



To Support The Health of The Men Of Stonebridge, The Men's Club Is Pleased To Announce The Formation Of The Prostate Cancer Support Group.



Why focus on Prostate Cancer?

- ◆ 1 in 8 men will be diagnosed with Prostate Cancer in their lives.
- ◆ It is the most diagnosed cancer in men after skin cancer.
- ◆ The average age of diagnosis is 66, but as you get older, your chances go up.
- ◆ The **good news** is that when caught early, the remission/cure rate is 99% after five years.

Why a support group should be of interest to you:

- ◆ Any cancer diagnosis brings with it uncertainty, fear, anger, sadness and more. Though your family and friends may mean well, they may not have faced what you are facing. A support group can fill this need.
- ◆ You want to learn more:
 - ✓ because you may have recently been diagnosed;
 - ✓ because you are in a watch and wait mode due to rising PSA levels;
 - ✓ to hear about options to manage treatments and their associated side effects;
 - ✓ about actual experiences from patients who have faced these challenges, thus providing you with local experience where you are most likely to seek treatment;
 - ✓ to understand, as a caregiver, relative or friend, how to better support someone you know with Prostate Cancer.

Key Goals of the Group:

- ◆ Share knowledge, information and experiences so you can make informed decisions **because you need to be your best advocate.**
- ◆ Supplement your doctor's advice with qualified documents for you to review.
- ◆ Be informed about seminars to attend and resident experiences who have faced these challenges.

Next Steps:

- ◆ Join us at our next meeting where some men in Stonebridge are willing to discuss their treatment journey including Active Surveillance, Radiation, Surgery and Hormone treatment.
- ◆ Our Monthly meetings will be held to update you on various subjects including new treatments that are being introduced. Some will include speakers and others on how to deal with the stressful aspects of having cancer.
- ◆ Over time, we will also look at options for raising money for organizations that support Prostate Cancer
- ◆ Our initial meeting will be held Monday, November 14, 2022 at 7:00 PM in the Aerobics Room.

Managing Prostate Cancer For Healthy and Active Living