

INFORMATION...

SUPPORT...RESPECT

Man to Man Cancer Support Group Don't make this journey alone.

Men in cancer treatment and survivors will have questions and concerns. The Man to Man support group, developed by the American Cancer Society, offers practical advice and information from experts as well as others who have been where you are. Many men are surprised by how much they get out of these groups.

Our Man to Man group is designed for prostate cancer patients and their partners. Meetings include time for questions and open discussion. You can share as much or as little as you like.

We address our patients' and their families' needs in a supportive, comfortable environment. Refreshments will be served at each meeting.

Time: All meetings 5:30 to 7:00 p.m.

**Location: One Presidential Blvd,
Suite 100, Bala Cynwyd, PA 19004**



www.PhiladelphiaCancerTreatment.com

UPCOMING SCHEDULE

December 2—Treating Prostate Cancer.

Drs. Jorge Freire, radiation oncologist from Drexel University College of Medicine, and Justin Harmon, an expert in robotic surgery explain what to expect from treatment options.

January 6—Urinary Incontinence Treatment.

Losing the ability to control urination is common after surgery or radiation for prostate cancer. Dr. Michael Metro will explain how to prepare for this possibility and how it may complicate your life for a while. He will discuss treatments and coping strategies.

February 10—Sex and Intimacy After Prostate Cancer.

Urologist, Dr. Larry Belkoff and a special guest will discuss preparing for and managing emotional issues as well as physical issues including erectile disinflection.

March 3—The Best Foods for Fighting Prostate Cancer.

Studies show nutrition can play a vital role in treating prostate cancer. Learn from Courtney Schoepe a nutritionist experienced in working with cancer patients. Tasty recipes are included.

April 7—Giving Back: Be an Advocate.

Dr. Jamison Jaffe shares how you can make a difference by encouraging friends to get screened, volunteering with an advocacy group or joining our Run 4 Your Life team. Get the information you need to help others. You can make a difference in just a few minutes.

May 5—Prostate Cancer and Me...or You.

Author Lloyd Martin, born in Jamaica, is a successful Philadelphia businessman. Martin shares his prostate cancer journey and how he continues to live his dreams. His simple and blunt writing speaks to every man. Discussion includes Martin's doctor, Jamison Jaffe.

Meetings are 5:30 to 7:00 p.m.

Registration is encouraged. For more information or to register, call 610-632-4100.