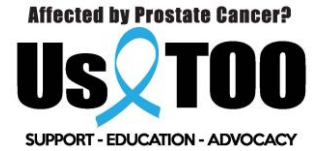




Johnny Payne  
Leader



# Us TOO 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**



February 2019

(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”.*

## Prostate Cancer Prevention and Recurrence

As far as we know, there is no sure way to prevent prostate cancer. Many risk factors such as age, race, and family history can't be controlled. But there are some things you can do that might lower your risk of prostate cancer. If you want to reduce your risk of prostate cancer, consider trying to: Choose a low-fat diet. Reduce foods that contain fats such as meats, nuts, oils and dairy products, such as milk and cheese. In some studies, men who ate the highest amount of fat each day had an increased risk of prostate cancer.

A recurrence means that the prostate cancer has not been cured by the initial treatment. Surviving prostate cancer cells have become evident again on evaluation. Usually after surgery to remove the prostate, PSA levels in the blood decrease and eventually become almost undetectable. After radiation therapy, PSA levels usually drop to a stable and low level.

Our February Support Group meeting will be Monday, February 4th @ 7:00 p.m. Our speaker will be **Dr. Daniel Fried, MD. of the Gibbs Cancer Center. Our Topic will be PCa Prevention and Recurrence**

<p><b><u>Upcoming Meetings</u></b></p> <p><b>Mar. 4<sup>th</sup> -Dr. Jeffery Albaugh, PhD.,</b> UsTOO Board of Directors <b>Topic: Reclaiming Sex &amp; Intimacy</b></p> <p><b>Apr. 1<sup>st</sup> Dr. Mark O'Rourke, M.D. Topic:</b> GHS Cancer Institute <b>Topic: The Benefits of Exercise &amp; Nutrition</b></p> <p><b>May 6<sup>th</sup> Ask the Doctors Q &amp; A</b> <b>Site: Cancers Survivors Park- Greenville</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>Bob Cardone</td> <td>864- 630-0362</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	Bob Cardone	864- 630-0362	Associate Leader	Bob Milks	864-414-7780	Associate Leader	John Boyle	864-201-2193	<p>We thank Us TOO Greenville for sponsoring our refreshments</p>
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<p><b><u>Upcoming Outreach Events</u></b></p>														

<p>Thanks to the Greenville Health System, Genomic Health Inc. and the American Cancer Society for your support.</p>	<p>Please let us know of any changes and if you no longer wish to receive this newsletter. Contact Bob Cardone @ 864-630-0362</p>
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**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)