THE SARASOTA PROSTATE INITIATIVE, INC.

AN IRS 501C3 NON-PROFIT PUBLIC CHARITY

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Men to Men of Sarasota

Website at: prostatesarasota.org Email: info@prostatesarasota.org

Address: 1661 Ringling Blvd 75 Sarasota, FL 34230

Tel: 941 356 0754

PROSTATE HEALTH
A PATIENT's GUIDE

INFORMED DECISIONS OVERCOME FEAR!

Medical disclaimer: Information and opinions presented by Sarasota Prostate Initiative are gathered from reputable sources and we hope it helps you with your prostate health issues but **should not be considered as medical advice**. Patients should always consult with a doctor for medical advice or information about diagnosis and treatment.

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SARASOTA PROSTATE WEBSITE: PROSTATESARASOTA.ORG

FOR A COMPREHENSIVE 77-PAGE REPORT FROM AMERICAN CANCER SOCIETY ON PROSTATE CANCER SEE THIS WEBSITE:

HTTPS://WWW.CANCER.ORG/CANCER/TYPES/PROSTATE-CANCER/TREATING.HTML

A History

James F. Mullen, Jr. 1918 – 1997 Founder of Man to Man

In 1986, Jim Mullen was diagnosed with prostate cancer. He went through many weeks of radiation treatment in the belief that he could resume his normal retirement life. At the urging of his wife, Jim set about to create an awareness of the disease and its diagnostic and treatment options.

With support from Sarasota Memorial Hospital and the local medical community, Jim founded the Man to Man program in 1989. The program has continued, with a name change to Men to Men, to this day.

Doctor Alan Treiman 1954 – 2017 Medical Director of Men to Men

Doctor Alan Treiman, one of Sarasota's and the nation's leading urologists was a frequent presenter and great leader for men seeking answers. Dr. Treiman trained at Harvard and Memorial Sloan-Kettering. He became the Medical Advisor for Men to Men, always encouraging men to gain as much knowledge as possible before making final treatment decisions. He would always say that Prostate Cancer was a rapidly changing field and that it was important to stay ahead of the information curve.

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Over the years, Man to Man, now Men to Men, has operated monthly forums for men who are concerned about the possibility of prostate disease, who have been recently diagnosed with prostate cancer, who have begun treatment, or who have completed treatment. All of these men have a concern about new treatments, and additionally have an interest in helping other men go through this journey with guidance and encouragement.

The meetings are held on the Third Monday of each month at 2pm, either In-Person or Virtually by Zoom, a necessity created by the past two years of a Covid Pandemic.

Each month a 'presenter', a doctor or other professional, provides updated information on developments that help us all. The Sarasota medical community is owed a great debt of gratitude for the resource they have provided to these men in need. Doctors from many disciplines have appeared and given freely to answer questions of the attendees.

The Mission

The Mission of The Sarasota Prostate Initiative is to increase awareness of diagnostic and treatment options available to men with prostate disease, and to guide and support them through their journey.

INFORMED DECISIONS overcome FEAR

Specific Goals of Sarasota Prostate Initiative:

- Men to Men monthly education and support meetings for doctors' presentations and Q and A.
- Peer to peer mentoring, support, and education for men embarking on this medical journey.
- Provide resource materials, articles, videos, conferences – a library of information.
- Create new support groups to reach out to more geographic areas.
- Focus special attention to under-served communities such as the Black and LGBTQ communities.
- Outreach-Spread the word - via social media, newspapers, TV, radio - to create AWARENESS.
- Partner with other agencies and companies to exert maximum pressure on these issues.
- Promote Sarasota as a pre-eminent medical center for Prostate Disease.

Leadership

David G. Morse, President – Diagnosed with prostate cancer in 2011, Morse originally chose Aggressive Surveillance (his terminology); 4 years later his condition changed and he then opted for a complete regimen of radiation, brachytherapy and hormone therapy. This was after consultation and research with leading doctors and cancer centers in the US as well as with support group patients with comparable experiences.

Morse is a former Harvard College and professional athlete in 2 sports who continues a daily workout routine including tennis four times a week.

He is a former Member of the MA Governors Committee on Fitness and Sport, was Director of the National United States Youth Games, President of Sports Management Associates, Inductee to Vermont Academy and to Hingham, MA Halls of Fame, a founder of DARE, Inc, Boston, co-founder Development Alternatives, Inc, Washington, DC, and is currently a Sarasota Elections Clerk, and member of the Team Tony Board of Directors.

A big part of Morse's efforts includes partnerships with many others joining the battle: BayFirst Bank, Greater Newtown Historical Gallery, Goodwill, Team Tony, the Multi Cultural Health Institute, Cancer Resource Network...and many other local and national institutions.

Our **Board of Directors** presents a diverse, professional, and sensitive approach to the issues of the Initiative.

Dr. Dwight L. Fitch – Radiation Oncologist – Advocate Radiation Oncology; Mentor – Brotherhood of Men.

Lenore Sayers de Funes – Acupuncturist - Dipl.Ac. – Past Director FSOMA.

Dr. Ed Weinsberg – Ed.D., D.D., Gerontology – Author: Conquer Prostate Cancer; Chair, Men to Men.

David Fields – CPA – Tax Accounting – Business leadership.

Simon Leeder – President, SLI, Inc. Business leader, Youth basketball coach.

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Our **Partners** are medical groups, agencies, media affiliates, cancer centers, foundations, colleges and more.

Programs

- **Monthly Support Meetings – Awareness**

On the third Monday of each month at 2pm, Men to Men invites a medical doctor or other guest to answer questions and present information to enhance the awareness of men and their partners who seek information on diagnostics and treatment options (and there are many!!) for prostate disease.

We meet IN-PERSON as well as VIRTUALLY via ZOOM.

- **Peer to Peer Mentoring**

Men are urged to make contact with us. Perhaps just a telephone call, or perhaps just an email. A short conversation can open the door to the possibility of dialogue. This dialogue can lead to open discussion about shared experiences and can answer basic questions. This can greatly assist with the cancer battle.

- **PSA Screening - Testing**

The PSA test (for Prostate-Specific Antigen), at one point several years ago seen as perhaps over-used by the medical community, has since regained its position as the preminent method for the early detection of prostate disease.

We hold monthly PSA testing at a site in Newtown on the third Saturday of the month. No registration required, no doctor's order needed. This is a 5 minute blood draw with results within 48 hours.

- **Conferences – Seminars**

Conferences and seminars provide a wealth of information, often from doctors and others from locations around the world. We make these conferences available as a resource and often help with the organization of them. Where needed, virtual contacts are available by ZOOM and other meeting formats.

Sarasota Prostate Initiative is planning a Sarasota-based Conference in the near future as Sarasota and surrounding communities are such a vital resource of globally respected medical care.

CTAC 2018 Event Eloise Werlin Park
Photo by Andrea Hillebrand

- **Partnerships**

The solutions for those facing prostate disease require the aid and asistance of many resources. Sarasota has a remarkable number of such agencies and others who are able to collectively address these issues.

The Cancer Resource Network has brought together a large number of such agencies and helps them all reach out through community gatherings and presentations.

Programs

- **Outreach**

Outreach is perhaps the highest goal of The Sarasota Prostate Initiative – that goal being to create awareness for more men and their partners. Men are notoriously reluctant to open up about their health issues and particularly so when it comes to the prostate which affects such personal activities.

In order to offset this problem SPI is aggressively moving toward creating new Support Groups and new ways to reach more and more men and their partners.

Dr. Dwight Fitch presents at the inaugural Newtown-Sarasota meeting at The Ringling

- **Outreach – Under Served communities**

Significant outreach has occurred in the Newtown community of Sarasota which is largely Black. We have worked with numerous partners in the community to create PSA Testing, COVID testing, and joint support meetings. Similar efforts are planned for the gay community.

- **Outreach – new groups**

New programs have been set up, or are in the formative stages in Lakewood Ranch, Venice, at Doctor's Hospital in Sarasota, in Clearwater, and in Newtown (Sarasota).

- **Outreach – Social Media**

The use of social media has increased and includes every format from Facebook to Linked In, Twitter, and even Tik Tok – all in an effort to reach out to more men.

- **Outreach – Public Presentations**

We have made a number of presentations on Television talk shows, radio shows, and Cancer Resource Network meetings.

MEN'S HEALTH FORUM

OCTOBER 5, 2021
AR 2, 3 AT 7:00 PM

The Men's Health Forum will be hosting a discussion that will have 5 doctors discuss general aspects of the following protocols.

Cardiology Dr. David C. Buck – Board Certification, Internal Medicine (ABIM), Nuclear Cardiology, Cardiovascular Medicine, Cardiac Computed Tomography, Echocardiography, Plant-Based Nutrition

Orthopedics Dr. David Rucins, MD, BSME, FAAOS, Board- certified joint replacement surgeon at 360 Orthopedics in Sarasota, Venice, and Lakewood Ranch, Florida. He specializes in hip, knee, and Shoulder replacement

Urology Dr Elhab Ahary -specializes in the male and female urinary tract and male reproductive organs. Urologic organs include the kidneys, adrenal glands, bladder, ureters, urethra, testes, epididymis, Prostate cancer

Endocrinology Dr. Deborah K. Mayohel - Board Certified, American Board of Internal Medicine with Subspecialty Certification in Endocrinology, Diabetes, & Metabolism

Oncology Miguel Pelayo, MD - Board certified in Internal Medicine, Hematology and Medical Oncology.

Each Doctor will briefly discuss their area of expertise, immediately followed by a Q&A period. The program will last approximately 1.5 hours. As a result of Covid, we are tentatively permitted 50 people through the way change. I would ask that sign up in the RSVP book in the WIFI so that I will be able to determine when we hit the initial ceiling. For those that wish to view this virtually, zoom will be set up and information will be distributed throughout the community.

This program is for the entire community.

- **Resource Materials**

The amount of material available to the man facing prostate illness is overwhelming. The most difficult process for a man is to select the important materials that apply to his particular situation.

Sarasota Prostate can help sort through the myriad articles, position papers, medical studies, and descriptions of diagnostic and treatment modalities.

We have an extensive list of articles and videos.

Likewise we have a list of local and national support groups.

We have a comprehensive list of cancer resource and providers.

The Numbers – a comparison*

US men with prostate cancer 2020 - 268,000 * 287,000 - US women with breast cancer 2020

US men to die this year from PrCa - 35,000 * 43,000 - US women to die this year from breast cancer

ACS grants for prostate cancer - 53 * 153 - ACS grants for breast cancer

ACS funding for prostate cancer - $41,600,000 * 103,000,000 ACS funding for breast cancer

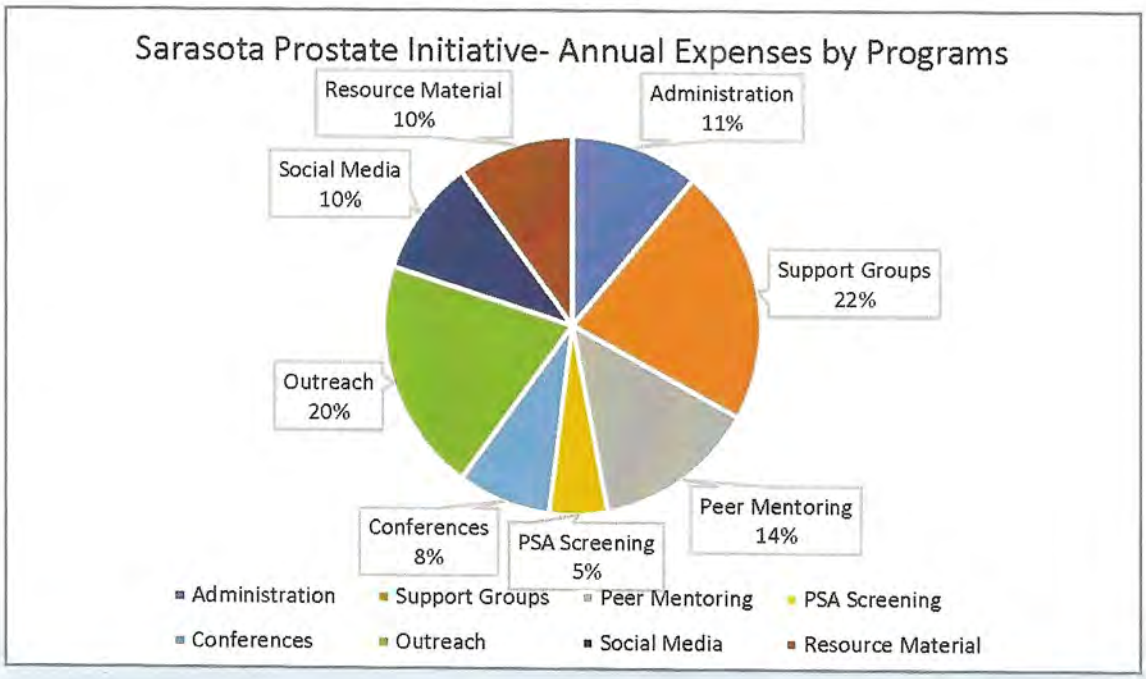
NIH funds for prostate cancer 2018 - $239,300,000 * $575,000,000 NIH funds for breast cancer 2018

The Numbers – some additional facts*

- 1,400,000 World-wide men diagnosed with prostate cancer
- 375,000 World-wide men died from prostate cancer in 2020
- 4th most commnonly diagnosed cancer in the world
- 40 the age that when men should start testing for prostate cancer
- 66 the age of the average man diagnosed with prostate cancer
- 98% survival rate of 5 years for men with prostate cancer
- 98% survival rate of 10 years for men with prostate cancer
- 73% Black men are newly diagnosed at a much higher rate than White men
- 3,100,000 Prostate cancer survivors in the US today
- $575,000,000 NIH National Cancer Institute funding for breast cancer 2018
- $239,300,000 NIH National Cancer Institute funding for prostate cancer 2018

* Sources: American Cancer Society, NIH-National Cancer Institute, cancer.org, cancer.net

The Expenses**



**Source: SPI - IRS forms 990 2019 through 2022

Support Our Cause

Your contribution will be matched by the Flanzer Philanthropic Trust – if you gift $50, we will receive $100!!

1. For credit card gifts
You can use our website – prostatesarasota.org
There is a Donate button on the first page of the website

2. You can write a check payable to 'FlanzerPhilanthropic Trust' and make a memo for "Sarasota Prostate Initiative"
Mail it to: Sarasota Prostate Initiative
1661Ringling Blvd 75
Sarasota, FL 34230

3. You can call 941 356 0754 anytime and we will make the process easy via our credit card system

- Visit our website at Prostatesarasota.org OR CALL 941 356 0754 for David Morse

SARASOTA PROSTATE INITIATIVE
Men to Men
PROSTATE HEALTH SUPPORT & EDUCATION

1661 Ringling Blvd 75 Sarasota, FL 34230

An IRS 501C3 Non-Profit public charity

MEN to MEN - TYPES OF DOCS

PLEASE NOTE: This is a preliminary outline for informational use only. It is meant to provide some idea of the many disciplines that can affect diagnosis and treatment for prostate disease. It is issued as support for the many choices that patients need to make on their prostate disease journey.

IN ALL CASES - YOU MUST CONSULT A MEDICAL PROFESSIONAL FOR ALL MEDICAL ISSUES

From WebMD and From MD-Health:

Oncologists - These internists are cancer specialists. They do chemotherapy treatments and often work with radiation oncologists and surgeons to care for someone with cancer.

Hematologists - These are specialists in diseases of the blood, spleen, and lymph glands, like sickle cell disease, anemia, hemophilia, and leukemia.

Internists - These primary-care doctors treat both common and complex illnesses, usually only in adults. You'll likely visit them or your family doctor first for any condition. Internists often have advanced training in a host of subspecialties, like heart disease, cancer, or adolescent or sleep medicine.

Urologists - These are surgeons who care for men and women for problems in the urinary tract, like a leaky bladder. They also treat male infertility and do prostate exams.

Hematology Oncologist – Diagnoses and treats blood cancers.

Radiation Oncologist – Treats cancer with radiation IMRT/ DART, other

Endocrinologists - These are experts on hormones and metabolism. They can treat conditions like diabetes, thyroid problems, infertility, and calcium and bone disorders.

Medical Geneticists - They diagnose and treat hereditary disorders passed down from parents to children. These doctors may also offer genetic counseling and screening tests.

Pathologists - These lab doctors identify the causes of diseases by examining body tissues and fluids under microscopes.

Anesthesiologist - This is the doctor that helps you to sleep through painful operations and medical diagnoses. They are responsible for administering the anesthesia and are present during surgeries to help in complications arising from anesthesia medications.

Family Practitioner - A family physician is the neighborhood doctor who is general physician treating illnesses and medical issues of all sorts, at all ages & medical non-emergency conditions. If the condition is serious, they will refer to a specialist relevant to the field of the illness.

Medical Oncologist – treats cancer using chemotherapy or other medications such as targeted therapies.

Surgical Oncologist – removes the tumor and nearby tissue during an operation.

Immunologist - This is a doctor responsible for studying everything about the immune system and treats any diseases related.

Internal Medicine Specialists - These doctors are responsible for diagnosing any illnesses and managing them with nonsurgical treatment. These are usually unusual or serious diseases.

Medical Geneticist - A doctor who is responsible for testing, identifying and treating patients with genetic diseases and disorders.

Microbiologist - A microbiologist is a doctor who studies the causes, diagnosis and treatment of infectious diseases where microbes are involved.

Nephrologist - This is a specialist doctor that treats kidney diseases and renal problems with treatments such as dialysis.

Pathologist - Specialist scientists who are doctors that study abnormalities in living organisms and study DNA, tissue, blood and other various human and animal cells. They are also responsible for performing autopsies on dead bodies to determine the cause of death.

Radiologist - A doctor who specializes in use of X-rays or other imaging technologies in order to diagnose various illnesses.

Surgeon - A surgeon is a doctor that specializes in surgical operations and will have their own specialties such as urology, orthopedic, ENT, brain, neurology, cardiovascular, maxillo-facial surgery, plastic surgery, and transplant surgery.

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The TITLE or TYPE of doctor doesn't always tell the whole story: For Example a prominent Urology Office in Sarasota has 6 Urologists...

1 of them specializes in robotic surgery * 1 of them specializes in hormone therapy * 1 of them specializes in ED and radiation therapy * 1 of them specializes in HIFU, Cryo therapy, and seed implantation * 1 of them specializes in hospice and palliative medicine * 1 of them is a radiation oncologist.

THE POINT IS: THERE ARE MANY FACTORS IN CHOOSING A MEDICAL PROFESSIONAL TO MEET *YOUR* NEEDS

AND AS ALWAYS: *BE YOUR OWN ADVOCATE!! ASK QUESTIONS - DEMAND ANSWERS*.

This information is meant only for informational purposes, to help with a general understanding of some of the medical professions which can affect your prostate cancer. BE SURE TO RELY ON YOUR MEDICAL PROFESSIONAL FOR MEDICAL ADVICE.

CANCER CENTERS

These are a few Cancer Centers listed because they provide a research capacity, educational component and diagnostics and treatment all integrated on one campus.

University of Texas, M. D. Anderson Cancer Center, Houston

Memorial Sloan-Kettering Cancer Center, New York

Johns Hopkins Hospital, Baltimore

Dana-Farber Cancer Institute, Boston

Mayo Clinic, Rochester, Minn.

University of Chicago Hospitals

Duke University Medical Center, Durham, N.C.

UCLA Medical Center, Los Angeles

University of Michigan Medical Center, Ann Arbor

H. Lee Moffitt Cancer Center, Tampa, Fla.

University of Pittsburgh Medical Center

Hospital of the University of Pennsylvania, Philadelphia

Clarian Health Partners (IU and Methodist Hospitals), Indianapolis

University of California, San Francisco Medical Center

University of North Carolina Hospitals, Chapel Hill

The value of seeing one of these centers is frequently to get a back up or second opinion for your condition.

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This flyer is produced to help show some of the many options and opportunities that men have to deal with prostate health.

Choosing your doctor or doctors is a critical part of your journey. You must be comfortable with your doctor(s). You must:

- **communicate with them,**
- **ask any questions**
- **be prepared for your appointments**
- **have a list of questions**
- **have your partner or friend attend with you – four eyes and ears better than two!**

Men to Men 11/2019 by its Chairman, David G Morse; dgmaei1@hotmail.com; 941 356 0754

This information is meant only for informational purposes, to help with a general understanding of some of the medical professions which can affect your prostate cancer. BE SURE TO RELY ON YOUR MEDICAL PROFESSIONAL FOR MEDICAL ADVICE.

SECOND OPINIONS .....and MORE

It is always advised to seek second and third, and more opinions on your prostate health status and the best way(s) to treat your personal situation.

Speak to other medical professionals, using all appropriate disciplines as each has their own specialized training.

Speak to other men and partners who have undergone treatment and diagnostic procedures.

Support groups can be an invaluable source of information.

Diagnostic and Treatment Options

This is a summary but is an indicator of the many choices that are available today in both fields. It is important that you understand these choices. They can be overwhelming and confusing so ask questions of every source, most importantly your doctor(s).

Diagnostics

- Family History Genetic Testing
- PSA blood test Urine test DRE (Digital)
- MRI – 3T CT Scan PET Scan
- Biopsy – important - after indicators show it is needed
- Decipher Prolaris Color Doppler
- PSMA Scan Auxemen Scan

Treatments

- Aggressive Surveillance (Watchful Waiting)
- Radiation IMRT Cyberknife
- Radical Prostatectomy Robotic Surgery
- Hormone therapy Seeds Brachytherapy
- HIFU Cryotherapy

SPI - TREATMENT OPTIONS

Surveillance	Aggressive Surveillance			
	Active Surveillance			
	Watchful Waiting			
Radiation	Ablation therapy			
	Brachytherapy			
	Cryotherapy			
	Cyberknife			
	EBRT			
	Focal Therapy			
	HIFU			
	IMRT			
	MR Linac MRidian			
	MRI Focal Laser Ablation			
	MRgRT			
	Nano Therapy			
	Photon therapy			
	Proton therapy			
	Radiation			
	SBRT			
	Tulsa Pro			
	TURP			
	Youly Surgical			
Prostatectomy	Prostatectomy			
	Prostatectomy - robotic			
Chemotherapy	Chemotherapy			
Hormone therapy	Hormone therapy			
Immunotherapy	Immunotherapy			
Other Treatments	Targeted drug therapy			
	Eastern medicine			
	Alternative medicine			
	Acupuncture			

DRUGS

- Abiraterone Acetate
- Akeega (Niraparib Tosylate Monohydrate and Abiraterone Acetate)
- Apalutamide
- Bicalutamide
- Cabazitaxel
- Casodex (Bicalutamide)
- Darolutamide
- Degarelix
- Docetaxel
- Eligard (Leuprolide Acetate)
- Enzalutamide
- Erleada (Apalutamide)
- Firmagon (Degarelix)
- Fi Desteride
- Flutamide
- Goserelin Acetate
- Jevtana (Cabazitaxel)
- Lupron
- Lutetium Lu 177 Vipivotide Tetraxetan
- Lynparza (Olaparib)
- Mitoxantrone Hydrochloride
- Nilandron (Nilutamide)
- Nilutamide
- Niraparib Tosylate Monohydrate and Abiraterone Acetate
- Nubeqa (Darolutamide)
- Olaparib
- Orgovyx (Relugolix)
- Pluvicto (Lutetium Lu 177 Vipivotide Tetraxetan)
- Provenge (Sipuleucel-T)
- Radium 223 Dichloride
- Relugolix
- Rubraca (Rucaparib Camsylate)
- Rucaparib Camsylate
- Sipuleucel-T
- Taxotere (Docetaxel)
- Talazoparib Tosylate
- Talzenna (Talazoparib Tosylate)
- Ta Dsulosi D
- Xofigo (Radium 223 Dichloride)
- Xtandi (Enzalutamide)
- Yonsa (Abiraterone Acetate)
- Zoladex (Goserelin Acetate)
- Zytiga (Abiraterone Acetate)

PROSTATE SUPPORT GROUPS - SW FL - FLORIDA and NATIONAL

And Other Resources for research and information

Area	Name or Type	Contact	Site/ Purposes	Zoom?	Date/ Time
SOUTHWEST FLORIDA					
Punta Gorda	General Cancers Support Group	Melissa Wahlburg, BSN 941 763 9849 melissa.wahlburg@hcahealthcare.com			3rd Wednesday of the month
Sarasota	Sarasota Prostate Initiative and Men to Men	David Morse 941 356 0754 dgmaei1@hotmail.com	1- Team Tony 3562 S. Osprey or 2. BayFirst Bank 1782 Dr. MLK Jr Way	Yes	3rd Monday ea month at 2pm
Sarasota	Sarasota Prostate Initiative and UsToo/ ZERO	David Morse 941 356 0754 dgmaei1@hotmail.com Len Sierra lenscac@gmail.com	Doctors' Hospital Bee Ridge and Cattleman Rd	Yes	3rd Thursday ea month at 6pm
Clearwater	Clearwater Support Group	Darlene Goodman 813-997-0806 darlene.goodman@abbvie.com; greg.elam1980@gmail.com	W Fl Rad'n Ther Ctr 2560 Enterprise Rd E Clearwater Fl 33759		Starting soon as of November 2023 (possibly 2nd Tue of month 6:30pm) Contact Darlene
Sun City	Sun City Support Gr	Vincent LopezZZ 727 623 1724 sscmensclub.vphealth@gmail.comBob Sullivan 813 331 3303 rsvlakes@gmail.com	General Health Issues		
St. Petersburg	St. Petersburg Support Group	Lee Patterson 727 710 0968	St. Anthony's Hospital		2nd Thursday ea month at 6pm
Naples	Naples Support Group		Dissolved (11-4-23)		
Port Charlotte	Charlotte Suppbrt G	Donna Alton 941 624 8281 donna.alton@hcahealthcare.com	Fawcett Community Event Ctr 3280 N Tamiami, Pt Charlotte 941 624 4441		2nd Friday ea month 10am
FLORIDA					
Stuart	Stuart Support Grou	David Shore 772 708 6696 bd-shore@comcast.net www.prostate-support.org			1st Wednesday of ea month
Tampa	Tampa Support Gro	Col. Ron Rook 813 453 6431 pgronaldrook@gmail.com			2nd Mon of ea month
The Villages	Villages Support Gr	Fred Barone 407 256 0274 whgfeb1945@gmail.com	Laurel Manor Rec Ctr	No	3rd Wednesday ea month 7pm-roundtable * 1st Wednesday of ea month - speaker
The Villages	Villages Support Gr	Fred Barone 407 256 0274 whgfeb1945@gmail.com	Laurel Manor Rec Ctr	No	1st Wednesday ea month 7pm-roundtable
W. Palm Beach	WPB Support	Keith Colombo 561 310 0158 ltcolombo@bellsouth.net	Both IN PERSON & VIRTUAL		1st Thurs of ea month
Amelia Island	Amelia Island Support	Lauren DeWitt 904 277 2700 laurend@ackerman cancer.com			2nd Thurs of ea month
Celebration	Celebration Support Gp	Kathy Gomatos 407 303 4643	RESTARTING in 2024		RESTARTING in 2024
Gaines ville	Gainesville Support Gp	Braxton Linton 352 372 5005 lintonbraxton@yahoo.com			2nd Thur of ea month
Jacksonville	Jackonsville 1	Steve Gutos harborone @bellsouth.net			2nd Mon of ea month
Jacksonville	Jacksonville 2	Lauren DeWitt 904 277 2700 laurend@ackermancancer.com Heather HENDLEY 904 277 2700 heatherh@ackermancancer.com			3rd Mon of ea month
Margate	Margate Support Group		Aug: uncertain of status		
Ocala	Ocala Support Group	Steve Austin 352 812 0406 austin82647@yahoo.com			4th Tues of ea month

Jerry Solomon
sol5366@comcast.net
www. 4menprostate.com

David Corito Deceased 11-4-23
954 721 6598
daveylou@bellsouth.net

Orlando	Orlando Support Group	Catherine Lindner 407 303 2055 catherine.lindner@adventhealth.com www.adventhealthcancerinstitute.com			1st Wednesday of ea month
NATIONAL					
Health Unlocked	A social network; questions answered in email group setting	healthunlocked.com	On-Line support group	No	24 hours by chat forum
Fans for the Cure	Support Group	info@fansforthecure.org	Zoom	Yes	Thursday 7pm
ANCAN	Prostate Support - Zoom weekly meetings	Len Sierra lenscac@gmail.com www.ancan.org; BillFranklin bfranklin@ancan.org	On-Line support group	Yes	* Low Inter Pca 2&4 Mon 8pm * Active Sur every Wed 8pm * Recur,Advanced 1 & 3 Mon 8pm, 2 &4 Tue 6pm * Speak Freely 1 & 3 Thu 8pm * Caregivers 1 & 3 Tue 8pm * Advanced Pca under 60 2 Thu 7pm
Malecare	Prostate Cancer Network	Darryl Mitteldorf healthunlocked.com	On-Line support group	No	24 hr by chat forum
InfoLink by PCai	Prostate Cancer Int'national	pcainternational.org	InfoLink social network conferences		Info link is 24 hr on-line chat service
Cancer ABCs	Active Surveillance	Jan Manarite Jan@cancerabcs.org			2nd Wednesday each month
Cancercare. org	CancerCare	cancercare.org	On-Line support group		message board format - must register for this on website
OTHER RESOURCES					
American Prostate Society	American Prostate Society	americanprostate society.com	A non profit using volunteers to assist with prostate health questions		9:30 to 3:30 Tuesday & Friday - Questions by telephone at 877 850 3735 or email to ameripros@mindspring.com
ASCO	American Society of Clinical Oncology	www.asco.org	Research, papers		
Blue Earth Diagnostics	Advocacy Org'n	blueearthdiagnostics@thecagroup.com	Newsletter - Spread awareness		
Cancer ABC's	Support/ Website	cancerabcs.org Jan Manarite 239 691 3049	Personal contact for Advocacy & Information - contact Jan		Nov 5, 2022 Free Conference at The Villages - Saturday 8am to 4pm
Cancer Treat't Centers America	Cancercenter.com	844 250 6471	Cancer (all) treatment		
Cancer.net	research, articles	cancer.net	Research, papers		
Cancercare. org	Cancercare.org	cancercare.org	support group and materials		
Conquer Cancer Foundation	Affiliated w ASCO	ASCO; conquer.org	Research, papers		
Imerman Angels	peer mentoring by telecom, zoom, in-person.	Jackie hostmaster @imermanangels.org	Chicago		
Men Against Prostate Cancer ASCO	education legislation	againstprostatecancer .org	education legislation papers		
Mens Health Network	information; articles	menshealthnetwork .org	youandprostatecancer .com great info site		
NASPCC	National Alliance of State Prostate Cancer Coalitions	Affiliate of Prostatepedia			
NCCN	Nat'l Comprehensive Cancer Network - articles; seminars	[illegible]	Research, papers		
NASPCC	National Cancer Institute part of NIH	cancer.gov	Research, papers		
NCCN	information; articles	newsmaxhealth.com	Research, papers		
NCI	Prostate Cancer Int'national	pcainternational.org	InfoLink social network conferences		Info link is 24 hr on-line chat service
Newsmax Health	Prostate Cancer Research Institute	info@pcri.org	Research, papers		
PCai	radio series, call-in; guides, articles	310 570 4700; prostatecancerfree.org	Research, papers		
PCRI	Dr. Snuffy Myers Founder - articles, reports	prostatepedia @naspcc.org	Information		
Prostate Cancer Free Foundation	One on one peer mentoring	Tony or Kelly 941 227 4404	TT Cancer Center 3562 S Osprey Sarasota		
Prostatepedia	articles, trials info, etc	[illegible]	articles, info		
Team Tony	Peer to Peer	Tony or Kelly 941 227 4404	Peer to peer mentoring		
Uro Today	periodical	UroToday.com	research studies, reports		
UsToo/ Zero ZERO	support groups; seminars; articles	Terri Likowski 630 781 5388 zerocancer.org	Support for support groups		

Financial Resources

The costs of cancer treatment are high, which can add more stress for the person living with cancer and their family. Early on, ask your healthcare team about the expected costs for your care. Share any financial concerns you have, and enlist their help to receive all the care and support you need. Keep them updated as your situation changes.

The organizations below can help with financial assistance programs. Programs vary and have different guidelines for diagnosis, treatment, income limits, insurance coverage, and other factors that must be met to qualify. Applications are completed online or by phone, and your doctor may need to verify information about your cancer. Some funds are for any cancer types; some are for specific cancer types. Programs open and close depending on the funding available, so check back often. Check multiple programs for different expenses. Ask if a social worker, navigator, or case manager can answer questions and guide you to helpful resources. This service is usually free.

Medical and Non-Medical Expenses Programs

Assistance with costs like co-pays, coinsurance, deductibles, treatment-related costs, and medications not covered by your insurance may be available. Some also help with transportation, lodging, living expenses, and other emergency relief.

Patient Advocate Foundation (PAF) patientadvocate.org 1-800-532-5274	Co-Pay Relief Program copays.org 1-866-512-3861
Healthwell Foundation healthwellfoundation.org 1-800-675-8416	The Assistance Fund tafcares.org 1-855-845-3663
PAN Foundation panfoundation.org 1-866-316-7263	Cancer Care, Inc. Co-Payment Assistance Foundation cancercarecopay.org 1-866-552-6729
Triage Cancer cancerfinances.org	Family Reach familyreach.org 1-857-233-2764

Medication Assistance Programs

Drug companies offer Prescription Assistance Programs to help people afford doctor-prescribed medicines, at little to no cost. These organizations help find prescription programs based on your needs.

Needy Meds needymeds.org 1-800-503-6897	Medicine Assistance Tool (MAT) medicineassistancetool.org 1-571-350-8643
rxassist.org info@rxassist.org	Triage Cancer triagecancer.org/pharma-assistance

Local Sarasota area resources:

Team Tony 3562 So. Osprey, Sarasota 941 227 4404 info@teamtony.org

Florida Cancer Specialists Foundation Bradenton 941.677.7181

ANCAN

Advocacy • Support • Education

Live Online Prostate Cancer Support Groups

AnCan's https://ancan.org provides Peer-to-peer Support, Patient Navigation & Advocacy. We serve many conditions including those living with Prostate Cancer as well as their caregivers. Our Virtual Interactive Support Group calls are especially helpful to those compromised by geographical, physical and social limitations.

AnCan currently offers several prostate care related Real Time Virtual Support Groups. The organization is composed entirely of volunteer men & women that have experienced our conditions. While we do not provide medical advice, we do empower patients to manage their own care. Check our website for more information.

MEETING SCHEDULE

Low /Intermediate Prostate Cancer
- 2nd & 4th Mondays of every month at 8pm EST/EDT (US)

Active Surveillance Prostate Cancer & Caregivers
- Every Wednesday of the month at 8 pm EST/EDT (US)

Hi-risk / Recurrent / Advanced Prostate Cancer
- 1st & 3rd Mondays of every month at 8pm EST/EDT (US)
- 2nd & 4th Tuesdays of every month at 6pm EST/EDT (US)

Speaking Freely - Men Only, All Cancers (We don't discuss medicine, protocols or treatments - rather all the other issues you must deal with living with cancer.)
- 1st & 3rd Thursday of every month at 8pm EST/EDT (US)

Cancer Caregivers – All Cancers
- 1st & 3rd Tuesdays of every month at 8 pm EST/EDT (US)

Advanced Prostate Under 60
- 2nd Thursday of every month at 7 pm EST/EDT (US)

JOINING INSTRUCTIONS

ONLINE

Answer Cancer Meeting Room: https://www.gotomeet.me/AnswerCancer

Instructions for joining the call via your computer, tablet or smartphone can be found at:

www.AnCan.org/joining-instructions

PHONE

United States +1(646) 749-3129 - Access Code:222-583-973