

## Affected by prostate cancer? *Us too...*

**Help Us TOO help those with prostate cancer. Please visit [www.ustoo.org](http://www.ustoo.org) and click the DONATE icon.**

The work that we do relies solely upon public support such as donations and grants. Funding for the free educational materials and support services we provide is needed more now than ever with an aging population resulting in more people who will be impacted by prostate cancer. Since 1990, Us TOO has been the leading prostate cancer nonprofit organization serving as a resource for peer-to-peer support and educational materials provided at no charge to help men and their spouses/partners, families and caregivers make informed decisions about prostate cancer detection, treatment options and related side effects.

**S**UPPORT SERVICES

**E**ducational Resources

**A**DVOCACY & AWARENESS INITIATIVES

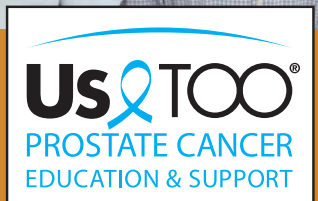


**Visit [www.ustoo.org](http://www.ustoo.org)**

**Prostate Cancer Support, Education & Advocacy/Awareness**

### Prostate Cancer Facts – Why You Should Care:

- Each year cancer (overall) kills 14 million people worldwide
- Men are more likely than women to be diagnosed with some type of cancer during their lifetime (50 percent of men compared to 33 percent of women)
- Prostate cancer is the most common non-skin cancer in the U.S., affecting one in six men
- African American men have the highest incidence of prostate cancer and are 60 percent more likely to develop the disease compared to Caucasian men
- Men with a family history of prostate cancer are at higher risk for developing prostate cancer
- Every year more than 230,000 men are diagnosed with prostate cancer; this number increases annually as the general population of aging men increases
- Prostate cancer is the second largest cancer killer of men following lung cancer; approximately 30,000 men will die this year from prostate cancer (82 men every day)
- Screening for prostate cancer includes a PSA (prostate specific antigen) blood test and a DRE (digital rectal exam); a biopsy is required to diagnose prostate cancer
- There is confusion over inconsistent messages about the value of PSA testing for prostate cancer; we fear that this is causing some men to forego testing for early detection resulting in physicians seeing an increase in prostate cancer initially diagnosed at an advanced stage
- Rather than any “quick fix” for prostate cancer, there are many treatment options and related side effects that each patient needs to evaluate

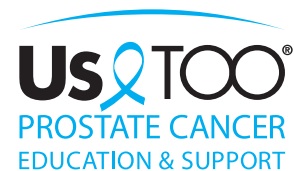


**Take Action – Get Connected**  
[www.ustoo.org](http://www.ustoo.org)

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

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

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**Us TOO International®  
Prostate Cancer Education  
& Support Network**  
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[www.facebook.com/UsTOOInternational](http://www.facebook.com/UsTOOInternational)

**We're Us TOO International Prostate Cancer Education & Support Network. We think we know what you're looking for:**

**Knowledge** about PSA testing, prostate cancer treatment options and the side effects of each

**Empowerment** to leverage knowledge and take action – to ask the right questions from the right people, and to get the information required for making informed decisions to define a personalized path for moving forward

**Compassion** from the men and women who have experience living through prostate cancer diagnosis and evaluating treatment options; who know how it feels to be overwhelmed by the information needed to make smart choices

**Collaboration** with other prostate cancer survivors and their loved ones/caregivers who have “been there - done that,” and who are eager as volunteers to share their experience, perspective and advice

**Encouragement** through knowing you're not alone in this battle with prostate cancer; you have someone to talk to who understands

**Hope** for effectively managing prostate cancer so life can be lived to its fullest

**Educational publications, materials and awareness items are available and donations are accepted at [www.ustoo.org/freematerials](http://www.ustoo.org/freematerials)**

**Affected by prostate cancer? Us too...**

Us TOO was founded by—and continues to be governed by—people directly affected by prostate cancer. We're a nonprofit that serves as a resource for peer-to-peer support and educational materials to help men and their spouses/partners, families and caregivers make informed decisions about prostate cancer detection, treatment options and related side effects through support, education and advocacy.

**Take action - Get Connected:**

*Subscribe to the Us TOO Newsletter -*

The *HotSheet* is a monthly newsletter that highlights the latest in prostate cancer treatment.

*Sign up to Receive “News You Can Use” -*

Periodic emails are sent to provide a recap of the most relevant news articles about prostate cancer.

*Access Prostate Cancer Educational Materials -* Digital and print versions of educational materials provide valuable, unbiased information; knowledge is power!

*Call the HelpLine - Talk to “Someone who understands” -*

Ask questions and get answers at 1-800-80-Us TOO (1-800-808-7866). Talk to someone who shares your experience with a specific prostate cancer treatment or side effect.

*Find a Support Group -*

There are more than 300 Us TOO support groups and chapters in the U.S. and abroad that meet to provide participants with the opportunity to share experience and gain knowledge to make informed personal choices for managing prostate cancer.

*The map below of the U.S. indicates the number of Us TOO affiliated support groups or chapters in each state.*

