

- Newly diagnosed with prostate cancer?
- Facing a new challenge in dealing with the disease?
- Struggling with treatment options?
- Concerned about side effects?
- Overwhelmed by the decisions you have to make, and the uncertainties of your options?

You don't have to go it alone.

Many men feel isolated and alone when faced with the discovery that they have prostate cancer. They enter a strange new world of labs and hospitals, unfamiliar terms, and decisions that separate them from their former lives, their comfortable relationships with others, and their daily routines.

But it's tough for some men to open up about their concerns. Hey! We're supposed to be strong, right? We're supposed to have all the answers.

Not always! We all need someone to lean on sometimes. Strength is in numbers, in knowing what you face, in learning from the experience of others who have dealt with prostate cancer before you – who are dealing with it now.

Call Prostate Cancer Men-Tors®

Prostate Cancer Men-Tors® is service of

The Prostate Cancer Coalition of New Jersey,
A New Jersey Non-Profit Corporation
(PCCNJ)
P. O. Box 12
Califon, NJ 07830-0012

Visit our website at www.pcc-nj.org
or e-mail us at contactus@pcc-nj.org

When you need someone to talk to about prostate cancer...

Someone who's been there...



"Together We Can Accomplish Anything."



**Just Call
Prostate Cancer
Men-Tors®**

1-877-877-1262

Prostate Cancer Men-tors are trained, dedicated volunteers – survivors of prostate cancer – who have made the commitment to help men and their loved ones get through this tough time in their lives. Together!

We are men who are living it, and women who support us through it, and we know we can help you.

We are not doctors. We won't tell you what's the right treatment. We won't come between you and your doctor in any way. That relationship is entirely up to you. In fact, we may help you strengthen that relationship.

What can Prostate Cancer Men-Tors do for you?

We can listen to your questions and concerns. We can tell you what we have experienced, how we dealt with our treatments, who we talked to, what we read or looked up on the Internet. We can advise you what organizations are out there to help you with physical and emotional stress, job-related concerns, financial issues, and relationships within the family.

Most of all, we can let you know that you are not alone. We are a phone call away, and we want to help. We can let you know about a whole network of support groups ready to help you and your loved ones if you're willing to reach out. No one can help you with burdens you're not willing to share, so take the first step. Take it now.

Call Prostate Cancer Men-tors® at 1-877-877-1262 today.

Here's How It Works.

When you dial 1-877-877-1262 you will get an operator who will immediately contact a Prostate Cancer Men-Tors coordinator. The coordinator's goal is to return your call within 24 hours, or at a time you suggest. He will ask a few basic questions – in strictest confidentiality – so he can refer your call to a mentor matched as carefully as possible to your specific situation or concerns. The mentor will then call you directly.

The mentor is a support person who has been through this experience. He will basically follow your lead with respect to your needs. Be open about your concerns and what you want to know, and you should be able to have a comfortable dialogue.

You and your mentor can discuss how you will proceed. You take the lead. You may want more or less opportunity for contact. You're in control as you go forward, but be honest with yourself about your own needs. Don't "close up" after one contact if you need more. Don't hesitate to request a change in mentors if you're not comfortable with the one assigned.

Remember that others are affected, too.

As you focus on your situation, it's easy to forget that this disease affects people close to you as well. Wives, children, significant others, family members and close friends are concerned for you, want to help. But they may not know how, or they may need support in dealing with their own emotions. The women and men of Prostate Cancer Men-Tors are ready to talk to them, too.

The women in your life – wives, daughters, significant others -- especially can gain insight from the emotional and practical experiences of other women who have stood by loved ones during this trying time. Talk to each other, and talk to us. We've all been there, and we want to be there for you.

**It's time to call
Prostate Cancer Men-tors®
1-877-877-1262**

**Together, we can help
you through this.**