



Johnny Payne
Leader



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



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LIFELINE



October 2015

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

Greetings 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”.*

Physical Therapy and Prostate Cancer

Physical activity can improve your physical and emotional health. It is important for managing weight, maintaining muscle, reducing your risk of heart disease, and keeping bones strong. Staying active can help with balance, improve your sleep, and reduce fatigue and anxiety. Exercise can also help with potential side effects of prostate cancer treatment.

Exercise not only improves quality of life after Prostate Cancer treatment but studies have found that men who get regular physical activity have a slightly lower risk of prostate cancer. Vigorous activity may have a greater effect, especially on the risk of advanced prostate cancer. Also, in men with prostate cancer, physical activity is associated with better survival, and a modest amount of vigorous activity, about three hours a week, may substantially improve prostate cancer survival

Some treatments for prostate cancer can have detrimental effects on your body. Hormone therapy can lead to osteoporosis and loss of muscle mass, both of which can be improved through exercise and strength training. Other treatments, such as surgery, can cause urinary incontinence (inability to control urine flow). Kegel exercises before and after prostate cancer treatment strengthen the pelvic-floor muscles, which can improve incontinence.

Our guest speaker will be Geeta Armstrong, a Physical Therapist from Bon Secours Health System. Our Topic will be Physical Therapy for Prostate Cancer Patients. We look forward to see each and everyone on Monday Oct 5th.

<u>Upcoming Outreach Events</u>	<u>Upcoming Meetings</u>	<u>You Can Help</u>
Oct. 3-Wellness Fair-Beech Springs Baptist Church Pelzer SC	Oct.- Proton Beam Therapy Ron Nelson, Author of Protons vs. Prostate Cancer Ron is a member Midlands, Support Group of Us TOO	Need some of you to sign up on the refreshment list located on the Info. Table or See Bob or Ginny Milks
Oct. 17-Breast /Prostate Cancer Awareness Breakfast-Old Pilgrim Baptist Church Greenville SC	Chapter Leader Johnny Payne 864-616-0923	
Oct. 24-Cancer Prevention Palooza - Greenville Tech. Greenville SC	Assistant Leader Carol Minehardt 864- 420-0556	
	Associate Leader Bob Milks 864-414-7780 Associate Leader John Boyle 864-201-2193	
Thanks to the Greenville Health System for your support. Thanks to the American Cancer Society for help in printing and mailing this newsletter.		Please let me know if there are any changes to our database. Also let me know if you have any questions or If you desire not to receive this newsletter Contact John Boyle @ 864-288-1251 or email johnHelenBoyle@charter.net

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)