

February 21, 2014

Someone to talk to...  
who understands!



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

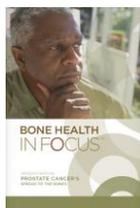
I hope that the delivery of the [HotSheet March 2014](#) issue finds you well.

As our character-builder of a winter continues, it can be a challenge to mentally fast-forward to the next **SEA Blue Prostate Cancer Walk & Run** in Lincoln Park downtown Chicago. But we've already started the planning process and have received permit approval from the City of Chicago for our preferred date—**Sunday, September 14**. It will be here before we know it so mark your calendar! This will be the 10th anniversary of the event that began as a vision among five people affected by prostate cancer in the Chicago suburbs who decided to raise funds and increase awareness for prostate cancer. Please help us to make this year's 10-year milestone event bigger and better than ever!

This past weekend Us TOO Chairman of the Board Jim Rieder and I attended the National Health Council's **27th Annual Voluntary Health Leadership Conference** from February 12-14. Under the theme of "Challenges of a Changing Environment," the event brought together chief executive officers and senior volunteers of member patient advocacy organizations to learn about the latest in medical research and healthcare policy and to share best practices to strengthen their organizations and meet their respective missions.

One of the topics discussed at the NHC conference was **selecting a health insurance plan**. The deadline to purchase it through the marketplace is March 31, 2014. Those still working through the process can access [PuttingPatientsFirst.net](#), which serves as a guide for understanding out-of-pocket spending through an online tool to help estimate costs for the types of marketplace plans that meet healthcare and budget needs.

Earlier this month, I was a **webinar presenter for The National Center on Health and the Aging** to address the topic of prostate cancer challenges. The webinar was recorded and can be found at: <http://vimeo.com/85855802>.



As we continue to make progress behind the scenes with the redesign of the Us TOO website, we're also posting updated content on the existing site. Check out the latest brochure, [Empower Yourself with Knowledge](#), which is a supplement to the Advanced Prostate Cancer Kit. Plus, there's an updated edition of the [Bone Health in Focus](#) brochure, which serves as a resource for much of the information that I covered last month during the New York satellite media tour that was broadcast on more than 20 TV and radio stations across the country.

As a reminder, if you've received hormone therapy treatment for prostate cancer, **you may be eligible to join a study** funded by the American Cancer Society to test a program designed to help people with changes to memory, thinking and concentration following hormone therapy for treatment of prostate cancer. This study is done completely over the phone and internet. It involves a brief screening to determine eligibility, three assessments/interviews, and eight weeks of home-based computer use. For more information, please contact Lisa Wu at (212) 824-7805 or [lisa.wu@mssm.edu](mailto:lisa.wu@mssm.edu). This study is approved by the Mount Sinai Institutional Review Board (GCO# 10-1352 approved through 04/06/2014).

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.