

Maine Coalition to Fight Prostate Cancer

Summer Newsletter

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In this age of self-quarantining and social distancing, some men and their loved ones dealing with the diagnosis of prostate cancer have found it difficult to get support. For men with the disease, the Maine Coalition to Fight Prostate Cancer provides support through our **One2One Confidential Program**. Call 207-441-5374 for private individual support. We believe that no one should face cancer alone, if privacy is what is needed, we offer that type of support. If your call is not immediately answered, you will receive a return call within hours. You will be paired with a trained volunteer who is a prostate cancer survivor. Our volunteers understand, they have been there before and rest assured, all conversations are private and confidential.

Many of the prostate cancer support teams here in Maine are meeting via ZOOM. The groups in Bangor, Belfast, Machias, Ellsworth, Lewiston, and Portland are meeting this way. However, some men may not have computer access to meet this way or are uncomfortable using unfamiliar technology. This newsletter will provide some basic information about prostate cancer for newly diagnosed men. It is our fervent hope that those of you reading this will pass along the information to individuals that you may know who are newly diagnosed. In addition, we are providing links to organizations that contain information for men who have been dealing with the disease for a period of time. We hope that you will find this of value. As always, you may go to our website www.mcfpc.org for more information.

A valuable resource for newly diagnosed men and their loved one is the **Urology Care Foundation** which can be found at: urologyhealth.org. Once at the site click on the prostate cancer tab. This provides invaluable information about the symptoms, causes, diagnosis, stages, treatment, clinical trials, after treatment, and more. The information is clear and in layman's terms.

Yet another resource for newly diagnosed men is **Johns Hopkins Medicine**. Go to hopkinsmedicine.org/health/conditions-and-diseases/prostate-cancer. This site provides an overview of prostate cancer, the basics about prostate cancer, and brief overviews of treatments, tests and therapies.

More advanced information from Johns Hopkins can be found at ictr.johnshopkins.edu. The "ictr" address is used in place of www. The letters stand for **Institute for Clinical and Translational Research**. The Institute for Clinical and Translational Research established in 2007 is one of more than 60 medical research institutions funded by the National Institute of Health (NIH). These institutions work together as a national consortium to work together to improve the way biomedical research is conducted nationwide. Among other things, the ICTR addresses obstacles in translating basic science discoveries into research in humans, translating clinical discoveries into the community and communicating experiences from clinical practice back to researchers.

Some topics of interest on the website include "Intense Form of Radiation Slows Disease Progression in Some Men With Prostate Cancer That Has Spread," "Progress in Developing an Accurate, Noninvasive Urine Test for Prostate Cancer," "Large Scale Study of African-American Men With Prostate Cancer," "Lethal Prostate Cancer Treatment May Benefit From Combination Immunotherapy," "Immunotherapy Trials...", "Genetically Engineered Bone Marrow Cells Slow Growth of Prostate and

Pancreatic Cancer Cells in Mice. These are just some of the interesting and promising articles about possible prostate cancer treatments.

Additional advanced information can be found on the website of the **American Urological Association** at auanet.org. Type in prostate cancer in the search bar. You have the option of clicking on webinars and webcasts to listen in on information from clinical experts. There are 107 informational options to click on. The data on this site is of a more clinical nature.

The website of the **National Institute of Health** is a wealth of information about prostate cancer. Go to www.nih.gov/. In the search bar type in prostate cancer. Numerous articles and informational data about prostate cancer are on this site. You can click on one link after another for more details and information about the disease. The data from these links is current and offers hope for accurate prostate cancer staging and treatments.

Information about prostate cancer can also be found on the websites of national prostate cancer awareness groups such as **The Prostate Cancer Foundation**, www.pcf.org; **Zero Prostate Cancer**, zerocancer.org/; **Us Too**, ustoo.org/; **Male Care**, malecare.org/; and **The Maine Coalition to Fight Prostate Cancer**, mcfpc.org/.

The Board of Directors of the **Maine Coalition to Fight Prostate Cancer** is always looking for individuals to assist us in our outreach to men and their loved ones who have been diagnosed with prostate cancer. New blood with new ideas helps to energize and invigorate all organizations and MCFPC is no exception. Help can be provided in many ways: maintaining the website, working on the newsletter, outreach to new immigrants, outreach to the African-American community, outreach to the Hispanic community, outreach to the Native American community, working with physicians and hospitals to provide free screenings, working with physicians and nurse navigators to encourage them to suggest that men attend support groups, etc. If you have the time and talent and ideas on ways to assist us in our work, please call us at 1-855-552-7200 or Mr. George Jones our Board Chair at 207-388-2640 or Mona Ervin at 207-784-2086.