

December 20, 2013

Someone to talk to...
who understands!



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

Happy Holidays! We invite you to start the New Year with the [January 2014 edition of the HotSheet](#). You'll notice that it features a handy alphabetized index of all *HotSheet* medical articles published throughout 2013.

In late-breaking news we've learned that a clinical trial funded by the NIH showed increased survival in men with metastatic prostate cancer who received chemotherapy when starting hormone therapy in comparison to those who received only hormone therapy (three-year survival rates of 69.0 percent vs. 52.5 percent respectively). This is very significant. <http://www.cancer.gov/newscenter/newsfromnci/2013/E3805>

Last week representatives from several advocacy groups for the CDMRP met in Washington DC with staff members from the House Appropriations Subcommittee on Defense and the Senate Appropriations Subcommittee on Defense to discuss the Defense Appropriations bill funding for FY14. It's expected that the FY14 budget will be workable but less than it's been for each of the past two years. The greater challenge will be securing funding for FY15 and beyond.

See the Prostate Cancer Roundtable press release at <http://prostatecancerinfolink.net/2013/12/16/prostate-cancer-roundtable-updates-national-policy-agenda/>, which features Us TOO's agreement with the consensus statements developed by PHEN to address the need for clear guidance on PSA testing for African American and other high-risk men. The goal is to minimize potential harm in over-diagnosis or over-treatment and maintain the gains that have been achieved, which are reflected in the African American death rate from prostate cancer dropping by more than 40% between 1992 and 2010. <http://rapcancer.wordpress.com/phen-consensus-statement-on-psa-testing-for-african-american-men-for-the-early-detection-of-prostate-cancer/>

We also encourage you to check out www.MyProstateCancerCoach.org designed to help newly diagnosed prostate cancer patients. Answers to questions about diagnosis generate a risk assessment with information on treatment options, questions to ask a medical professional, and the potential impact of side effects on lifestyle and relationships. The website is a valuable addition to other educational resource links at ustoo.org that include:

- Inspire Community <https://www.inspire.com/groups/us-too-prostate-cancer/>
 - Prostate Pointers http://www.ustoo.org/Prostate_Pointers.asp
 - Videos from Gerald Chodak, MD at www.prostatevideos.com
 - "Ask Doctor Barken" videos at <http://www.prostatecancer.com/>
- We're also looking into the resources provided by Medivizor at <https://medivizor.com/>. Watch for more information soon from Us TOO.

And finally, a shout out to HubShout! Terrance Nichols rallied HubShout coworkers to raise money for prostate cancer education and awareness around the moustache-growing initiative created to "change the face of men's health." HubShout matched employee funds for more than \$1,000 donated to Us TOO International Rochester Chapter, led by Patrick Fisher.

My best to you all,

T. N. Kirk, President & CEO



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

