

## How to Use the Information Provided in this Resource Kit

1. Read this four-page pamphlet which orients you to Us TOO International kit content and all of the continuously updated education and resources available to you and your spouse/companion.
2. Dedicate a few hours to reading and reviewing all of the information in this Resource Kit.
3. Locate an Us TOO Support Group Chapter near you and make contact with them. (*See page 3.*)
4. Visit the Us TOO website [www.ustoo.org](http://www.ustoo.org) and become acquainted with the contents. A site map is available for you on page two of this pamphlet.

5. Call our Toll Free Patient HelpLine whenever you feel you need an additional resource regarding diagnosis, treatment options or support systems. Upon request, we can provide phone support from a prostate cancer survivor. Call 1-800-80-Us TOO (1-800-808-7866) Mon – Fri, 9 am – 5 pm Central.

## We're with You Every Step of the Way

Us TOO International is committed to providing up-to-date information and support to patients and family members. This Resource Kit has been compiled to help you understand more about prostate cancer and provide you with clear, unbiased information to help you make the best decisions for your individual situation.

## Contents include:

1. *Pathways for New Prostate Cancer Patients* brochure—A comprehensive 12-page brochure provides information on Us TOO education and support resources, support group chapter locations, how to work with physician specialists and healthcare providers (who they are, what they do for you, and questions to ask of them), prostate biopsy, prostate cancer physiology, cancer stages, Gleason Scores and what they mean, pertinent information on treatment options, comments from patients and survivors, and tips to recovery.
2. *NCI's Treatment Choices For Men with Early-Stage Prostate Cancer*—a starting point to help you learn about early-stage prostate cancer, current treatments, and the pros and cons of each treatment.
3. *What You Need to Know About Your Partner's Prostate Cancer*—a guide for wives, partners, and the men they love.
4. Us TOO/Health Talk® Education Program *Prostate Cancer: Past, Present & Future*—a two-hour audio recording of an interview with the President of Us TOO® International, a Chairman of the Us TOO Board of Directors, a physician, patient, and spouse. Included on this CD-ROM is a printed document of the audio recording. Sit back and listen, read on your screen or print it out.
5. *Living with Prostate Cancer* pamphlet—a basic, well illustrated pamphlet providing a simple overview of your anatomy, your cancer, and your treatment options.
6. *HotSheets*—our Us TOO monthly newsletter highlights the latest in treatment strategies as well as emerging treatments. The *HotSheet* is distributed free at chapter support group meetings, and is available for download in a pdf format on the Us TOO web site, [www.ustoo.org](http://www.ustoo.org). If you are unable to attend chapter meetings to get the latest issue or prefer an original copy, we can deliver the newsletter right to your home or office.
7. *About Us TOO International*—learn about Us TOO, who we are, what we do, and how you can benefit from our efforts.
8. List of recommended books and other materials from Us TOO (*on the back of this guide*).
9. Blue ribbon lapel pin and Us TOO blue wristband.
10. Other information might also be included as it becomes available.
11. Postcard Survey for you to complete and return.

## Us TOO International Prostate Cancer Education & Support Network is Here for You

Us TOO was started as a 501(c)(3) not-for-profit organization in 1990 by prostate cancer survivors to serve prostate cancer patients and their families.

Us TOO can put you in contact with prostate cancer survivors and their companions who have already experienced or are in the midst of recovery. These individuals can provide valuable insight into treatment and recovery.

**THERE IS GOOD NEWS!**

*We know more today about prostate cancer than ever before.*

### Visit [www.ustoo.org](http://www.ustoo.org) Today!

The Us TOO website is your source for valuable information. It is designed to provide a connection to education and resources specifically for patients, family, companions and healthcare professionals. If you do not have a computer, visit your local library or ask a friend or relative to access this valuable information for you.

#### News & Events

Timely information on conferences, stories in the press, webcast replays, introductions to new programs and resources, the latest on clinical trials and more.

#### About Prostate Cancer

- Overview & Statistics
- Early Detection
- Newly Diagnosed
- Treatment Options
- Post-Treatment Issues
- Experienced a Relapse
- Advanced Disease
- Clinical Trials & Studies
- Emerging Treatments
- Special News for African American Men

#### Chapters & Support Groups

- Find a Chapter Near You
- Online Communities: Prostate Pointers
- Support for Companions and Families



#### Helpful Resources

- Monthly Newsletter: The *HotSheet*
- *Prostate Cancer NEWS You Can Use*
- Free Us TOO Publications including Audio/Video Archives
- Chapter Leader Resources
- Media Room
- Visit Our Store
- Understanding Your Treatment Options

#### Getting Involved

- Calendar of Events
- Make a Donation
- Volunteer
- Corporate Sponsors
- Advocacy
- Raise Awareness
- Start a New Chapter

## OUR MISSION

*Communicate timely, personalized and reliable information enabling you to make informed choices regarding detection and treatment of your prostate cancer.*

## Achieve Peace of Mind Through Self-Directed Care

### What Can You Do?

#### Do Your Homework: Study Your Cancer.

There is a lot of information out there regarding prostate cancer. It's important that you sort out the information and make informed decisions that work for you.

#### Get Support and Accept Involvement from Others.

Choose a physician and advisors that you can trust and who makes you feel comfortable and confident. Connect with supportive family, friends, other patients and survivors. Be prepared to get second opinions.

#### Acknowledge Your Diagnosis and Deal with Your Feelings.

There are solutions for living life fully, and options for improving your quality of life. Be prepared for change. Reach out to new resources and new people to help you along the way.

#### Become Empowered and Take Charge of Your Care.

Self-directed care is very powerful. Do not put your destiny uniquely in the hands of others. Research your cancer, know your options, and be involved in every decision.

### How Can You Do It?

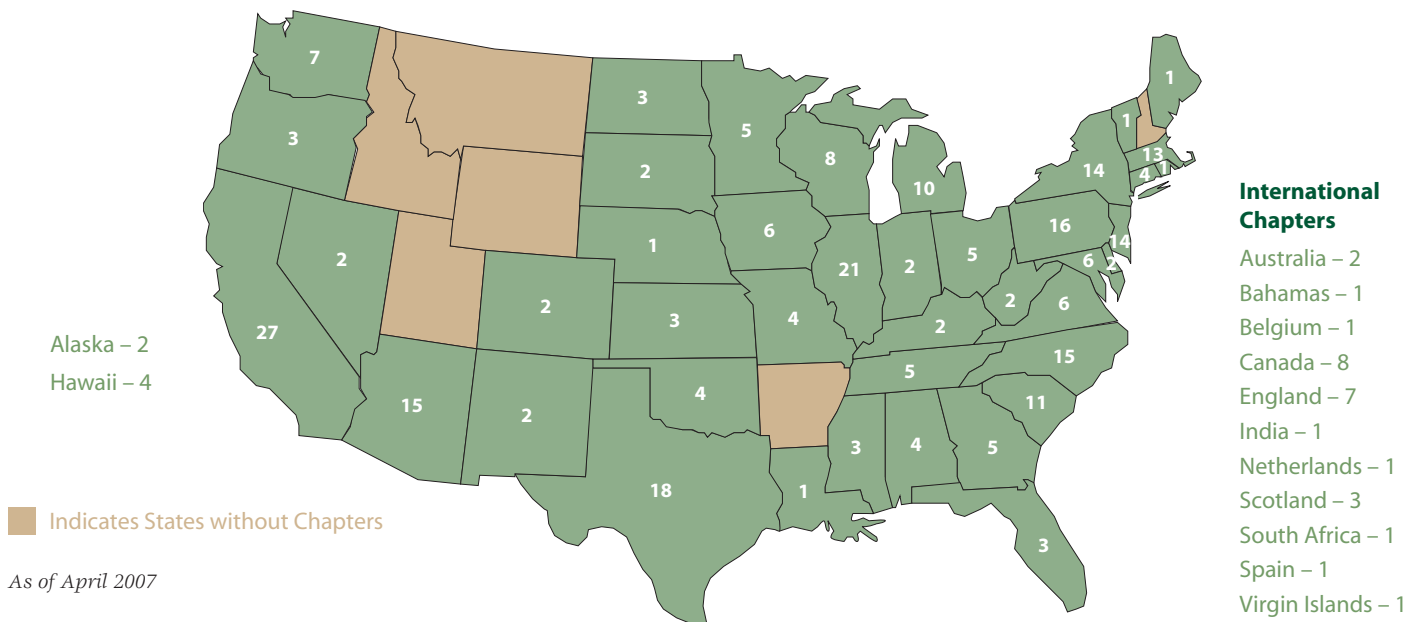
1. Review all of the information in this Resource Kit and read some of the recommended books.
2. Contact an Us TOO support group chapter in your area and attend meetings to meet other prostate cancer survivors.
3. Read other issues of the *HotSheet* monthly newsletter online which highlights the latest in treatment strategies and emerging treatments.
4. Subscribe to *Prostate Cancer NEWS You Can Use*, an emailed newsletter distributed to interested men and their families.
5. Call the Us TOO Toll Free Patient Helpline for access to resources regarding diagnosis, treatment options and support systems. Upon request, phone support from a prostate cancer survivor is available. Call 1-800-80-USTOO (1-800-808-7866), Mon – Fri, 9 am – 5 pm Central.
6. Visit *Prostate Pointers*, an online discussion community for support and information resources, with 14 different topic groups.
7. Look into support for your partner or family. A good source is the Us TOO *Circles of Love Collection: Stories of Companions & Families Facing Prostate Cancer*, which is on our recommended reading list.
8. Attend local education programs and presentations put on by your local hospital or health center.
9. Go back and talk to your physician as you have additional questions.
10. For many of the resources above, reference the Us TOO website, [www.ustoo.org](http://www.ustoo.org), or call 1-800-80-USTOO (808-7866).

## Consider Joining an Us TOO Support Group Chapter

Us TOO International has more than 300 support group chapters worldwide. Each chapter holds regular meetings for men living with prostate cancer and their families. The meetings provide emotional support and unbiased information in areas related to prostate cancer, such as treatment options, solutions for side

effects, and nutrition. Us TOO group meetings are free and open to all men, their partners, friends, and health professionals interested in prostate cancer.

To find a support group chapter near you, visit [www.ustoo.org](http://www.ustoo.org). If you have a question, call **1-800-80-US TOO (1-800-808-7866)**.



## Free Resources from Us TOO

Available for download at our website  
or call 1-800-808-7866:

### Us TOO Brochures/Pamphlets

- *A Message For American Indian Men, Alaskan Native Men, and People Who Care About Them*
- *What You Need to Know for Better Bone Health*
- *Bone Health Take Action Tips*
- *Taking Care of Yourself While Living With Cancer: Dental Health and Osteonecrosis of the Jaw*
- *Prostate Cancer Patient's Guide to Hormone Therapy*
- *What now? Hope and options when experiencing a rising PSA*
- *The Prostate Cancer Playbook for Prostate Cancer Recurrence, Rising PSA and Advanced Disease*
- *Circles of Love Discussion Guide to be used with the Circles of Love Collection Book and Care Kit*

### Other Organizations' Brochures/Pamphlets

- *Prostate Cancer Screening: A Decision Guide*—from U.S. Dept. of HHS, CDC
- *Prostate Cancer Screening: A Decision Guide for African Americans*—from U.S. Dept. of HHS, CDC
- *Understanding Prostate Changes: A Health Guide for Men*—NCI booklet
- *Treatment Choices for Men With Early-Stage Prostate Cancer*—NEW 2006 edition—NCI booklet

### Streaming Video Archives

- *Us TOO: The Beginning Years*—highlighting the start of Us TOO International, featuring founders.

### Streaming Audio Archives

- *Intimacy and Prostate Cancer*, Us TOO teleconference.
- *Expanding Treatment Horizons in Prostate Cancer*, Us TOO/HealthTalk teleconference.
- *The Group Room* radio show Prostate Cancer Special on treatment options.
- *The Group Room* radio show on Prostate Cancer Awareness.
- *Prostate Cancer Care: Past, Present and Future*—An Us TOO/HealthTalk teleconference.
- *Us TOO Bone Health Teleconference* (10 MB file)—Stephen Strum, MD and Bill Blair.
- *Prostate Cancer & Your Bones: Take Steps to Prevent Bone Complications*, Us TOO/HealthTalk teleconference.
- *Prostate Cancer & Your Bones: Prevention and Treatment Strategies*, Us TOO/HealthTalk teleconference.
- *Prostate Cancer & Your Bones: The Latest Treatment Updates*, Us TOO/HealthTalk teleconference.

### Videotapes and DVDs

- *National Conference on Prostate Cancer 2005*, held June 16-19, 2005 in Washington DC, Sponsored by FCRE and Us TOO, order DVDs from <http://www.cancer-foundation.org/events.html>
- *Todo Lo Que Usted y Su Familia Necesita Saber Sobre el Cancer de Prostata (What Every Man and his Family Should Know About Prostate Cancer)*—15 min.—available on DVD and VHS.

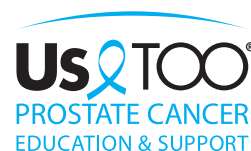
## Us TOO Recommended Website Links

- *Prostate Pointers*—an active prostate community available online. <http://www.prostatepointers.org/>
- *NexProfler Treatment Options Tool for Prostate Cancer*—free, web-based, personalized tool. <https://www.cancerprofler.nexcura.com/Secure/InterfaceSecure.asp?CB=51>
- *Dr. Barken Call-In Show*—a weekly one-hour program, Tuesday night at 6:00 pm PST (9:00 pm EST, 1:00 pm GMT). [http://www.pcref.org/call\\_in\\_show.php](http://www.pcref.org/call_in_show.php)
- *The Group Room* radio show—a weekly syndicated cancer talk show, Sunday from 4–6 pm ET, 3–5 pm CT, 1–3 pm PT. <http://www.vitaloptions.org/index.html>
- *Health Talk*—web-based patient educational resources. <http://www2.healthtalk.com/>
- *CancerCare*—provides online and telephone patient education. <http://www.cancercare.org/>
- *National Cancer Institute*—web-based patient education. <http://www.cancer.gov/>

## Us TOO Recommended Books

### for New Prostate Cancer Patients and Their Families

- *Your Prostate Cancer Survivor's Guide: Living Stronger, Longer*, Bob Conder, Curtis Pesman, 2006—personal stories on fighting prostate cancer.
- *Beating Prostate Cancer: Hormonal Therapy & Diet*, Charles "Snuffy" Myers, MD, 2006—a discussion of diet and lifestyle.
- *A Primer on Prostate Cancer: The Empowered Patient's Guide*, 2nd edition, Stephen B. Strum and Donna Pogliano, 2005—a strategy for disease management.
- *Promoting Wellness for Prostate Cancer Patients*, Mark A. Moyad, MD, MPH, 2006—Improve overall health through lifestyle changes.
- *Dr. Katz's Guide to Prostate Health, From Conventional to Holistic Therapies*, Aaron Katz, MD, 2006—how to treat prostate conditions and promote health.
- *An Oncologists's View of Prostate Cancer: Understanding the Facts, Sorting Through the Options*, 2nd Edition, Srinivasan Vijayakumar, MD, DMRT, FACR, 2005—treating prostate cancer in easy-to-understand terms.
- *The Circles of Love Collection: Stories of Companions & Families Facing Prostate Cancer*, Us TOO International, 2005—stories of companions and family members of men with prostate cancer.
- *Dr. Peter Scardino's Prostate Book: The Complete Guide to Overcoming Prostate Cancer, Prostatitis, and BPH*, Peter Scardino, MD, Judith Kelman, 2005—Understand and interpret test results, avoid side effects and manage complications.
- *Updated Guidelines for Surviving Prostate Cancer*, E. Roy Berger, MD, FACP, James Lewis, Jr., PhD, 2004—Take a proactive role in your own diagnosis, treatment regimen, survival, and quality of life.
- *Prostate Cancer for Dummies*, Paul H. Lange, MD, Christine Adamec, 2003—up-to-date information on treatment options, side effects, and recovery.



Prostate Cancer Helpline:  
1-800-80-Us TOO (808-7866)

**Us TOO International®**  
**Prostate Cancer Education**  
**& Support Network**  
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