

Us TOO[®]

PROSTATE CANCER EDUCATION & SUPPORT

C e n t r a l I l l i n o i s C h a p t e r

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Next Meeting:

Tues., Aug 24
Time: 4:30–6:00p.m.

Location:

Cancer Care Center of Decatur
210 W McKinley Ave
Enter through north entrance—
“Education Classroom
Complementary Medicine”

*Meetings are usually held monthly
on the 4th Tuesday*

The Us TOO newsletter is
available on-line at

www.dmhcares.org

Click on ‘Cancer Care Institute’,
and then click on “Education
and Networking Groups”. To
receive notices, or cancel
notifications, either email
terrib@dmhhs.org or call
(217)876-4765.

Edited by: Jamie Clark, BS, CTR

Prostate Cancer: Urinary Incontinence

<http://www.webmd.com/urinary-incontinence-oab/mens-guide/urinary-incontinence?page=2>

What Can Be Done to Treat Urinary Incontinence after Prostate Cancer Treatment?

Treatments include:

- Pelvic floor treatments. Many doctors prefer to start with behavioral techniques that train men to control their ability to hold in their urine. A popular set of exercises, called Kegel exercises, strengthens the muscles you squeeze when trying to stop urinating mid-stream. These exercises can be combined with biofeedback programs that help you train these muscles even better.
- Supportive care. This treatment includes behavior modification, such as drinking fewer fluids, avoiding caffeine, alcohol, or spices, and not drinking at bedtime. People are encouraged to urinate regularly and not wait until the last moment possible before doing so. In some people, losing weight may result in improved urinary control. Supportive care also involves changing any medications that interfere with incontinence.
- Medication. A variety of medications can increase bladder capacity and decrease frequency of urination. In the near future, newer medications will become available to help stop some other forms of urinary leakage.
- Neuromuscular electrical stimulation. This treatment is used to retrain and strengthen weak urinary muscles and improve bladder control. With

Participate in a
sexuality survey
designed especially
for prostate cancer
survivors and their
partners.

To participate, go to:

<http://www.ustoo.org/PCSPSexualitySurvey.asp>

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Upcoming meeting topic.....

August Urinary Incontinence—Julie Peacock, DMH Rehab

September Prostate Cancer Awareness Month — Stay tuned for more info!

this treatment, a probe is inserted into the anus and a current is passed through the probe at a level below the pain threshold, causing a contraction. The patient is instructed to squeeze the muscles when the current is on. After the contraction, the current is switched off.

- Surgery, injections, and devices. A number of techniques may improve bladder function.
- Artificial sphincter. This patient-controlled device is made of three parts: a pump, a pressure-regulating balloon, and a cuff that encircles the urethra and prevents urine from leaking. The use of the artificial sphincter can cure or greatly improve more than 70% to 80% of the patients.

- Bulbourethral sling. For some types of leakage, a sling can be used. A sling is a device used to suspend and compress the urethra. It is made from synthetic material or from the patient's own tissue and is used to create the urethral compression necessary to achieve bladder control.
- Other surgery. Your doctor can also do a surgery that has helped some men. It involves placing rubber rings around the tip of the bladder to help hold urine.



Community events to watch for during National Prostate Cancer Awareness month....

- ☺ Prostate Cancer Screening, Friday, September 17
- ☺ Annual Prostate Cancer Awareness Seminar



We're still looking for **Community of Hope** stories. Help others and share you're story!

If you have questions, call Terri at 876-4765 or email terrib@dmhhs.org.

Us TOO Mission Statement:

Our meetings provide a forum in which we can discuss problems and anxieties related to prostate cancer. In addition, the group serves as a resource of medical information for all participants. We strive to maintain a positive and supportive attitude, have an enjoyable time, and encourage each other as we take our walk on the prostate cancer journey. If you have a concern between meetings, seek us out for emotional support or a listening ear.



KNOWLEDGE IS POWER.

Men and their families who become educated about prostate cancer will learn how to take better care of themselves and monitor their health.

Online Resources

Lending Library

Us TOO International, Inc.
1-800-808-7866
www.ustoo.com

American Cancer Society
1-800-227-2345
www.cancer.org

Decatur Memorial Hospital
217-876-4750
www.dmhcares.org

The Project to End Prostate Cancer
www.zerocancer.org

Caring 4 Cancer
Complete source for knowledge & support
www.caring4cancer.org

National Cancer Institute
1-800-4-cancer
www.cancer.gov

Central Illinois Us TOO Newsletters
www.dmhhs.org/services/cancercaresupport

Services Offered

- HIM (Helping Inquiring Men) provides "one-on-one" assistance, information and peer support to newly diagnosed prostate cancer patients.
- Transportation
- Free Patient Education & Resources Kit for newly diagnosed patients
- Monthly newsletters

A variety of books and videos are available for check out at the monthly meetings.

Books:

- Dr. Katz's Guide to Prostate Health
- 100 Questions & Answers About Prostate Cancer
- Saving Your Sex Life
- Promoting Wellness for Prostate Cancer Patients by Dr. Moyad

VHS Videos:

- 2008 & 2009 past meeting presentations

DVD's:

- The Patient's Guide to Prostate Cancer
- Testimonies to Regained Sexual Potential
- Erectile Dysfunction Treatment
- Urinary Incontinence Treatment
- The Truth About Cancer
- Reclaiming Intimacy