



US TOO of Southeastern Wisconsin Prostate Cancer Support Group

**Local chapter at Froedtert & Medical College of Wisconsin
Originated in 2000**

Meetings are held **the first Thursday** of the even numbered months (**Feb, April, June, Aug, Oct, Dec**)

Next Meeting

Date: April 5th, 2007
Time: 5:30 PM - 7:00 PM
Place: Helfaer A&B Conference Room*

***Parking:** West Parking Structure
Location: Froedtert Hospital
Conference Room Location: 1st floor, West Hospital

Presentation: "Living with joy, peace and love through Yoga"
Bryant Mascarenhas, MBA MIS
Director - Santosh Yoga LLC

Bryant brings to us the essence of yoga, its applications and its affect in the context of day-to-day living. He inspires us to live an awakened and purposeful life. His yoga encourages the balance between the physical, *physiological*, *psychological*, emotional and spiritual layers of life.

He has taught alignment based yoga to tens of hundreds of people in Bombay, Cleveland, Toronto and Milwaukee. He has brought yoga to people with Cancer, Arthritis, Anxiety and Depression, Lower Back pain, Migraines, MS (Multiple Sclerosis), Fibromyalgia, Infertility, HIV/AIDS-substance abuse and addicts.

Bryant has studied eastern disciplines from the age of 10. He began his yoga practice in 1986 under the guidance of Fr. Joe Pereira in the Iyengar lineage while growing up in Bombay, India. He continues to mentor and consult with Fr. Joe Pereira in India and abroad.

Who can attend?

Members include those who have been newly diagnosed with prostate cancer, survivors of prostate cancer (as well as men at risk). Also, spouses, families, significant others and care givers are welcome.

Meetings are at no cost and sponsored by The Medical College of Wisconsin, Department of Urology.

Overview

The group meets to provide assistance to those seeking a better understanding of:

- prostate cancer and detection
- guidance in making informed choices for treatment options
- insight into quality of life after treatment
- copng with physical and psychological side effects of prostate cancer

The emphasis is to help survivors gain a positive mental outlook and lead healthy and productive lives, physically, mentally and spiritually. The group provides timely and unbiased reliable information, fellowship, shared counseling, advocacy, and discussions pertaining to diagnosis, treatment and current care options.

Each meeting usually has an educational lecture by a noted practitioner in the field, including but not limited to: Urologists, Oncologists, Radiologists, Hematologists, Pathologists, Psychologists, Internal medicine Physicians, Nutritionists

Presentations at meetings address prostate related maladies including:

- various surgical procedures
- radiation treatments
- hormonal treatments
- effects of incontinence and treatment
- impotence (ED-erectile dysfunction) and their treatments
- quality of life issues
- general health
- diet/nutrition
- many other topics related to prostate cancer

Following the presentation there is time for a question and answer session and networking of support group members.

Additional Support Resources:

Small Stones - Developed by Froedtert & Medical College of Wisconsin to serve the needs of patients and their families.

US Too International - Us Too International Prostate Cancer Education and Support Network is a non-profit education and support group organization with more than 325 chapters throughout the world. Call Toll-free 1-800-80-USTOO (1-800-808-7866) or visit online at www.ustoo.org