



NEW ACTIVE SURVEILLANCE PROSTATE CANCER VIRTUAL SUPPORT GROUP

Actively monitoring your early cancer diagnosis without intervention may often be the wisest alternative - especially since approximately one-third of men following this protocol never need treatment. However, Active Surveillance (AS) presents different challenges and asks different questions. Many following this protocol recognize they are not well served by general prostate cancer support groups.

[ASPI](#) (Active Surveillance Patients International), [AnCan](#), home for virtual support groups, and [UsTOO](#), the leading education and support organization for prostate cancer, come together to provide an AS specific virtual support group. Join a peer-led virtual support group online or by phone from wherever you are and chat with other men - and care partners - about issues that face men on AS. Consider

- the difference between Active Surveillance and 'watchful waiting'
- practical issues around frequent biopsies
- test anxiety
- when to intervene
- the role of exercise, diet and stress management

.... and much more. The meetings are led by ASPI Founder, Mark Lichty and the humorous Ken Mason providing his multi-cancer survivorship perspective. Between them, they have more than 20 years of experience living with AS for prostate cancer.

Join us on the **1st Wednesday of every month** at 8 pm Eastern, 7 pm Central, 6 pm Mountain, and 5 pm Pacific

FIRST MEETING - *May Day, Wednesday, May 1, 2019* as Mason adds, "No, this is not a distress call!!!"

For more information click [here](#).

JOINING INSTRUCTIONS

ONLINE

AnCan Barniskis Room

Click [here](#) or paste the link below into your browser:

<https://www.gotomeet.me/AnswerCancer>

You will be using your microphone and speakers (VoIP) – please mute if not speaking
First GoToMeeting? Do a quick system check: <https://link.gotomeeting.com/system-check>

PHONE

United States [+1 \(646\) 749-3129](tel:+16467493129)

Canada [+1 \(647\) 497-9373](tel:+16474979373)

Australia [+61 2 9091 7603](tel:+61290917603)

other national local access codes are available - please e-mail info@ancan.org.

Access Code: 222-583-973