

## IN THE KNOW SYMPTOMS, TESTS & TREATMENT



### No Need to Fight Alone!



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#### Prostate Support Groups Offer Resources for Men and Their Loved Ones

If you have been diagnosed with prostate cancer—or indeed any form of cancer—scientific studies have shown that joining a support group can help you cope with the wide range of emotions that you and your loved ones will experience before, during, and after cancer treatment.

Cancer support groups—whether they meet in person, by phone, or online—offer a wide range of resources to complement those you and your family will find at your urology and oncology clinics. These groups provide information and a shoulder to lean on, they teach coping skills, they help to reduce anxiety, and they offer a welcoming space where new friends can share common concerns and form lasting bonds.

Some support groups are comprised of people with the same type of cancer, while others include people who are having the same kind of treatment. At right we provide information for some national and regional support groups for men diagnosed with prostate cancer and their partners.

A list of prostate and other cancer resources can be found at [ampofny.com/radiation\\_oncology/resources](http://ampofny.com/radiation_oncology/resources)

#### National Prostate Cancer Support Groups & Resources

##### American Cancer Society

The American Cancer Society's Man-to-Man program helps men cope with prostate cancer by offering community-based education and support for patients and their family members.

Visit [cancer.org/treatment/supportprogramsservices/mantoman](http://cancer.org/treatment/supportprogramsservices/mantoman) or call 800-ACS-2345.

##### Malecare

Malecare is America's largest volunteer men's cancer support group and an advocacy organization.

Visit [malecare.org](http://malecare.org) for general information or visit [advancedprostatecancer.net](http://advancedprostatecancer.net).

##### MyBridge4Life

The Prostate Cancer Foundation partners with MyBridge4Life on a patient and caregiver support network that allows individuals to track a medical diagnosis, set goals, and communicate with loved ones.

Visit [mybridge4life.com/pcf](http://mybridge4life.com/pcf).

##### Prostate Cancer Foundation

The Prostate Cancer Foundation is the leading philanthropic organization funding and accelerating prostate cancer research globally. Its Prost8Care initiative provides cancer support via text messages.

Visit [pcf.org](http://pcf.org).

##### PSA Rising

News, support, and information for prostate cancer survivors.

Visit [psa-rising.com](http://psa-rising.com).

#### National Prostate Cancer Support Groups & Resources

##### ZERO: The End of Prostate Cancer

The mission of zero is to send prostate cancer the way of polio and make it nothing but a bad memory. Zero holds many fundraising events throughout the year and its website hosts several resources.

Visit [zerocancer.org](http://zerocancer.org) or call 202-463-9455.

#### Regional Prostate Cancer Support Groups & Resources

##### Man-to-Man

The ACS Man-to-Man Central New York Support Group meets in East Syracuse, NY.

Call 315-437-7025.

##### New York State Prostate Cancer Coalition

This coalition has information on support groups throughout the state, including those that meet in Liverpool and Herkimer.

Visit [newyorkprostate.com](http://newyorkprostate.com), e-mail [info@newyorkprostate.com](mailto:info@newyorkprostate.com) or call 212-673-4920.

##### Us TOO Upstate

Us TOO is an international, non-profit prostate cancer education and support network with 325 support group chapters. It holds an online prostate cancer support group in the summer and runs a support telephone helpline.

This support group network has Upstate New York chapters in Rochester, Whitesboro, and Buffalo.

Visit [ustoo.org/Chapter\\_NearYou.asp](http://ustoo.org/Chapter_NearYou.asp).

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