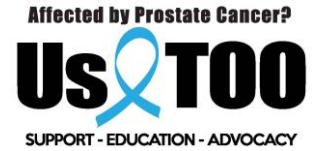




Johnny Payne  
Leader



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



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



**LIFELINE**



April 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”.*

## The Impact of Exercise and Nutrition on Prostate Cancer

Studies suggest that maintaining a healthy diet and engaging in regular exercise may lower your risk for prostate cancer. It also can help you prepare for and recover more effectively after cancer treatment and may help prevent cancer from coming back.

In addition, watching your weight may reduce the risk of dying from prostate cancer. According to a study by researchers at Fred Hutchinson Cancer Research Center, the risk of dying from prostate cancer is more than double in obese men diagnosed with the Prostate Cancer compared with men of normal weight at the time of diagnosis. Also obese men with local or regional disease have nearly four times the risk of their cancer metastasizing.

Diet and exercise may help you fight prostate cancer and deal with treatment in many ways. It is believed that choices about our diet account for the vast majority of prostate cancer cases. It is important to evaluate diet choices when it comes to risk of prostate cancer.

Our April Support Group meeting will be Monday, April 1st @ 7:00 p.m. Our speaker will be **Dr. Mark O'Rourke, MD of PRISMA Health Cancer Institute, Greenville SC**  
**Our Topic will be The Benefits of Exercise & Nutrition related to Prostate Cancer.**

<p><b><u>Upcoming Meetings</u></b></p> <p>May 6<sup>th</sup> PRISMA Health Regional Urology  <b>Topic:</b> Ask the Doctors Q &amp; A  <b>Site:</b> Cancers Survivors Park- Greenville</p> <p><b>June – July – August Summer Break</b></p> <p>September 9<sup>th</sup> 2019 -To Be Announced</p>	<p>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>	<p>We thank Us TOO Greenville for sponsoring our refreshments</p>
	<p><b><u>Upcoming Outreach Events</u></b></p> <p>Apr. 6<sup>th</sup> PRISMA Health Community Health Summit  Greenville Convention Center, Greenville SC</p>	
<p>Thanks to the PRISMA Health, 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>

**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)