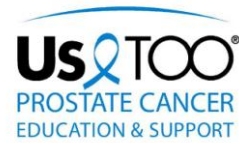




Johnny Payne  
Leader



# UsTOO Prostate Cancer Education and Support Group Harvey Floyd Chapter, Greenville, SC



[www.ustoopstatesc.org](http://www.ustoopstatesc.org)  
[www.facebook.com/UsTOOgreenvilleSC](http://www.facebook.com/UsTOOgreenvilleSC)  
[www.facebook.com/UpstateProstateCancerAlliance](http://www.facebook.com/UpstateProstateCancerAlliance)



## LIFELINE



December, 2015

(Someone to talk to....who understands)

**Happy Holidays to the members and supporters of the Harvey Floyd Chapter of Us TOO International.**

**Our support group vision is: "To provide the highest level of leadership, compassion and promotion of an enhanced understanding of prostate cancer while improving the quality of life for survivors, their families and men at risk through proactive programs and positions".**

### Active Surveillance for early stage Prostate Cancer

Active surveillance is a treatment option for early stage localized Prostate Cancer that can be offered to those patients that may otherwise also be candidates for more aggressive treatment such as surgery and/or radiation. It is important to note that Active Surveillance is different from watchful waiting. During Active Surveillance, prostate cancer is carefully monitored for signs of progression. PSA blood tests and digital rectal exams (DRE) are administered periodically along with repeat biopsies in a year and then at specific intervals thereafter. If symptoms develop, or if tests indicate the cancer is growing, treatment may be warranted.

Whereas with Watchful Waiting there is more monitoring and less intensive follow-up. There are fewer tests conducted. Watchful Waiting and the decision for more aggressive treatment depend on changes in the symptoms..

Because Prostate Cancer often grows very slowly, some men (especially those who are older or have other serious health problems) may never need treatment. Instead, their doctors may recommend Active Surveillance..

Our guest speaker for our December Meeting will be Dr, Patrick Springhart, M.D. of GHS Regional Urology. Our topic will be "Active Surveillance for Early Stage Prostate Cancer."

**Please join us on Monday, December 7th and enjoy our traditional holiday meal;**

<u>Upcoming Meetings</u>	<u>Outreach Events Upcoming</u>	<u>You Can Help</u>												
<p><b>Jan. 4th 2016 - Dr. Tracie Mertz McConnell, PhD</b>  <b>Roger C. Peace Rehabilitation Hospital</b>  <b>Topic: Depression</b></p> <p><b>Feb. 1st 2016 -Mrs. Diane Gluck</b>  <b>Founder: Cancer Survivors Park Alliance</b></p>	<p><b>Dec. 8th 2016 - Free Prostate Screening</b>  <b>Gibbs Cancer Center, Gaffney SC</b></p> <table border="0"> <tr> <td>Chapter Leader</td> <td>Johnny Payne</td> <td>864-616-0923</td> </tr> <tr> <td>Assistant Leader</td> <td>Carol Minehardt</td> <td>864- 420-0556</td> </tr> <tr> <td>Associate Leader</td> <td>Bob Milks</td> <td>864-414-7780</td> </tr> <tr> <td>Associate Leader</td> <td>John Boyle</td> <td>864-201-2193</td> </tr> </table>	Chapter Leader	Johnny Payne	864-616-0923	Assistant Leader	Carol Minehardt	864- 420-0556	Associate Leader	Bob Milks	864-414-7780	Associate Leader	John Boyle	864-201-2193	<p>Need some of you to sign up on the refreshment list located on the Info. Table or See Bob or Ginny Milks</p>
Chapter Leader	Johnny Payne	864-616-0923												
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<p><b>Thanks to the Greenville Health System for your support.</b>  <b>Thanks to the American Cancer Society</b> for help in printing and mailing this newsletter.</p>	<p>Please let me know if there are any changes to our database. Also let me know if you have any questions or <b>If you desire <u>not</u> to receive this newsletter</b>  <b>Contact John Boyle @ 864-288-1251 or email <a href="mailto:johnHelenBoyle@charter.net">johnHelenBoyle@charter.net</a></b></p>													

**Meetings are held at Fellowship Greenville Church, 3161 S. Highway 14, the 1st Monday of each month at 7:00 pm** (no meetings June, July or August): Directions: From the intersection of I85 and I385 – Take I85N toward airport 3.3 miles, exit 54: bear to the right onto Pelham Road; Follow Pelham Road 1.7 miles to Highway 14: Turn right – Fellowship Greenville will be just down the road ½ mile on the left. (For information. call 414-7780 or 616-0923)