We will also add the Peoria, Bloomington and Springfield chapters to our email newsletter list and hopefully continue to benefit from sharing information. ~ Bob Hermann

“...It is such a joy to work with these men, shares Nikki Damery, Cancer Care Institute Coordinator at Decatur Memorial Hospital. They are great patient advocates for our community and they do not hesitate to ask a man if he has had a PSA test. They truly are trying to make a difference, and saving lives!”
It has been a busy September for the Pints for Prostates campaign, with events already taking place in Massachusetts, California, North Carolina, Illinois, Ohio, Michigan and Colorado. Thousands of men have been exposed to the message that they need to have regular prostate health screenings and PSA testing. As we head into fall, additional events are taking place around the country.

Pints for Prostates not only tries to reach men at beer festivals and special events, the campaign also has a pro bono advertising component that has reached more than 55 million people during the last 14 months. Creative for the campaign was donated by Eric Mower and Associates. A number of beverage publications, including All About Beer Magazine, DRAFT, Imbibe, Beer and Celebrator Beer News donated space, along with networks such as MNI and Media Max Network, resulting in the ads appearing in Time, Sports Illustrated, GQ, Country Living, Newsweek and a host of other titles on a regional basis.

“ON TAP”

Oct. - 9 Oktoberfest at Revolution Pizza & Ale House, Charlotte, NC

Oct. 17 - Pumpkin Carving for a Cause, Carolina Beer Company, Mooresville, NC

Oct. 17 - Barb’s Beer Emporium, Concord, New Hampshire

Nov. 14 - BrightLeaf BrewFest At the Community Market Danville, Virginia

Nov. 21 - Mellow Magical Mystery Bike Tour, Mellow Mushroom Pizzeria, Orlando, FLA

Pints Events coming soon: Tampa, Louisville

www.ustoo.org/pints
Pints for Prostates at "The Pub" Polaris, Columbus raises $7000!

Special thanks to Ron Nelson, Tom Sheehan, Nick Brunotte and the entire "Pub" staff for their generous hospitality and efforts for a truly successful event!

Dr. Bill Stevens Us TOO Lancaster introduces "Petey the Prostate" to Terri Gibbons, Us TOO. Petey is the Lancaster "mascot"!

Dick Henley & Keith Stought Us TOO Lancaster Co-leader. CHEERS to Your Health!

"The sense of charity that The Pub staff showed that evening was a "breath of fresh air" in a very tough time for non-profits," shares Tom Kirk. Pictured with Tom from left to right are Pub Staff, Dave Houchens, Us TOO Board of Directors, Dr. Bill Stevens, Us TOO Lancaster Chapter Leader, Tom Kirk and Patrick DiMeo, Us TOO Columbus Chapter Leader. Patrick also spoke to the crowd about Prostate Cancer and the importance of spreading awareness in the community.
The Blue Ribbon Makes the MUG CLUB!

"Cheers" and "DA BEARS" star George Wendt (left) attended the Denver Rare Beer Tasting Pints Event in Denver last month. Rick Lyke the creator of the Pints for Prostates Campaign says the Denver Rare fundraising event was the talk of Denver and raised thousands of dollars for Us TOO!!!

Pints Events can be BIG or small!
All proceeds benefit Us TOO

Top row left Rick Lyke, Tom Sheehan Regional Manager of THE PUB, Tom Kirk, Us TOO staff, David Houchens, Us TOO Board Member. Bottom row from left to right, Makers Mark rep, Ron Nelson, Regional Director, THE PUB, Terri Gibbons, Us TOO staff. THE PUB Polaris, Columbus plans to make this a traditional event every September for Prostate Cancer Awareness Month.

Rocco’s in Lincoln Park Chicago hosted a Pints Event as the Chicago SEA Blue Prostate Cancer Walk after-party.
Our support group needed funds to help support local efforts in running PSA & DRE Screenings and to conduct Health Fairs. We wanted to initiate a walk or run for Prostate Cancer and found it was very difficult to set up. Fortunately, we had a race that had been organized for several years and they needed a cause for their race. We offered to help them with volunteers and felt the cause of Prostate Cancer would encourage more folks to participate in the race. They added a walk to accommodate those of us who were not runners.

Today we have had over $40,000 in a special fund in the last 5 years that is used primarily for prostate education and awareness functions in the Quad Cities community. Working with the home office donations have been obtained for Us TOO from the Quad City race participants. In addition to conducting free PSA & DRE screenings, I have submitted proposals for funds to run Health Fairs, Regional Director functions, and Board member activities. The requested funds were forwarded to Us TOO and placed in a special account that belongs to our support group and is obtained by submitting monthly expense report stating what the funds were used for.

You can do this too, just contact the Home office to get help or information on how to do it. ~Bill
The Georgetown Texas Chapter of Us TOO International provided 21 volunteers at three of the five medical facility locations of the St. David’s Healthcare System. Chapter members volunteered on two different dates in support of St. David’s annual free Prostate Cancer Screenings during the month of September.

The St. David’s North Austin facility screened 69 men while the Round Rock Medical Center and Georgetown Hospital screened 47 and 66 men respectively. The St. David’s medical facilities at South Austin and Central Austin screened 102 and 54 men respectively. In total, 338 men were screened throughout the Greater Austin and Georgetown Areas during Prostate Cancer Awareness Month this year.

Members from the Us TOO Wilmington North Carolina Chapter participated in Sneakers @ Work Day this September. The guys all attend “Frans Boys” exercise class at the Wilmington Senior Center. The men have been contributing to this event for the past three years. Dick Covell (far left) is the Us TOO Wilmington Support Group Leader. Thanks “Frans Boys”!

The Greater Austin and Georgetown Area of Texas Hold Screenings

(From left to right) Tyrone Dixon, Heather Messer, Joe Petko, Chuck Meeder, Dr. David Freidberg, Gene May, Stacy Domel, John Fenoglio, Mary Sircy, Rachel Leavitt and Andy Perkins.
Johnny Payne Us TOO Greenville Chapter Leader is interviewed by Rhonda Rawlings of JAMZ radio about prostate cancer and the importance of early detection.

Calvin Jenkins and Don Foster from the Us TOO Greenville group are there to answer questions and educate men about the high incidence rates of prostate cancer, specifically for African American Men.

Allison Horton and Jackie Gambrell of the Greenville Hospital system register men for free PSA tests.
## Quick & Easy Black Bean Chili
*(Preparation: 10 minutes, cook: 20 minutes)*

### Ingredients: *(8 servings)*
- 3 (15 oz.) cans black beans
- 1 large sweet onion, chopped
- 1 (12 oz.) package meatless burger crumbles
- 2 Tablespoons olive oil
- 4 teaspoons chili powder
- 1 (14 oz.) can low-sodium fat-free chicken broth
- 2 (14.5 oz.) cans petite diced tomatoes
- 1 teaspoon ground cumin
- ½ teaspoon pepper
- ½ teaspoon salt

Offer a Variety of Toppings: fat-free sour cream, shredded fat-free cheddar cheese, lime wedges, sliced jalapeno peppers, chopped fresh cilantro, chopped tomatoes, corn chips

### Preparation:

Rinse and drain 2 cans black beans. (Do not drain 3rd can.) Sauté chopped onion and burger crumbles in hot oil in a large Dutch oven over medium heat for 6 minutes. Stir in chili powder and next 3 ingredients; sauté 1 minute. Stir in drained and undrained beans, chicken broth, and diced tomatoes. Bring to a boil over medium-high heat; cover, reduce heat to low, and simmer 10 minutes. Serve chili with desired toppings. *(Note: For testing purposes only, we used Boca Meatless Ground Burger for burger crumbles.)*

## Chicken Rigatoni

### Ingredients: *(6 servings / serving size: 2 oz. chicken with 1 cup pasta)*
- 1 Tablespoon olive oil
- 12 oz. boneless, skinless chicken breasts, cubed
- 1 medium onion, chopped
- 1 green pepper, seeded, cored, & cut into matchstick strips
- 1 15 oz. jar marinara sauce
- Fresh ground pepper to taste
- 6 cups whole grain rigatoni pasta

### Preparation:

To prepare the sauce, heat the oil in a large skillet over medium heat. Add the chicken and sauté until chicken is no longer pink. Remove from the skillet. In the remaining pan juices, sauté the onion and pepper. Add the cooked chicken to the skillet and add the marinara sauce. Grind in some pepper. Let the sauce simmer for about 5 minutes. Pour over the rigatoni and serve.

### Nutritional Info.
Per serving: 312 calories, 19g protein, 41g carbohydrates, 7g fat (2g saturated fat) 62 calories from fat, 35mg cholesterol, 284mg sodium, 4g dietary fiber, 6g sugar
Editors Corner:

Sorry this issue was late, but as you can see, the stories kept coming in showing all that you were doing to promote September as Prostate Cancer Awareness Month! We are starting to SEA Blue more and more, but we have just begun. We have to continue to keep the momentum going! Continue to share the message, As pink is to breast cancer, blue is to prostate cancer. Don’t stop because September is over. Share your stories, support each other, educate those who don’t know anything about prostate cancer, and counsel those who are just being diagnosed. The knowledge you have through your personal experiences is extremely valuable to those who are just starting their journey. Let’s continue to join together to spread awareness about prostate cancer, Support, Educate, Advocate! ~terri

Look for these new items on the Us TOO Website today!

- Online community, Us TOO Prostate Cancer Support Community. Join Today!
- Telecon/Webinar “Estrogen Deficiency Side Effects due to ADT

New in Chapter Leader Resources:

- Powerpoint Presentation “Prostate Cancer for Dummies”
- Powerpoint Presentation to go with Pathways/Signposts: Understanding Your Prostate Cancer Diagnosis

Helpful Hint

Don’t chop carrots before you cook them. The anti-cancer benefits of this vegetable increased by 25% when cooked whole!

Us TOO International Prostate Cancer Education and Support Network

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