

**With Us TOO International,** patients and their families do not face prostate cancer alone.

**Us TOO provides:**

- a credible, unbiased resource for education and support,
- a forum for information and support through specially designed programs and services,
- information to enable patients to assume an integral, self-directed role on their healthcare team.

Us TOO helps men with prostate cancer stay connected with those who have been there, are there, and who understand.

Men who have, or have had, prostate cancer give valuable support to others through their involvement with Us TOO. Just as men may have received support from Us TOO or our support group chapters, they can in turn offer other patients and their families patience, strength, and endurance through their experiences with diagnosis, treatment and recovery.

**Local Support Group Information:**

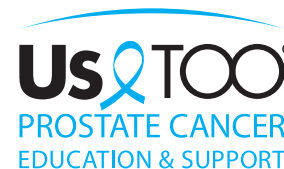
**Did You Know?**

- Approximately 2 million men in the U.S. are prostate cancer survivors.
- Prostate cancer is the most common cancer among men (excluding skin cancer).
- Prostate cancer is the second leading cause of cancer death in American men (lung cancer leads).
- Prostate cancer accounts for about 10% of cancer-related deaths in men.
- There are typically no symptoms for early stage prostate cancer.
- There were about 235,000 new prostate cancer cases in the United States in 2006. Approximately 27,000 men died of prostate cancer in 2006.
- About 1 man in 6 will be diagnosed with prostate cancer during his lifetime, but only 1 man in 34 will die of it.
- All men are at risk for prostate cancer. The risk increases with age and family history.
- African-American men have about a 60% higher incidence rate of prostate cancer and nearly a two-fold higher mortality rate than Caucasian men.
- Modern methods of detection and treatment mean that prostate cancers are now found earlier and treated more effectively than in previous years. Death rates have dropped about 3.5% in recent years.



**for Men with Prostate Cancer  
and Their Families**

**Someone to talk to...  
who understands**



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

**Us TOO International®  
Prostate Cancer Education  
& Support Network**  
5003 Fairview Avenue  
Downers Grove, IL 60515-5286  
phone 630-795-1002  
fax 630-795-1602  
www.ustoo.org

## Us TOO International Programs and Services for Men with Prostate Cancer and Their Families

In addition to the more than 300 support group chapters operating locally within the United States and in countries throughout the world, Us TOO's prostate cancer patient programming and support services include:

**HotSheet** monthly printed newsletter highlights the latest in treatment strategies and emerging treatments.

**Prostate Cancer NEWS You Can Use** is an emailed newsletter distributed to interested subscribers.

**Toll Free Patient HelpLine** provides 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.

**Prostate Pointers** are 14 topic-specific online discussion communities. Subscribers provide each other with support and information resources.

**Resource Kit for Making Prostate Cancer Decisions** for newly diagnosed patients provides clear, unbiased information on treatment options, questions to ask your physician and more to help patients make the best decisions for their individual situation.

**Circles of Love Care Kit** education and support program for companions and families of prostate cancer patients includes: a book of stories of companions and families facing prostate cancer, a music CD, a list of general cancer resources, and a facilitator discussion guide.

**Us TOO University** is a regional patient education and volunteer training program.

**Minority and Underserved Populations Outreach Program** has, in three years, reached 118,000 + men or their family members, providing outreach and support to local communities, churches, universities, and those otherwise without an awareness of prostate cancer risks or options.

**Free and low cost educational publications and materials** include DVDs, tapes, CD-ROMs, resource kits, books, pamphlets and prostate cancer blue ribbon awareness items.

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

Us TOO International 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.

### Our Mission

Communicate timely, personalized and reliable information enabling patients to make informed choices regarding detection and treatment of their prostate cancer.

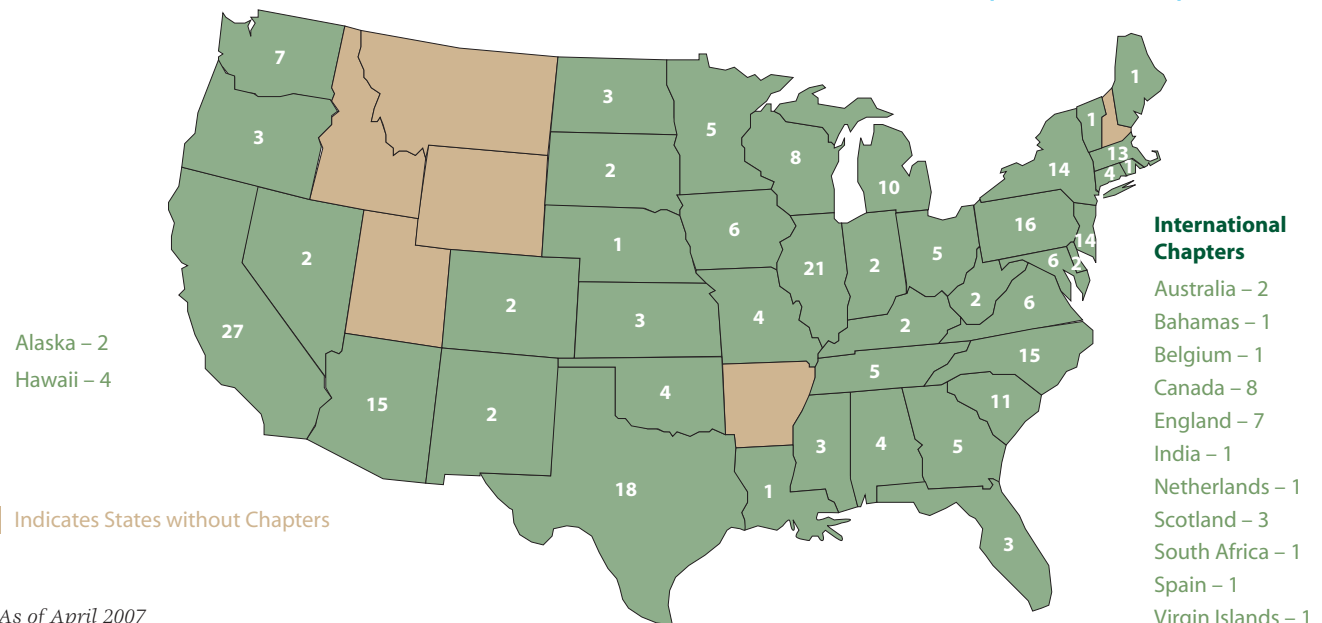
**Visit [www.ustoo.org](http://www.ustoo.org) for Comprehensive, Educational Information**

## Us TOO Has More Than 300 Support Group Chapters Worldwide

Each Us TOO support group functions as an independent chapter led by volunteers or a medical professional. 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, family, friends, and health professionals interested in prostate cancer.

Us TOO can put patients 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.

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-UsTOO (800-808-7866)**.



As of April 2007