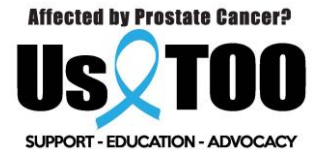




Johnny Payne
Leader



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



November 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 Psychological Effects Prostate Cancer

A prostate cancer diagnosis is a devastating event. This diagnosis affects not only the patient, but also his family and friends, including anyone that may come in contact with him. The mere word "cancer" alone brings about uncertainty, fear, anger and stress. The emotions are put in a tailspin. The patient becomes uncertain of what to do and the fear of dying is evident. Depression and stress often occur together. Depression has been linked to shorter survival times for many cancer patients. Dealing with the depression associated with a prostate cancer diagnosis is a helpful step in recovery and treatment; not just for the men, but also for those who are also affected by depression caused by the diagnosis.

Patients with prostate cancer should consider consulting an experienced mental health professional for emotional symptoms such as anxiety, depression, or insomnia. Studies have shown that education and discussions with a health-care professional and other men with prostate cancer such as support groups can improve quality of life. Studies have shown that men who are proactive rather than avoidant in coping with emotional issues tend to have more positive psychological and physical outcomes and are more likely to be able to return to their precancer ways of life sooner.

We look forward to seeing you at our November 4th Support Group meeting. Our speaker will be **Dr. Lucinda Quick, PhD - Clinical Psychologist Prisma Health Upstate.** Our topic will be Psychological Effects of Prostate Cancer.

<p align="center"><u>Upcoming Meetings Upcoming</u></p> <p>Dec. 2nd- Holiday Celebration Food -Fun and Fellowship</p> <p>Jan. 6th – Psychological Effects of PCa Dr. Sam Sterrett MD, Greenville-Palmetto Urol. Topic: Biochemical Recurrence</p>	<p align="center"><u>Outreach Events</u></p> <p>Oct. 8th – Greenville County Employees Health Fair County Square, Greenville SC</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 the Greenville Us TOO Support Group Prostate for sponsoring our Refreshments</p>
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<p>Thanks to the Prisma Health Upstate and the American Cancer Society for your support.</p>	<p>Please let us know of any changes of 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)