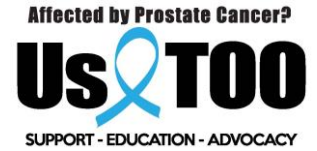




Johnny Payne  
Leader



# 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**



September 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”.*

## Nutrition and Prostate Cancer

A diagnosis of prostate cancer raises many questions. Some men may have questions about the reasons prostate cancer develops or have interest in how to prevent it in other family members. Prostate cancer is a complex disease and its cause is not entirely known. Its development is likely related to several risk factors. Diet and other lifestyle factors may be one of many possible causes of prostate cancer – and one of the few that can be modified.

Good nutrition may help reduce the risk of developing prostate cancer, slow progression of the disease and prevent aggressive disease. When you're being treated for prostate cancer, it's more important than ever to eat right and get adequate nutrition -- but it can also be more difficult than ever to adhere to a balanced diet. Your body is working overtime to fight the cancer, while it's also doing extra duty to repair healthy cells that may have been damaged as a side effect of treatments. Therefore you need make sure you're getting all the essential nutrition, for a balanced diet .

We trust you had an enjoyable summer. We look forward to seeing you at our September 9<sup>th</sup> Support Group meeting. Our Speaker will be Catherine Bailey, RD/LD Clinical Nutrition Specialist at Prisma Health Upstate Regional Urology. Our topic will be Nutrition and Prostate Cancer.

<u>Upcoming Outreach Events</u>	<u>Upcoming Meetings</u>			We thank the Greenville Us TOO Support Group Prostate for sponsoring our Refreshments
	Chapter Leader Assistant Leader Associate Leader Associate Leader	Johnny Payne Bob Cardone Bob Milks John Boyle	864-616-0923 864- 630-0362 864-414-7780 864-201-2193	
<b>Thanks to the Prisma Health Upstate and the American Cancer Society for your support.</b>				

**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)