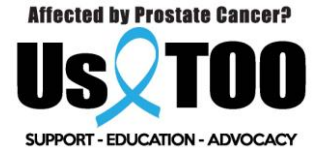




Johnny Payne
Leader



Us TOO Prostate Cancer Education and Support Group Harvey Floyd Chapter, Greenville, SC



www.ustoopstatesc.org
www.facebook.com/UsTOOgreenvilleSC
www.facebook.com/UpstateProstateCancerAlliance



LIFELINE



May 2017

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

Greetings to all the members and supporters of the Harvey Floyd Chapter of Us TOO .

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".*

Phytonutrients to Fight Prostate Cancer

Phytonutrients are substances found in certain plants which are believed to be beneficial to human health and help prevent various diseases including cancer. Plant foods contain thousands of natural chemicals. These are called phytonutrients or phytochemicals. "Phyto" refers to the Greek word for plant. These chemicals help protect plants from germs, fungi, bugs, and other threats.

Fruits and vegetables contain phytonutrients. Other plant-based foods also contain phytonutrients, such as: Whole grains, Nuts, Beans and Tea

Phytonutrients aren't essential for keeping you alive, unlike the vitamins and minerals that plant foods contain. But when you eat or drink phytonutrients, they may help prevent disease and keep your body working properly.

Source: Web MD

Our April Support Group meeting will be Monday May 1st @ 7:00 p.m. Our Speaker will be **Dr. Erick Busby**, Urologist GHS-Regional Urology. **Our Topic: Phytonutrients to Fight Cancer**

For more information on Click here phytonutrients or phytochemicals

http://www.aicr.org/reduce-your-cancer-risk/diet/elements_phytochemicals.html

<u>Upcoming Outreach Events</u>	<u>Upcoming Meetings</u>	We thank Laura Brasington of AbbVie Pharmaceuticals & the Upstate Prostate Cancer Alliance for sponsoring our refreshments
June 4th 2017 - National Cancer Survivors Day West End Community Center- Greenville SC Followed by..... June 4th 20176 - "Drive to Thrive" Fluor Field - Greenville SC	SUMMER BREAK: June -July- August Chapter Leader Johnny Payne 864-616-0923 Assistant Leader Bob Cardone 864- 630-0362 Associate Leader Bob Milks 864-414-7780 Associate Leader John Bovle 864-201-2193	
Thanks to the Greenville Health System and the American Cancer Society for your support.	Please let us know of any changes of If you no longer wish to receive this newsletter. Contact John Boyle @ 864-288-1251	

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)