

## PARTICIPATING STATES



## HOW DOES NASPCC REACH PROSTATE CANCER PATIENTS AND THEIR FAMILIES?

NASPCC supports the development of state prostate cancer organizations, each of which is comprised of patient networks and support groups. NASPCC through its Annual Meeting, webinars, and other activities shares prostate cancer information with all of its participating state prostate cancer organizations, and this educational material is then disseminated to patients and their families, demonstrating the breadth and depth of our reach. NASPCC also helps equip patients and their families to actively engage in the prostate cancer cause.

## NASPCC ANNUAL MEETING

The Annual Meeting pulls together leaders in the rapidly developing field of prostate cancer—patients and families, researchers, practitioners, and people interested in the disease—who want to **share, learn and lead**. Industry helps support the Annual Meeting. The patient community is unique and the contemporary overview in the Take Home Messages from the Annual Meeting allows them to become empowered to do things locally. NASPCC creates support and a forum to enrich and rejuvenate these individuals and state organizations.



## NATIONAL ALLIANCE OF STATE PROSTATE CANCER COALITIONS

- We are a 501(c)(3) not-for-profit umbrella organization with an extensive national outreach through state prostate cancer organizations and individuals
- We advocate for Informed Decision-Making in prostate cancer, and we disseminate information relating to the disease, including a durable, laminated awareness and education tool for patients and primary care providers. [www.prostatecalif.org/patient-guide](http://www.prostatecalif.org/patient-guide)
- We hold an Annual Meeting to enhance education and share best practices across the U.S.
- We conduct quarterly Webinars and moderate National Conference Calls
- We actively provide, through our participating organizations: support groups, educational forums, workshops, prostate cancer information, and awareness and educational activities
- We maintain a Website [www.nasppcc.org](http://www.nasppcc.org) and an active Facebook Page (“National Alliance of State Prostate Cancer Coalitions”)
- We advocate for the highest quality of life for prostate cancer patients and their families
- We maintain an in-depth Education and Best Practices Guide utilized by state organizations to ensure quality outreach
- We have an Advisory Board comprised of influential and respected physicians, scientists and researchers



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October 2017



Reaching Thousands  
of Prostate Cancer Patients  
and their Families  
Across the U.S. Since 2004



## MISSION STATEMENT

NASPCC is a nation-wide organization comprised of state prostate cancer coalitions dedicated to saving men's lives and enhancing the quality of life of prostate cancer patients and their families, through awareness and education and the development of a public policy network.

## BECOMING INFORMED AND AWARE

More and more of us are learning more and more about cancer, but even with rapid changes in oncology, much remains unknown. Although prostate cancer is a common cancer, many people do not know about it. Some people are more at risk than others. Every man should have a discussion with his doctor about prostate cancer risk and testing. After that discussion, the decision to be tested is then up to the man based upon his own values and preferences. This is called INFORMED OR SHARED DECISION-MAKING. We have adopted a 2-sided useful tool on Informed Decision-Making to take to your doctor's office to help you with the discussion. Here is the link: [www.prostatecalif.org/patient-guide](http://www.prostatecalif.org/patient-guide)

NASPCC recommends a baseline PSA and DRE beginning at 40 (at 35 if high risk, including African-American men or men with a certain or indeterminate family history of prostate cancer), and then periodically depending on those results. You should know and keep track of all your PSA measurements and ANY CHANGE IN PSA should be discussed with your doctor.



## EARLY STAGE AND ADVANCED DISEASE

In early stage prostate cancer the disease is still inside of the prostate and has not spread beyond the gland. This is the most treatable stage. In advanced prostate cancer, the disease has spread outside of the prostate to adjacent areas, or has spread to non-adjacent areas through metastasis (where the disease has traveled by blood or lymph nodes away from the prostate and has formed new tumors elsewhere in the body). The goal is to diagnose prostate cancer in its early stages. **The earlier prostate cancer is detected, the more options a man has for treatment and almost always the better the outcome. If found early, the 5-year survival rate is nearly 100%.**



## TREATMENT FOR PROSTATE CANCER

In early stage prostate cancer, Active Surveillance, Surgery, and Radiation Therapy are the standard choices for treatment. Active Surveillance is gaining in popularity for clinically insignificant prostate cancer since it helps avoid overtreatment. For advanced prostate cancer, treatment choices include Hormone Therapy, Chemotherapy, Immunotherapy and Radiation Therapy. Most treatments for prostate cancer involve a risk of side effects. Clinical trials may be an option.

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## CONTACT NASPCC TO:

- Become a member of NASPCC
- Send a donation to NASPCC, a 501(c)(3) not-for-profit charitable organization
- Contact your state coalition
- Organize a state coalition

## WANT TO ESTABLISH A COALITION IN YOUR STATE?

NASPCC has educational materials and skilled leaders to help you establish a coalition.

## CONTACT:

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State Prostate Cancer Coalitions  
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