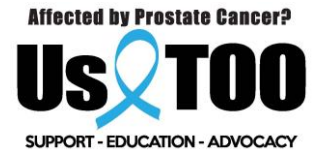




Johnny Payne
Leader



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



October 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”.*

Physical Therapy and Prostate Cancer

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

Studies have found that getting regular physical activity will slightly lower the risk of prostate cancer. Vigorous activity may have a greater effect, on the risk of advanced prostate cancer. In men with prostate cancer, physical activity is associated with better survival. A modest amount of vigorous activity, such as three hours a week, may substantially improve prostate cancer survival.

We look forward to seeing you at our October 7th Support Group meeting. Our speaker will be **Brooke Rousseau**, PT-Physical Therapy specialist with Sports Spine and Industrial Inc. Our topic will be Physical Therapy and Prostate Cancer.

<u>Upcoming Meetings Upcoming</u>	<u>Outreach Events</u>	We thank the Greenville Us TOO Support Group Prostate for sponsoring our Refreshments
Nov. 7th – Psychological Effects of PCa Dr. Lucinda Quick, PhD, Clinical Psychologist Prisma Health Upstate	Oct. 8 th – Greenville County Employees Health Fair County Square, Greenville SC	
Dec. 2 nd - Holiday Celebration Food -Fun and Fellowship	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	
Thanks to the Prisma Health Upstate 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 Bob Cardone @ 864-630-0362	

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)