



1. **Call to Order** by Man To Man Facilitator, Paul Zatz
2. **Welcome** and introductions of first time attendees
3. **Mission Statement:** The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

4. **Meeting Minutes:**

**Speaker: Diane Whidden, Outreach Coordinator, from the Cancer Support Community, will discuss Cancer Support Community programs and “Couples and Cancer”.**

Cancer Support Community has support groups, educational programs, and activities that help build the immune system, lessen stress for everyone, and special programs. Their mission is to work toward recovery. This is accomplished in three parts. First, we have support groups for patients and family, together or separate. Our free services are available for the patient, the spouse, the family, the friend, and the caregiver. These services are made possible through donations and grants. We do not accept insurance. Programs are available at Senior Friendship Center (Spanish Speaking Group), North Library in New Town, Manatee Memorial Hospital, Blake Medical Center, and in Venice. The second part is educational programs. Networking programs and groups on specific cancers are available once a month. Educational programs are also presented by specialists in the field. Other educational programs include nutrition, sex after cancer diagnosis, sleep disorders, nutrition and what is good for specific cancers. The third part of the program is to increase their psychological health to fight this disease. The programs include cancer recovery exercise, yoga, Chi Gong, meditation, nutrition, crafts, knitting, movement to music, and horticulture. Cancer Support Community, formally The Wellness Community, has moved to Lakewood Ranch.

**“Couples and Cancer”:** Diane Whidden has been a marriage and family therapist for 20 years. When something happens within a family or a couple, it really doesn't happen to just one, it happens to the system. When you hear the news that you have cancer it reverberates throughout the entire couple. This crisis causes people to look at things differently. There is a need for change, flexibility and understanding where each one is coming from. Sometimes the crisis tends to open opportunities for change in a positive

way. Everyone copes with the diagnosis differently. When someone is stressed, each individual ends up going into their comfort zone. Normal reactions include: fear, anger, and frustration. Take the time to organize what the next step is, how to get educated in the field of prostate cancer or whatever illness, and go from there. Communication is very important. If it can't be verbal, write a letter to the other person. Once the decision has been made there is relief. There is a feeling of being in more control. Get as much education with your doctor's advice and be part of the team making the right decisions for you. Couples should also alleviate stress by doing activities together or separately, start building psychological health, and find enjoyable things to do. After treatment, adjust to some new things that need to happen and set priorities as a couple. It is time to look forward, live today, live the moment, and set priorities...health, exercise, ways to enjoy life, and start doing it.

#### **Paul Zatz: Update on Prostate Cancer Research**

I have been a part of the Department of Defense Prostate Cancer Research Program. I served on a committee in Washington with scientists and other lay people to figure out what programs and research on prostate cancer would be funded. This coming year Congress has funded \$80,000,000 just for prostate cancer research. In March, I attended a conference in Orlando for scientists, researchers, investigators, and consumers (you and I). In the past, there were a lot of institutions and labs investigating prostate cancer, which caused duplication of efforts. Under the Department of Defense, a consortium of 13 centers coordinated by Sloan Kettering track the trials up to phase III. This consortium was responsible for abiraterone, metavastin 3100, and XL-184. These treatments are to be used for metastatic prostate cancer and increased survival time, in addition to drugs to fight prostate cancer and other immunotherapy drugs, such as Provenge. The researchers are young, energetic, and very bright. They are looking at treatments for hormone refractory disease, development of individualized therapies based on cellular research targeted antibodies, gene fusion, molecular imaging and nanotechnology. This is the cutting edge of things that are happening with money that is being funded by our tax dollars that seem to be working. They are also funding disparity treatments and drugs around the country. They sponsor multidisciplinary synergistic research and fund transitional studies to promote the fluid transition of knowledge between the bedside and the bench. They invest in research on patient survivorship and quality of life.

#### **5. Adjournment**