

Program for the Elimination of Cancer Disparities (PECaD)

VISION:

Doctors, researchers and community members partnering to end cancer disparities

GOAL:

Through our community partnerships, we work to develop outreach and education, research, and training strategies that will foster healthy communities and environments less burdened by cancer disparities.



OUTREACH AND EDUCATION:

Sharing health information with our community

CUTTING-EDGE RESEARCH:

Making a difference in hospitals and in our communities

MENTORING:

Training young researchers in community-based research methods

To find out how you can get involved, visit
www.siteman.wustl.edu/pecad.aspx

What is a cancer disparity?

When one group of people in a population gets or dies from cancer more often, when compared with other groups.

In this region, some groups of people are more likely to die from breast, colorectal, prostate, lung, and cervical cancers compared to the general population.

This includes:

- Racial and ethnic minorities
- People who have low income
- People who have less than a high school education

Reasons why cancer disparities happen are complex.

Some include:

- Access to care
- Access to healthful resources
- Social norms
- Individual behaviors
- The environment
- Genetics, and more

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Please Note: The details provided in the guide were up-to-date as of June 2016, but content is subject to change. Please double check hours of operation, addresses, etc. before making plans. This guide was aimed to be inclusive, but some resources may have been left out.

Prostate Cancer Community Partnership

Welcome to PECaD's Prostate Cancer Community Partnership's (PCCP) Community Resource Guide. The PCCP is a partnership of prostate cancer survivors, physicians, researchers, community organizations, churches, prostate cancer advocacy and support groups.

Our mission is to provide prostate cancer education and screening for populations at increased risk for prostate cancer. Our mission is achieved by targeting African-American men who are at increased risk for prostate cancer as well as men who are medically underserved by providing education, screening, and other prostate cancer-related resources within the community and at Siteman Cancer Center. We seek to eliminate barriers to screening and treatment in order to improve prostate cancer outcomes for all men.

In preparing this guide, we gathered information and observations from health care professionals and community-based organizations working to help patients, survivors, caregivers and practitioners in the St. Louis Metro and Metro-East areas. This resource guide is written to help you find prostate cancer screening, treatment, and survivorship resources in the St. Louis Metro and Metro-East areas.

Whether it is for yourself or someone you care about, we hope this guide will help you. On behalf of the PCCP, I thank you for taking the active step in learning more about prostate cancer. By picking up this guide and reading through it, you are being an active participant in your health!

Kindest Regards,



Bettina F. Drake, PhD, MPH
Associate Professor
Co-Chair, PCCP



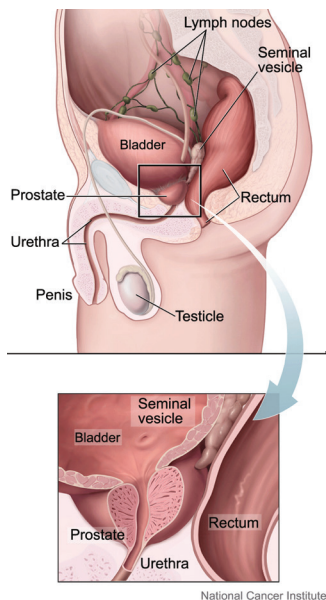
Dewey Helms
Prostate Cancer Survivor
Co-Chair, PCCP

If you would like to learn more about the PCCP or become a member, contact us at 314-747-4611

Prostate Cancer: The Basics

About 1 man in 7 will be diagnosed with prostate cancer during his life time (American Cancer Society, 2014).

Behind skin cancer, prostate cancer is the most diagnosed cancer in American men. It is the second leading cancer killer of men in the U.S., yet few men know about it or feel comfortable talking about it. However, it is important to talk about prostate cancer: when it is caught early, most people survive their cancer.



The prostate is a gland that is located right below the bladder and in front of the rectum. The prostate's job is to make some of the fluid that forms part of semen. Most prostate cancer's start from gland cells and this is referred to as adenocarcinoma.

Some prostate cancers are slow growing but others can grow and spread quickly. Prostate cancer often has no symptoms in the early stages but advanced prostate cancer can cause men to urinate more often or have trouble urinating.

Know the Risk Factors for Prostate Cancer

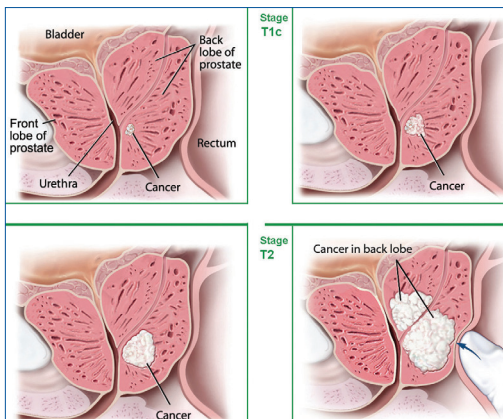
Anything that increases your chance of getting a disease is called a risk factor. A risk factor does not mean that you will get the disease; it just means you have a higher chance. Risk factors for prostate cancer include the following:

- **Age:** Being over the age of 50
- **Race:** Prostate cancer occurs more often in African-American men and African-American men are more than twice as likely to die of prostate cancer as Caucasian men.
- **Family history:** Having a father or brother with prostate cancer more than doubles a man's risk of developing prostate cancer.

Many People Do Not Have Symptoms

A lot of people with prostate cancer do not have symptoms in the early stages of the disease. However, if symptoms appear they could include:

- Problems passing urine, including slow or weak urinary stream or the need to urinate more often, especially at night
- Blood in the urine
- Trouble getting an erection (erectile dysfunction)
- Pain in the hips, back, or chest
- Weakness or numbness in the legs or feet, or loss of bladder or bowel control



These symptoms could mean a lot of different things, so that is why it is important to talk to a doctor.

Want to Know More?

Here are some helpful places for more information:

The American Cancer Society: cancer.org; 1-800-227-2345

Siteman Cancer Center: siteman.wustl.edu; 1-800-600-3606

National Cancer Institute: cancer.gov; 1-800-422-6237

Program for the Elimination of Cancer Disparities (PECaD):
pecad@wudosis.wustl.edu; 314-747-4611

Prostate Cancer Screening

Screening tests look for a disease even if a person does not have symptoms. Prostate cancer can often be found early through screening.

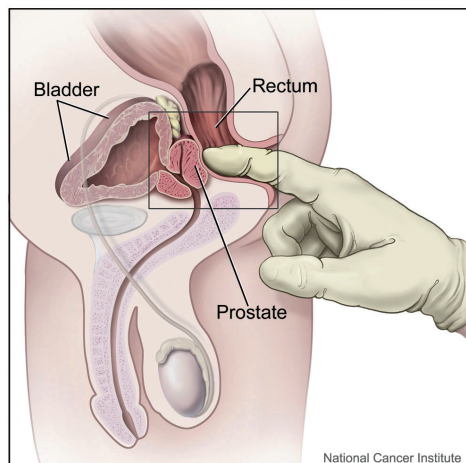
Most people should start getting screened for prostate cancer at age 50. People with a family history of prostate cancer or men of African-American descent may need to get screened before they turn 50. It is first important to talk to your doctor or health care provider about your risk.

For a list of community health clinics that see patients that are uninsured or have Medicaid/Medicare, see pages 6-11.

The two screening tests for prostate cancer are:

Prostate-Specific Antigen (PSA): is a test that measures the level of PSA in the blood. PSA is a substance made mostly by the prostate that may be found in an increased amount in the blood of men who have prostate cancer. The level of PSA may also be high in men with conditions other than prostate cancer.

Digital Rectal Exam (DRE): is an exam of the rectum. The doctor inserts a lubricated, gloved finger into the lower part of the rectum to feel the prostate for lumps or anything else that seems unusual.



PROMOTE SMART SCREENING of African-American Men

PROSTATE CANCER is the most common, non-skin malignancy (life-threatening tumor) found in men. In 2015 approximately 220,000 men were found to have prostate cancer. It is the second leading cause of cancer death in men.

1 in 6 African-American men will get Prostate Cancer

1 in 23 African-American men die from Prostate Cancer – the highest death rate of any ethnic/racial group.

In the St. Louis region, African-American men are **2.3 times** more likely to die from prostate cancer than any other racial group.

When prostate cancer is found early, **the survival rate is greater than 95%**

If you are an African-American male age 45 or older, visit your doctor and ask about **PROSTATE CANCER SCREENING OPTIONS**.

We promote **Smart Screening** and informed decision making. Knowledge is power!

SYMPTOMS AND TESTING

- Most men with prostate cancer have no symptoms in the early stages of the disease.
- The best way to find prostate cancer is the Prostate Specific Antigen (PSA). PSA is produced by the prostate gland and is checked by a simple blood test.
- Although there is a lot of disagreement over the PSA blood test, use of PSA over the past 25 years has led to a better survival rate of African American men.

Screening May Save Your Life

The prostate cancer death rate continues to fall at a rate of 3.7 percent annually in African-American men. The improved survival rate directly correlates with the routine use of PSA over the past 25 years.

All racial and ethnic groups have experienced a decrease in the death rate in the PSA era. Men who have localized disease have an excellent five-year survival, whereas men in whom the disease has spread to distant organs have a five-year survival of only 28%. The PSA blood test helps to detect prostate cancer before it has spread to distant organs.

**PROSTATE CANCER
COALITION**

To learn more about the Prostate Cancer Coalition or Smart Screening, visit www.ProstateCancerCoalitionSTL.org

Community Health Centers

** Note: Community Health Centers are places you can go to if you are uninsured, on Medicaid/Medicare or if you have insurance. Most use a sliding scale fee.*

Affinia Healthcare
affiniahealthcare.org

314-814-8700

33930 S. Broadway Street
St. Louis, MO. 63118

Hours: Mon, Tue, Thu, Fri 8:30 a.m. – 5:30 p.m.
Wed 8:30 a.m.- 7 p.m.

1717 Biddle Street
St. Louis, MO 63106

Hours: Mon, Tue, Thu, Fri 8:30 a.m. – 5:30 p.m.
Wed 8:30 a.m.- 7 p.m.

2220 Lemp Avenue
St. Louis, MO 63104

Hours: Mon, Tue, Thu, Fri 8:30 a.m. – 5:30 p.m.;
Wed 8:30 a.m.- 7 p.m.; Sat 9 a.m. -1 p.m.

4414 North Florissant Avenue
St. Louis, MO 63107

Hours: Mon, Tue, Thu, Fri 8:30 a.m. – 5:30 p.m.
Wed 10 a.m.- 7 p.m.

Betty Jean Kerr People's Health Centers
phcenters.org

Central Health Center

5701 Delmar Blvd.
St. Louis, MO 63112
314-367-7848

Hours: Mon, Wed, Thu, Fri 8 a.m. – 5 p.m.;
Tue 8 a.m. – 7 p.m.

North Site Health Center

11642 W. Florissant Ave.
St. Louis, MO 63033
314-838-8220

Hours: Mon, Tue, Thu, Fri 8 a.m. – 5 p.m.;
Wed 8 a.m. – 8 p.m.

West Site Health Center

7200 Manchester Rd.
St. Louis, MO 63143
314-781-9162

Hours: Mon, Tue, Wed, Fri 8 a.m. – 5 p.m.;
Thu 11 a.m. – 8 p.m.

Crider Health Centers
cridercenter.org

Warrenton Health Center

19515 Brune Parkway
Warrenton, MO 63383
636-456-1500

Hours: Mon – Fri 8 a.m. – 5 p.m.

Wentzville Health Center

1032 Crosswinds Court
Wentzville, MO 63385
636-332-6000

Hours: Mon, Tue, Thu, Fri 8:30 a.m. – 5 p.m.
Wed 10 a.m. – 6 p.m.

Family Care Health Centers
fchstl.org

Carondelet Health Center

401 Holy Hills Avenue
St. Louis, MO 63111
314-353-5190

Hours: Mon, Wed, Fri 8 a.m. – 5 p.m.
Tue, Thu 8 a.m. – 8 p.m.
Sat 9 a.m. – 12:20 p.m. (every other Saturday)

Forest Park Southeast Health Center

4352 Manchester Avenue
St. Louis, MO 63110
314-531-5444

Hours: Mon, Wed, Thu, Fri 8:30 a.m. – 5 p.m.
Sat: 9 a.m. – 1 p.m.
(Free clinic open Saturdays. Call the Friday before for Saturday availability.)

Myrtle Hilliard Davis Comprehensive Health Center
mhdchc.org

Comprehensive 1 Health Center

5471 Dr. Martin Luther King Dr.
St. Louis, MO 63112
314-367-5820

Florence Hill Health Center

5541 Riverview Blvd.
St. Louis, MO 63120
314-389-4566

Hours: Mon- Fri 8 a.m.- 5 p.m.

Homer G. Phillips Health Center

2425 N. Whittier Ave.
St. Louis, MO 63113
314-371-3100

Hours: Mon- Fri 8 a.m.- 5 p.m.

Salam Free Clinic

Lane Tabernacle CME Church

910 N. Newstead Ave.
St. Louis MO 63135
314-533-0534

Hours: Sat 11 a.m.-1 p.m.

St. Peter's United Church of Christ

1425 Stein Rd. at W. Florissant Rd.
Ferguson, MO 63135
314-521-5694

Hours: Sat 11 a.m.-1 p.m.

Southern Illinois Healthcare Foundation
sihf.org

** Multiple sites including:*

Cahokia Health Center

818 Upper Cahokia Road
Cahokia, IL 62206
618-337-2597

Hours: Mon- Fri 8:30 a.m.-5 p.m.

East St. Louis Health Center

2001 State Street
East St. Louis, IL 62205
618-271-9191

Hours: Mon- Fri 8:30 a.m. – 5 p.m.

Fairmont City Health Center

2568 North 41st Street
Fairmont City, IL 62201
618-482-4015

Hours: 8:30 a.m.- 5 p.m.

McKinley Health Center

2166 Madison Avenue
Granite City, IL 62040
618-452-1129

Hours: Mon-Fri 8 a.m. – 5 p.m.

St. Louis County Health Center
stlouisco.com

North Central Community Health Center

4000 Jennings Station Rd.

Pine Lawn, MO 63121

314-679-7800

Hours: Mon, Tue, Thu, Fri 8 a.m.-5 p.m.;

Wed 8 a.m.-6p.m.

South County Health Center

4580 South Lindbergh Blvd.

Sunset Hills, MO 63127

314-615-0400

Hours: Mon, Wed, Thu, Fri 8 a.m.-5 p.m.;

Tue 8 a.m.-6 p.m.

Prostate Cancer Screening/Treatment

**Barnes-Jewish Hospital and
Washington University School of Medicine**
barnes-jewish.org
urology.wustl.edu

Center for Advanced Medicine

4921 Parkview Place
11th floor Suite C
St. Louis, MO 63110
Phone: 314-362-8200

Certain institutions are recognized as Comprehensive Cancer Centers by the National Cancer Institute (NCI). These centers have been rigorously reviewed by the National Cancer Advisory Board. Currently, the Siteman Cancer Center is the only program in the state of Missouri to be formally recognized by the NCI for their world-class leadership in clinical care, research and community outreach.

- Patients must schedule an appointment with a physician
- Medicaid and Medicare accepted
- Uninsured patients are accepted but they must agree to assume all financial responsibility. Financial assistance available for those who qualify.

Christian Hospital Northeast
christianhospital.org

Urologic Surgery Office

11133 Dunn Road
Professional Building #1, Suite 202N
St. Louis, MO 63136
Phone: 314-362-8200

Cancer Resource Center

11125 Dunn Road, Professional Office Building 2, Suite 110
St. Louis, MO 63136
314-653-5905

Through a comprehensive program of cancer education, early detection, advanced treatment and follow-up care, patients benefit from up-to-date care. The cancer program is accredited by The American College of Surgeons Commission on Cancer.

- Patients must schedule an appointment with a physician
- Medicaid and Medicare accepted
- Uninsured patients must make financial arrangements beforehand. Patients without insurance will automatically receive a 40 percent discount on the billed charges and will be considered for assistance. Depending on the type of service and level of financial assistance, a partial payment may be required.

Eastside Health District
eastsidehealthdistrict.org

638 North 20th Street
East St. Louis, IL 62205
Phone: 618-874-4713

Hours: Monday-Friday 8 a.m.-4:30 p.m.

Mercy Hospital
mercy.net

Mercy Clinic Urology

607 S. New Ballas Road

Suite 3100

St. Louis, MO 63141

Phone: 314-251-8850

Hours: Monday-Friday 8 a.m.-4 p.m

The David C. Pratt Cancer Center

607 S. New Ballas Road

Suite 1440

St. Louis, MO 63141

Phone: 314-251-4800

The David C. Pratt Cancer Center is accredited with commendation by the Commission on Cancer of the American College of Surgeons, a distinction given to only one in five health care facilities in the country. The Center also participates in clinical studies for every major type of cancer, giving patients access to the latest therapies.

- Patients must schedule an appointment with a physician
- Medicaid and Medicare accepted
- Patient discounts are offered on our hospital services for those who do not have insurance and financial assistance for patients who are in financial need. A discount from the hospital's regular billed charges is offered to patients who do not have insurance. This includes patients whose financial situation normally would not otherwise qualify them for financial assistance. The discount for all uninsured patients is 35%. Mercy grants hospital and clinic financial assistance to patients for emergency and other medically necessary care based on need as determined by the Federal Poverty Guidelines which consider household income and family size. Financial assistance is also subject to an asset test.

SSM Health Saint Louis University Hospital - West Pavilion **slucare.edu**

SLUCare Urologic Surgery

3655 Vista Avenue

St. Louis, MO 63110

Phone: 314-577-6131

Hours: Mon – Fri 7 a.m. to 4:30 p.m.

- Medicaid and Medicare accepted
- Uninsured patients are referred to the financial assistance department

SLU Cancer Center

3655 Vista Avenue

St. Louis, MO 63110

Phone: 314-977-4400

At Saint Louis University Cancer Center, our SLUCare physicians work as a team to identify your cancer and design a treatment plan around your unique needs. We coordinate your care throughout your treatment and after to help you achieve the best possible outcome. Together, we'll fight your cancer with everything we have.

- Patients must schedule an appointment with a physician
- Medicaid and Medicare accepted
- Uninsured patients are referred to the financial assistance department. Financial assistance is based on need and determined by Federal Poverty Levels, which includes income and number of family members

SSM Health Care
ssmhc.org

**SSM Health Medical Group in partnership with St. Louis
Urology**

SSM DePaul
12277 DePaul Drive
Suite 201-S
Bridgeton, MO 63044
Phone: 314-209-5135

SSM St. Joseph
400 First Capitol Drive
Suite 301
St. Charles, MO 63301
636-669-2392

SSM St. Mary's
6400 Clayton Road
Suite 201
St. Louis, MO 63117

- Patients must schedule an appointment with a physician
- Medicaid and Medicare accepted
- Uninsured patients are referred to the financial assistance department. Financial assistance is based on need and determined by Federal Poverty Levels, which includes income and number of family members.

St. Alexius Hospital
stalexiushospital.com

3933 S. Broadway
St. Louis, MO 63118
314-865-7000

- Patients must schedule an appointment with a physician
- Medicaid and Medicare accepted
- Uninsured patients are accepted on a case-by-case basis to individuals who meet certain financial criteria based upon income, assets, and family size.

St. Anthony's Medical Center
stanthonysmedcenter.com

South County Urological

12345 West Bend Drive
Suite 200 St. Louis, MO 63128
Phone: 314-843-8000
southcountyurological.com

Metropolitan Urologic Specialists

10296 Big Bend Blvd
Suite 205
St. Louis, MO 63122
Phone: 314-315-9911

St. Anthony's Cancer Center

10010 Kennerly Road
St. Louis, MO 63128
314-525-1000

St. Anthony's Cancer Care Center offers cancer care to people in St. Louis and beyond. Led by a team of cancer physicians with a passion for the battle against cancer, the Cancer Care Center offers coordinated and comprehensive services, including cancer treatment services, patient support services, and clinical cancer trials.

- Patients must schedule an appointment with a physician
- Medicaid and Medicare accepted
- Payment assistance is available for those who do not have insurance or who are in financial need. A discount from the hospital's regular billed charges will be provided to patients who do not have insurance. The discount for uninsured patients is 40 percent. After appropriate discounts have been applied, arrangements may be made for an interest-free monthly payment plan.

St. Clair County Health
health.co.st-clair.il.us

19 Public Square
Belleville, IL 62220
Phone: 618-233-7703

St. Luke's Hospital
stlukes-stl.com

224 S. Woods Mill Road
Suite 510 South
Chesterfield, MO 63017
Phone: 314-434-3433

- Patients must schedule an appointment with a physician
- Medicaid and Medicare accepted
- Financial Assistance is available to all residents of the community who are uninsured or underinsured and do not have adequate financial resources to pay for necessary healthcare services provided. Financial Assistance provided by St. Luke's Hospital is not a substitute for personal responsibility. All patients seen at St. Luke's Hospital are expected to contribute to the cost of their care, based upon their individual ability to pay.

Touchette Regional Hospital
touchette.org

5900 Bond Avenue
Centreville, IL 62207
Phone: 618-332-3060

- Patients must schedule an appointment with a physician
- Medicaid and Medicare accepted
- Patients who do not have medical coverage but request non-emergent hospital services at will be reviewed for eligibility under the Hospital's Financial Assistance Policy either prior to the service being received or at the time of service.

Support During and After Treatment

Peer Support Groups

Barnes Jewish St. Peter's - American Cancer Society Prostate Cancer Support Group

636-916-9947

Barnes-Jewish St. Peter's Hospital
HealthWise Center
Professional Building #1 Suite 117
6 Jungermann Circle
St. Peter's, MO 63376

Second Wednesday of the month 6 p.m.-7:30 p.m.

A support group for men diagnosed with prostate cancer at any stage. This American Cancer Society program includes education sessions and support for participants. Spouses, significant others, and care-givers are welcome.

Cancer Hope Network

1-800-552-4366

cancerhopenetwork.org

Email: info@cancerhopenetwork.org

Hours: Mon- Fri 7:30 a.m.-4:30 p.m.

Cancer Hope Network is a national non-profit organization that provides free and confidential one-on-one emotional support to cancer patients, their caregivers, and their family members. Cancer Hope Network matches cancer patients or family members with trained volunteer cancer survivors who themselves, have undergone and recovered from a similar cancer experience.

- Services are free

Cancer Support Community of Greater St. Louis **cancersupportstl.org**

1058 Old Des Peres Rd.

St. Louis, MO 63131

314-238-2000

Survivor Monthly Networking Group

Fourth Thursday each month 6:30 – 8 p.m.

When treatment ends, many cancer survivors are surprised to find that they need an opportunity to discuss transition from active treatment to a post-treatment life. This group will be open to adult survivors of any cancer diagnosis who have completed active treatment. A guest speaker will be present every other month. Speakers will address the many issues related to survivorship. Discussion will follow.

- Participants are encouraged to call in advance
- Sessions are free

Weekly Support Groups for Cancer Patients

These groups offer people with a cancer diagnosis who are in active treatment an opportunity to share thoughts, feelings, and information. Together, group participants experience warmth, understanding, support, and learn how to manage stress.

Weekly Support Groups for Caregivers and Loved Ones

Weekly support groups for caregivers and loved ones offer those supporting a person with cancer the opportunity to discuss common issues. Together, family, friends, and caregivers can learn new ways to cope with their individual stress, as well as new ways to support their loved ones living with cancer.

- Please call in advance to register for a date and time
- Sessions are free

Weekly Support Groups for Caregivers

These support groups are offered day and evening and are open to any caregiver who has lost a loved one to cancer in the past 18 months.

Fourth Thursday each month 6:30 – 8 p.m.

When treatment ends, many cancer survivors are surprised to find that they need an opportunity to discuss transition from active treatment to a post-treatment life. This group will be open to adult survivors of any cancer diagnosis who have completed active treatment. A guest speaker will be present every other month. Speakers will address the many issues related to survivorship. Discussion will follow.

- These groups require a short preparation meeting in advance.
- Call 314-238-2000 for schedule
- Sessions are free

The Empowerment Network (TEN) **theempowermentnetwork.net**

6000 W. Florissant Avenue
St. Louis, MO 63136
314-385-0098
contactus@tenstl.org

The Empowerment Network, Inc. (TEN) is a federally recognized 501 c 3 non-profit organization dedicated to reaching populations of men, at least 35 years of age, who are at risk of developing prostate cancer or who have been diagnosed with the disease. TEN provides free to the public educational seminars, PSA testing, treatment referrals, and health resources and services to men and their families. TEN are advocates for prostate cancer awareness and healthy lifestyle initiatives at the local, state, and national levels.

The Empowerment Network, Inc. provides monthly support group meetings for its 375 survivor members and their caregivers.

“If you have prostate cancer, you need The Empowerment Network.”

-Mellve Shahid Sr., Founder/CEO, prostate cancer survivor and advocate.

O'Fallon First United Methodist Church

Cancer Companion Program

8504 E. Hwy 50
O'Fallon IL 62269
618-628-8262
cancer-companions.org

Cancer Companions is a peer-led Christian cancer support group for anyone in cancer treatment, post treatment or their loved ones, offering encouragement, information, and connection many cancer families need. This is an outreach ministry open to the community. Ask for Ron Fontenot. For other Cancer Companion locations, visit the website or call 314-283-9007.

- Pre-registration is required
- Sessions are free

Siteman Cancer Center

Arts + Healthcare Program

Locations vary.
Sarah Colby 314-605-0519
siteman.wustl.edu

The Arts + Healthcare Program offers creative arts activities to patients and their families. They work with admitted patients and caregivers by offering free writing and art classes through the Siteman Cancer Center. The Central West End office has an art room.

Financial Assistance

** Note: This section is for people who have already been diagnosed with cancer. If you are looking for help paying for medication, please see Medication Assistance section.*

CancerCare Co-Payment Assistance Foundation

866-552-6729; 212-601-9750

cancercarecopay.org

Email: information@cancercarecopay.org

CancerCare Co-Payment Assistance Foundation (CCAF) helps people afford the cost of co-payments for chemotherapy and targeted treatment drugs. They provide this assistance free of charge to ensure patient access to care and compliance with prescribed treatments.

Patient Advocate Foundation

1-800-532-5274

www.patientadvocate.org

Patient Advocate Foundation offers assistance to patients with specific issues they are facing with their insurer, employer and/or creditor regarding insurance, job retention and/or debt crisis matters relative to their diagnosis of life threatening or debilitating diseases.

Patient Access Network Foundation

1-866-316-7263

www.panfoundation.org

The Patient Access Network (PAN) Foundation is an independent, national 501 (c)(3) organization dedicated to helping federally and commercially insured people living with chronic, life-threatening and rare diseases with the out-of-pocket costs for their prescribed medications. Partnering with generous donors, healthcare providers and pharmacies, PAN provides the underinsured population access to the healthcare treatments they need to best manage their conditions and focus on improving their quality of life.

Transportation Assistance

American Cancer Society

Road to Recovery Program

4207 Lindell Blvd

St. Louis, MO 63108

1-800-227-2345 (answered 24 hours)

cancer.org

Hours of Operation: 8 a.m. to 5 p.m. with some flexibility

The Road to Recovery program provides free transportation for cancer patients who are traveling for essential medical care related to a cancer diagnosis. This service is for cancer patients who have no means of transportation or are unable to drive themselves. Service is dependent on availability of drivers in the patient's area. This service is for cancer related appointments only; it can only be used for transportation to and from an appointment - non-appointment stops are not an option. At least 4 business days notice is required to request a ride. You must be ambulatory (able to walk) to use this service.

Express Medical Transporters, Inc

6780 Southwest Ave. St. Louis, MO 63143

314-781-6400

rideemt.com/home

Hours of Operation: 5 a.m.-6 p.m.

Express Medical Transporters, Inc. (EMT) provides transportation for a wide variety of clients including passengers in wheelchairs, seniors, the disabled and those requiring stretchers who don't need medical attention. EMT will assist you from home to the vehicle and back. Fees vary depending on the mileage.

Medical Transportation Management, Inc.

636-561-5686; 1-888-561-8747 (toll-free)

mtm-inc.net

Hours of Operation: Mon-Fri 9 a.m. to 5 p.m.

Medical Transportation Management (MTM) offers non-emergency medical transportation for older adults, disabled, underserved populations enrolled in state and county government programs such as Medicaid and Medicare+Choice Managed Care Organizations. You must be Medicaid eligible to qualify for this free service.

Missouri Care

1-800-695-5791

missouricare.com

Hours of Operation: 24 hours, 7 days a week

Missouri Care offers non-emergency medical transportation to members of MO Health Net. You must call to schedule at least 3 days in advance. This service is free with MO Health Net enrollment.

The National Coalition For Cancer Survivorship

877-NCCS-YES (877-622-7937)

canceradvocacy.org

The National Coalition for Cancer Survivorship is a patient-led advocacy organization working on behalf of people with all types of cancer and their families. They are dedicated to assuring quality cancer care for all Americans.

Peregrine Society

Transportation Program

2343 Hampton Ave.

St. Louis, MO 63139

314-781-6775

peregrinesoc.org

Hours of Operation: 8:30 a.m.- 4:15 p.m.

The St. Louis Peregrine Society is dedicated to improving the quality of life of cancer patients living in the St. Louis area. The Peregrine Society offers \$300 in cab transportation to and from radiation and chemotherapy treatments (not doctor's appointments). Registration is required ahead of time; processing of registration takes a couple of days. Once a patient is registered, he or she should allow 24 hours in advance to order a ride.

OATS

Transportation Program

186 NW Industrial Court

Bridgeton, MO 63044

314-888-6720

oatstransit.org

OATS is a public transportation system that is available to everyone, regardless of age, race, gender, color, religion, or national origin, and in fact serves a wide diversity of clientele. Passengers with disabilities may request modifications to current service procedures to access the service. Please submit requests at least the day before the trip. To make a request, please call us at 1-888-875-6287 or email us at jstedem@oatstransit.org

Nutrition & Food Assistance

Food Outreach

3117 Olive St.

St. Louis, MO 63103

314-652-3663

foodoutreach.org

Food Outreach is a non-profit organization that provides nutritional support to low-income men, women and children living with cancer or HIV/AIDS. An on-staff registered dietitian works closely with the on-staff chef to develop menus that focus on the nutritional needs of individuals with compromised immune systems. In addition to nutritional counseling, clients undergoing cancer treatment receive the equivalent of two meals per day through a combination of frozen prepared meals, groceries and a weekly hot lunch. Free group nutrition education and cooking classes at their facility are also provided. Nutritional supplements and van delivery service are available on a case-by-case basis. The main facility is located in midtown St. Louis, MO with a satellite grocery in East St. Louis, IL.

Food Stamp Program/Supplemental Nutrition Assistance Program (SNAP)

1-855-373-4636

(FSD Information Center, available Mon-Fri 7 a.m. to 6 p.m.)

1-800-392-1261

(FSD Automated Line, available 24 hours, 7 days a week)

dss.mo.gov/fsd/fstamp

SNAP is a government assistance program to help low-income households pay for food. SNAP used to be called the Food Stamp Program. The amount of SNAP food stamps a household gets depends on the household's size, income and expenses. Missouri households who are approved for SNAP food stamps get a plastic debit card called an Electronic Transfer (EBT) card. They can use this card to pay for food at supermarkets, convenience stores and other food stores. Each month, SNAP food stamps benefits are directly deposited into the household's EBT card account. You can fill out a pre-screening eligibility tool online, or visit a Missouri Department of Social Services Office.

Mercy Cancer Services

Food for Thought
607 S. New Ballas Rd.
St. Louis, MO 63141
314-251-6400

Monthly class featuring nutrition tips by a registered dietitian. Each class has general nutrition advice related to a light meal prepared by our chef, Don Grace. All classes are from 5:30-6:45 p.m., and space is limited. For specific dates and to R.S.V.P. contact Katie Robinson

Operation Food Search

Cooking Matters Program
6282 Olive Boulevard
St. Louis, MO 63130-3300
314-726-5355 operationfoodsearch.org

Share Our Strength's Cooking Matters empowers families at risk of hunger with the skills, knowledge and confidence to make healthy and affordable meals. With the help of volunteer culinary and nutrition experts, course participants learn how to select nutritious and low- cost ingredients and prepare them in ways that provide the best nourishment possible to their families

Medication & Medical Supplies Assistance

Note: Some pharmaceutical (drug) companies offer programs to help patients with their medication. These are called patient assistance programs (PAPs). There are typically income and other eligibility requirements. This list may not include all programs. For more information on PAPs, talk to your doctor or pharmacist.

Cancer Support Community of Greater St. Louis

Staenberg Family Foundation Cancer Services Program
314-238-2000 ext 229
cancersupportstl.org

Cancer Support Community provides nutritional supplements, incontinence products, voice prosthesis, wigs, compression garments, bath chairs and various other durable medical equipment, ostomy supplies, mastectomy bras, breast prostheses, and other items that are not always covered by insurance. There are limited quantities of items and all patients receiving assistance are subject to a limited amount of assistance per calendar year. Any person with a cancer diagnosis with an annual household income at or below 250% of the federal poverty level is eligible. Patients must reside in St. Louis City, St. Louis County, St. Charles County, Jefferson County, Franklin County, Lincoln County or Warren County in Missouri; patients residing in Madison, Monroe or St. Clair counties in Illinois OR come to the St. Louis Metro area for treatment are also eligible. A referral form can be found online or by contacting Cancer Support Community. This program is free of charge.

Illinois Rx Buying Club

(866)215-3463

illinoisrxbuyingclub.com

Illinois Rx Buying club in conjunction with Medco Health Solutions offers a discount prescription plan for both generics and brand name drugs. Savings average 20% at over 2,500 pharmacies in Illinois. There is also a mail order service for savings. This program is for Illinois residents only and income eligibility requirements apply. There is a \$10 annual non-refundable administrative fee associated with this program. An application can be found online or by calling the above number.

Needy Meds

1-800-503-6897

needymeds.org

Needy Meds mission is to help people who cannot afford medicine or health care costs. On their website you can find information about free or discounted medication programs, free or low cost clinics and camps, and scholarship programs. They also offer a discount drug card that can provide significant savings on your prescriptions.

Partnership For Prescription Assistance

1-888-477-2669

pparx.org

Helps qualified low-income and uninsured patients who lack prescription coverage get the medicines they need through the public or private program that's right for them. More than 2,500 brand-name and generic medicines are covered. Many patients will get medications free or nearly free.

Peregrine Society

2343 Hampton Ave.

St. Louis, MO 63139

314-781-6775

peregrinesoc.org

Hours of Operation: 8:30- 4:15pm

The Peregrine Society offers assistance to patients needing help paying for their medications. Qualifying patients must be completely uninsured, with no Medicaid/Medicare eligibility. Copays are not covered. There is a \$200 monthly limit of medication assistance and only medications due to cancer treatment are covered. To qualify, a referral form must be completed (form available online) with diagnosis verification by doctor.

Rx Outreach

1-888-796-1234

rxoutreach.org

Rx Outreach is a fully-licensed nonprofit mail order pharmacy providing affordable medications to patients all over the U.S. and U.S. territories. Over 670 medications are offered which cover most chronic diseases. Patient's eligibility is based on household income which can be checked online; patients on Medicare, Medicaid and other insurance may be eligible. There are no enrollment, membership or standard shipping fees. Patients can complete a simple enrollment process online, by phone or with a paper application. A Savings Calculator can be found online to find out how much can be saved on specific medications.

Advocacy & Information Groups

Prostate Cancer Foundation

800-757-2873 pcf.org

The Prostate Cancer Foundation (PCF)

Urology Care Foundation

800-828-7866

urologyhealth.org

The Urology Care Foundation

The Empowerment Network

314-385-0998

theempowermentnetwork.net

The Empowerment Network (TEN) is a prostate cancer advocacy organization whose mission is to work to improve the health and well-being of vulnerable high risk, urban males age 35+. TEN provides support, awareness, education, and health resources to these men and their families. TEN enriches lives by using the power of the public and private sector to provide services to these neediest of men.

“No One Fights Alone”

Other Assistance

American Cancer Society

4207 Lindell Blvd
St. Louis, MO 63108
1-800-227-2345
cancer.org

Barnard Health and Cancer Information Center of Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine

4921 Parkview Pl
St. Louis, MO 63110
314-362-7844
siteman.wustl.edu

Located in the Center of Advanced Medicine, the Barnard Health and Cancer Information Center (BHCIC) provides free services to patients and their caregivers. These services include educational programs, educational materials, support group referrals and smoking cessation programs. In addition, the staff can assist patients with wigs and turbans, prostheses, nutritional supplements and compression garments.

Cancer Agency Network of Greater St. Louis

636-230-4400 (leave a message and your call will be returned)
cancerstl.org

The Cancer Agencies Network of Greater St. Louis (CAN) is a collaboration of agencies and businesses that provide services to cancer patients in the greater St. Louis area. CAN's mission is to heighten awareness about and accessibility to cancer resources. They publish an annual cancer resource guide and hold educational events.

Christian HomeCare Services, Inc.

115 W. Randle
Lebanon, IL 62254
618-537-9590
chcsinc.org

Christian HomeCare Services, Inc. is used by families with older adults living in the Metro-East who are disadvantaged due to a variety of factors, including low-income, isolated location, scarcity of transportation, and lack of family and other natural support systems that ordinarily help navigate the complications of growing older. They provide personal, in-home, non-medical care.

Hope Lodge

4215 Lindell Blvd
Saint Louis, MO 63108
314-286-8150
cancer.org/hopelodgestlouis

The American Cancer Society's Hope Lodge offers free temporary housing for cancer patients traveling more than 50 miles from their place of residence to Saint Louis for outpatient cancer treatment. You must be capable of self-care or accompanied by a caregiver to stay at Hope Lodge. Patients are welcome to bring a caregiver as needed. Spouses of individuals having inpatient treatment are also welcome to use the Hope Lodge. Meals are not included but a kitchen facility is available.

Patient and Family Advisory Council (PFAC)

If you are interested in learning more please contact the PFAC coordinator at 314-747-4689 or SitemanPFAC@bjc.org

Siteman's PFAC is made up of patients, caregivers and staff members who strive to enhance the patient experience for current and future patients. The PFAC ensures that patient and family voices are an integral part of delivering the highest standard of safe, comprehensive and compassionate cancer care and services. PFAC patient and caregiver members serve a two-year term the option of extending another two years. All volunteers have to comply with the Barnes-Jewish Hospital Volunteer policies. The PFAC welcomes applications from patients and caregivers at any time. The PFAC meets monthly in the evenings.

United Way 2-1-1

211 or 1-800-427-4626
211helps.org

Dial 2-1-1 to speak to a trained professional who can connect you to essential community services. There's 411 for information and 911 for emergencies, but you can call 211 when you need help and don't know where to turn. This service is available 24 hours a day, 7 days a week and available in multiple languages.

Know Your Family History

Family health history is information about diseases that run in your family. Knowing your family's health history is important for making good decisions about when and how often you should get prostate cancer screenings, but many of us don't talk with our families about these things. We might not know if men in our family have had prostate cancer.

Talking about cancer can be hard, but getting those answers is important. Family history is often shared while talking at family events like birthday parties, weddings, reunions or holiday dinners. Consider talking to your relatives about their health history at your next family event!

1.) Has anyone in your immediate family ever had prostate cancer?

(Note: Immediate family members means your mother, father, brother, sister, and children)

☐ Yes ☐ No ☐ Unsure

Person/People: _____

Age: _____

2.) Has anyone in your immediate family ever had another type of cancer?

☐ Yes ☐ No ☐ Unsure

Person/People: _____

Type of Cancer: _____

Age at Diagnosis: _____

3.) What about other members of your family like aunts/uncles, grandparents, nieces and nephews? Have any of them had any type of cancer?

☐ Yes ☐ No ☐ Unsure

Person/People:_____

Type of Cancer:_____

Age at Diagnosis:_____

FAMILY HISTORY NOTES:

Questions To Ask About Your Screening Test

Here are some tips:

- Write a list of all your medications (even over-the-counter ones).
- If you can, bring information that your doctor may not have sent, such as test results from another city.
- Bring a pad of paper to your first appointment. Write a list of questions you have for your Urologist. Some suggestions are:
 - » Should I have a PSA test?
 - » When and from whom will I get my results?
 - » What do the results mean?
 - » Do I come back to see you?
 - » Does your clinic/hospital have a financial assistance application if I need it?

After the test ask:

- Do I need to come back?

Bring a family member or friend to help you remember important information.

Remember that it is okay to ask questions.

Write a list of questions you have for the doctor and write down the answers:

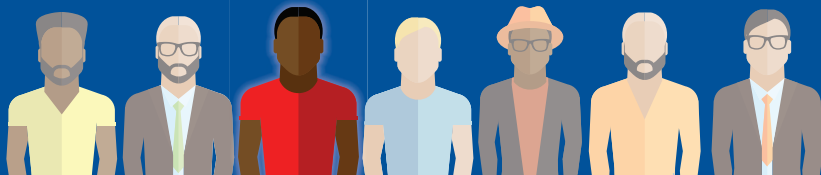
This image shows a full page of blank primary-ruled paper. It features multiple sets of horizontal lines, each set consisting of three parallel lines (top, middle, and bottom) which are typical for teaching handwriting to children. The lines are evenly spaced and extend across the entire width of the page. There are no margins, text, or other markings on the paper.

Write a list of all your medications, including vitamins or supplements:

[illegible]

Prostate Cancer

Did you know? About **1 in 7** men **will be diagnosed** with prostate cancer during his lifetime.



1 in 38 will die of prostate cancer.

Other than skin cancer, prostate cancer is the most common cancer & the **second highest cause of cancer death** in men.



Are you at risk?

As your age increases so does your risk

1 in 9 men 70 and older

1 in 16 men 60 to 69

1 in 38 men 40 to 59

1 in 10,000 men under 40

Family History:

- If your **father or brother** has had prostate cancer, your risk of getting prostate cancer more than doubles.



Race:

- African-American men are more than **1 ½ times** more likely to get prostate cancer and more than **2 times as likely to die of prostate** cancer as Caucasian men.



Just remember the **3 S's**

Speak.

Speak with a doctor about your risk

Screen.

Keep up with your regular screenings

Stay healthy.

A healthy diet and exercise can help prevent cancer

For more information, visit siteman.wustl.edu/pecad.aspx



SITEMAN[®]
CANCER CENTER

BARNESJEWISH
Hospital
BJC HealthCare

Washington[®]
University in St. Louis
SCHOOL OF MEDICINE

8**IGHT** healthy behaviors for cancer survivors

CANCER'S HARD. No two ways about it. Diagnosis and treatment can be frightening and draining, and even after you've made it past those hurdles, you have to learn how to make your way through life as a cancer survivor. With modern medicine, though, millions of survivors are not only living longer but they're also learning to live better. And one of the best paths to doing that is to take steps to take control of your health. These 8 "ways" can be your guide that helps lay the foundation for the many health-filled years that most survivors enjoy. It's almost never too early to start. Whether you've just been diagnosed, are going through treatment, or are posttreatment, these eight behaviors can help boost your health. Your doctor can help guide you, but the only limitation, really, is when you want to start. Begin with one or two; once you've got those down, move on to the others.

1 **DON'T SMOKE**

You've heard it before, of course. But, if you smoke, the single best thing you can do as a survivor is stop. It'll lower your risk of developing a second cancer as well as heart disease and stroke. Yes, it's hard. But, it's far from impossible.

TIPS

- Keep trying! It often takes 6 or 7 tries before you quit for good.
- Talk to a health care provider for help, it can double your chances of success.
- Call 1-800-QUITNOW or visit smokefree.gov for extra help.
- Join a quit-smoking program. Your workplace or health plan may offer one.

2 **AVOID SECONDHAND SMOKE**

If you don't smoke, and even if you do – stay away from secondhand smoke. It's not as bad as smoking yourself, but spending time in smoky places can further raise the risk of cancer as well as heart disease.

TIPS

- Avoid smoky bars and restaurants.
- Try to work in a non-smoking workplace.
- Make your house "non-smoking" and don't give in, not to spouses, kids, or friends.

3 **EXERCISE REGULARLY**

It's tough for a lot of people to fit exercise in to their schedules. For survivors whose regular routines have been so interrupted and who may have just gone through treatment, it can be even tougher. But, the benefits of regular activity make it well worth the effort to fit it in, even for those in the middle of treatment. It not only boosts health but also improves mood and helps counter cancer-related fatigue. Regular exercise may lower the risk of recurrence and help cut the risk of other chronic

diseases. Try to get at least 30 minutes of aerobic activity (like brisk walking) every day. More is even better. It's also important to fit in strength training. Build up to 2 or more times per week.

TIPS

- Choose activities you enjoy. Many things count as exercise, like walking, gardening, and dancing.
- Make exercise a habit by setting aside the same time for it each day--try going to the gym each day at lunchtime or taking a walk regularly after dinner.
- Stay motivated by exercising with someone.
- Start slowly with any new program and don't be shy about asking for help.

4 **MAINTAIN A HEALTHY WEIGHT**

With the stress, treatment side effects, and changes to life's routine that a cancer diagnosis can bring, it can be hard for survivors to keep weight in check. Still, maintaining a healthy weight – or at a minimum, not gaining weight – is an important goal that all survivors should shoot for. Next to not smoking, it's the single most important thing you can do to improve your health and quality of life.

TIPS

- Limit time in front of the TV and computer.
- Integrate physical activity and movement into your life.
- Eat a diet rich in fruits, vegetables, and whole grains.
- Choose smaller portions, and eat more slowly.

5 **EAT A HEALTHY DIET**

As a survivor it can be tough to know how you should eat. Books and articles and websites spout "wonder" diets, but the reality is that healthy eating is the same for cancer survivors as it is for everyone else. A healthy diet can help keep weight in check,

give your body the nutrients it needs, and the energy you need to make it through a busy day. You should focus on fruits, vegetables, and whole grains, and keep red meat to a minimum. It's also important to cut back on bad fats (saturated and trans fat), and choose healthy fats (polyunsaturated and monounsaturated fats) more often. Taking a 100% DV multivitamin with folate everyday is a great nutrition insurance policy.

TIPS

- Make fruits and vegetables a part of every meal. Put fruit on your cereal. Eat vegetables as a snack.
- Choose chicken, fish, or beans, instead of red meat.
- Choose whole-grain cereal, brown rice, and whole-wheat bread over their more refined counterparts.
- Choose dishes made with olive or canola oil, which are high in healthy fats.
- Cut back on fast food and store-bought snacks (like cookies), which are high in bad fats.
- Follow food safety steps to avoid food poisoning.

6 DRINK ALCOHOL IN MODERATION, IF AT ALL

Alcohol can be a complicated issue, especially for survivors. Moderate consumption can be heart healthy – a big benefit – but at the same time increase the risk of a later cancer. On top of this, alcohol can become for some an unhealthy way to deal with the physical and emotional stress of dealing with cancer.

If you don't drink, don't feel the need to start. If you do, keep it to moderate levels (1 drink/day for women; 1-2 drinks/day for men). Those who drink more should cut back.

TIPS

- Choose non-alcoholic beverages at meals and parties.
- Avoid occasions centered around alcohol.
- Talk to a health care professional if you feel you have a problem with alcohol.

7 STAY CONNECTED WITH FRIENDS, FAMILY, AND OTHER SURVIVORS

There is real power in staying connected with friends, family, and other cancer survivors. Keeping up and building on a social network can

significantly improve quality of life, and possibly even prognosis, in cancer survivors. Even in those with great support from family and friends, cancer can seem isolating, so it can take some effort to keep up these relationships.

TIPS

- Schedule a time each week to get together with friends or family.
- Go regularly to survivors' support groups, which can be great places to share feelings and concerns with those who've been through similar things.
- Use technology to your advantage. Social media, real-time video, and good old-fashioned telephones and email are great ways to connect with family, friends, and other survivors.

8 GET SCREENING TESTS AND GO TO YOUR REGULAR CHECK-UPS

As a survivor, there's nothing more important than going to your regular post-treatment check-ups with your primary care doctor and oncology team. These visits are not only key to your health as a survivor but also great places to share any concerns or questions you have about your health. Become a team with your doctors to manage your health needs. In addition to any follow up tests specific to your cancer, it's also important to keep getting recommended screening tests for other cancers and for heart disease, diabetes, and osteoporosis risk factors.

Talk to your doctor about tests that screen for:

- Breast cancer
- Colon cancer
- Cervical cancer
- Lung cancer (if history of smoking)
- Hepatitis C (if born 1945 – 65)
- High blood sugar
- High blood pressure
- Unhealthy blood cholesterol
- Osteoporosis

Also key is keeping up with any medications you've been prescribed – both those related to your cancer and to other health issues. If you're having trouble sticking with your medications, talk to your provider. Together, you can make a plan to get back on track.

HOW TO TALK TO A LOVED ONE ABOUT SCREENING

Are you worried about a family member or friend who is 50 to 75 years old and has put off getting tested for prostate cancer? People tell us that having support can help them complete screening. Here are some tips to help you start the conversation.

Here are some ways to help a loved one:

- Give them a copy of this resource guide and go over some key resources
- With their permission, help make the appointment for testing.
- If you are 50 to 75 years old, set the example. Get tested for prostate cancer and share your experience.
- Offer to drive your loved one to the appointment for testing.

Offer support.

- “How can I make it easier for you to get tested?”
- Offer to help them with the preparations or by going to the test.
- Be understanding if they are not ready to get screened yet.

Source: U.S. Department of Health and Human Services

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10 Barnes West Drive, Medical Office Building 2
Creve Coeur, MO 63141

Web: sitemanwest.wustl.edu

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5225 Midamerica Plaza
St. Louis, MO 63129
(I-55 & Butler Hill Road)

Web: sitemansouth.wustl.edu

Phone: 314-747-7222

Toll Free: 800-600-3606

E-mail: siteman@wudosis.wustl.edu

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