

August 23, 2013

Someone to talk to...
who understands!



Us TOO International
Prostate Cancer Education
& Support Network

OUR MISSION

*Be the leading
prostate cancer organization
helping men and their families
make informed decisions
about prostate cancer
detection and treatment
through
support, education and advocacy.*

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Dear Friends of Us TOO and Chapter/Support Group Leaders,

The [HotSheet September 2013](#) edition is here.

I want to thank Rick Lyke, the creator of [Pints for Prostates](#), for his group's support for the September *HotSheet*. You may recall his group also supported the June edition of the *HotSheet* as well as other projects. Us TOO staff, board members and volunteers work closely with Pints for Prostates to raise awareness and visibility of prostate cancer. Rick is a hero and role model in my mind. He demonstrates how a man can empower himself when prostate cancer visits his life. Thank you so much Rick.

We're excited about all of the prostate cancer awareness activities that will begin in just about one week! I hope you can and will be active. Here's a recap on some of the events:

- September 6-8 [PCRI 2013 Prostate Cancer Conference](#) in Los Angeles
- September 7 SEA Blue Central Illinois 5K Walk at Moraine View State Park in LeRoy, IL 309-962-8137
- September 15 [SEA Blue Prostate Cancer Walk/Run](#) in Chicago
- September 17-18 [ZERO Prostate Cancer Summit](#) in Washington, DC
- September 19-20 [PHEN Ninth Annual African American Prostate Cancer Disparity Conference](#) in Washington, DC
- September 21 [Shop for Your Man](#) at The Russian House in Austin, TX

I know many of you will be participating and I hope that our paths cross. For those of you who cannot or do not want to travel, there is a two-part free workshop series from CancerCare on "Living with Metastatic Prostate Cancer." Part-one is on September 10th at 1:30 pm EDT. Registration is at http://www.cancercare.org/connect_workshops.

Another free online seminar, "Advances in Prostate cancer Radiation Therapy," is on September 18th at 7:00 pm EDT. Johns Hopkins' radiation oncologists Theodore DeWeese, MD and Danny Song, MD will be discussing advanced options that increase the effectiveness of treatment while reducing side effects. More information can be found at www.hopkinsmedicine.org/healthseminars.

I am also excited about several surveys that I know will be released during September, which will give us and the media insight into people who are dealing directly with prostate cancer. So keep your eyes and ears open for stories.

I hope that you enjoy the September *HotSheet* and find the time to get involved now that it's September and Prostate Cancer Awareness Month is here. I appreciate all that you are doing out there to move our cause forward.

My best to you all,

T. N. Kirk, President & CEO



Us TOO is a 501(c)3 non-profit organization founded in 1990 by prostate cancer survivors and their families.