

Finding Support

A number of veterans' service organizations are chartered by Congress and generally work in partnership with the VA. These organizations have national and state service officers, who are accredited by the VA, and include:

American Legion
(800) 433 - 3318
www.legion.org

AMVETS
(877) 726 - 8387
www.amvets.org

Catholic War Veterans
(703) 549 - 3622
www.cwv.org

Center for Minority Veterans
(800) 827 - 1000
www.va.gov/centerforminorityveterans

Disabled American Veterans
(877) 426 - 2838
www.dav.org

Jewish War Veterans of the United States of America
(202) 265 - 6280
www.jwv.org

Korean War Veteran's Association
(863) 859 - 1384
www.kwva.org

Marine Corps League
(800) 625 - 1775
www.mcleague.com

Military Family Network
(412) 531 - 1970
www.emilitary.org

Military Officers Association of America
(800) 234 - 6622
www.moaa.org

Military Order of the Purple Heart Service Foundation
(703) 354 - 2140
www.purpleheart.org

National Association for Black Veterans
(877) 622 - 8387
www.nabvets.com

Paralyzed Veterans of America
(800) 795 - 4327
www.pva.org

Vet Center
(800) 827 - 1000
www.vetcenter.va.gov

Veterans of Foreign Wars
(816) 756 - 3390
www.vfw.org

Veterans Health Council Vietnam Veterans of America
(800) 882 - 1316
www.vva.org

Wounded Warrior Project
(877) 832 - 6997
www.woundedwarriorproject.org

Advocacy Connector

www.advocacyconnector.com

A resource to help connect patients with relevant advocacy group resources, both on their own and with the help of their healthcare providers.

Help With Filing A U.S. Department Of Veterans Affairs (VA) Claim

Veterans with prostate cancer may be eligible for U.S. Department of Veterans Affairs (VA) benefits, including healthcare and disability compensation. For information from the U.S. Department of Veterans Affairs, download the 2013 Federal Benefits for Veterans, Dependents and Survivors Guide at www1.va.gov/opa/publications/benefits_book.asp or call (800) 827 - 1000.

The VA can direct veterans to national and state service officers accredited by the VA for help in filing for benefits. Visit the local regional office for personal assistance in filling out claim forms, or get help online through the Veterans Online Applications program at www.va.gov.

My Prostate Cancer Roadmap® and Partner Organization

Visit My Prostate Cancer Roadmap at www.myprostatecancerroadmap.com and our partner's website at www.ustoo.org for more information about prostate cancer and where you can get support.

Us TOO International Prostate Cancer Education & Support Network: 5003 Fairview Avenue, Downers Grove, IL 60515; (630) 795 - 1002; Helpline: (800) 808 - 7866; www.ustoo.org.

Us TOO International Principles for Managing Advanced Prostate Cancer Kit: This downloadable guide provides a helpful path that men may choose to follow in making decisions about managing and treating prostate cancer, and is available at www.ustoo.org/PDFs/principlesbrochure.pdf.

1 Zullig LL et al. Cancer Incidence among Patients of the United States Veterans Affairs (VA) Healthcare System. *Military Medicine*. 2012 June; 177(6): 693-701. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3531965/pdf/nihms427191.pdf>. Accessed April 2014.

2 American Cancer Society. Cancer Facts and Figures 2014. <http://www.cancer.org/acs/groups/content/@research/documents/webcontent/acspc-042151.pdf>. 2014. Accessed April 2014.

3 U.S. Census Bureau. Sex by Age by Veteran Status for the Civilian Population 18 Years and Over. <http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?src=bkmk>. 2011 American Community Survey. Accessed April 2014.

4 Vietnam Veterans of America. The VA Self-Help Guide to Service-Connected Disability Compensation for Exposure to Agent Orange for Veterans and Their Families. <http://www.vva.org/Guides/AgentOrangeGuide.pdf>. August, 2012. Accessed April 2014.

5 U.S. Department of Health and Human Services. Understanding Prostate Changes: A Health Guide for Men. <http://www.cancer.gov/cancertopics/understandingprostatechanges>. 2009. Accessed April 2014.

6 Cancer.net. Prostate Cancer Treatment Options. <http://www.cancer.net/cancer-types/prostate-cancer/treatment-options>. 2013. Accessed April 2014.

7 Us TOO International, Inc. Advanced Disease. http://www.ustoo.org/Advanced_Disease.asp. 2005-2010. Accessed April 2014.

8 U.S. Department of Veterans Affairs. Exposure to Agent Orange in Vietnam. <http://www.publichealth.va.gov/exposures/agentorange/locations/vietnam.asp>. Accessed April 2014.

9 Chamie K et al. Agent Orange Exposure, Vietnam War Veterans, and the Risk of Prostate Cancer. *Cancer*. 2008 July; 113(9): 2464-2470. <http://onlinelibrary.wiley.com/doi/10.1002/cncr.23695/pdf>. Accessed September 2014.



MY PROSTATE CANCER ROADMAP

A RESOURCE GUIDE FOR VETERANS ABOUT PROSTATE CANCER

Prostate cancer is an important medical priority for America's veterans. In a study of Veterans Affairs patients, prostate cancer was the most common cancer diagnosed, comprising a third of all cancer cases.¹ Most cases of prostate cancer – about 60% of them – are diagnosed in men over the age of 65.² Approximately two-thirds of male U.S. veterans are in this age group or are approaching it.³



What Is Prostate Cancer?

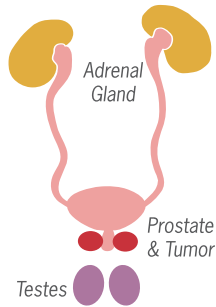
Prostate cancer is the most common cancer in men in the U.S. (excluding skin cancer), with an estimated 233,000 men diagnosed in 2014. Approximately one in seven men will be diagnosed with prostate cancer during his lifetime. It's the second leading cause of cancer death for men in the U.S.²

Janssen

US TOO
PROSTATE CANCER
EDUCATION & SUPPORT

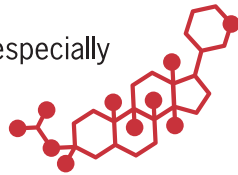
Where is the Prostate Located?

The prostate is located in the pelvis, below the bladder and in front of the rectum. It surrounds part of the urethra. The urethra is the tube that carries urine to the outside of the body.



Risk Factors

- Men older than 65
- Family history
- African American men and Caribbean men of African descent have the highest documented prostate cancer incidence rates.
- Inherited conditions associated with increased risk include Lynch syndrome and the *BRCA2* mutation phenotype.²
- Exposure to Agent Orange, especially Vietnam veterans⁴



Diagnosis

For many men, prostate cancer has no symptoms until the disease reaches an advanced stage. If you have any of the following symptoms, you should tell your doctor so that problems can be diagnosed and treated. Most often, these symptoms are not due to cancer. Benign prostatic hyperplasia (BPH), an infection, or another health problem may cause them.

- Trouble passing urine or a frequent urge to urinate, especially at night
- Weak or interrupted urine stream
- Pain, burning or blood when urinating
- Painful ejaculation or blood in the semen
- Nagging pain in the back, hips or pelvis⁵

Early detection tests may help detect prostate cancer before symptoms are present, while follow-up testing may be performed to pursue a diagnosis.

Treatment Decisions



Options are an individualized discussion between men, their family members and loved ones, and their physician or healthcare team. Factors to consider may include a man's life expectancy, age, additional health risks, his preference regarding treatment and the potential side effects of treatments.

Options specifically for men with advanced disease may include radiation therapy, hormone therapy (androgen deprivation therapy or ADT), secondary hormone therapy, immunotherapy, chemotherapy and radiopharmaceutical therapy.⁶

This process may involve seeing multiple physicians or healthcare professionals and could involve obtaining a second opinion, if necessary.



Men may also seek other resources, such as information from support groups or others who understand the disease.

VIETNAM VETERANS AND EXPOSURE TO AGENT ORANGE

According to the Veterans Health Service, veterans who served in Vietnam between January 9, 1962 and May 7, 1975 may have been exposed to Agent Orange.⁸ Some studies suggest there is an association between development of certain disabling medical conditions, including prostate cancer, and exposure to Agent Orange.⁴

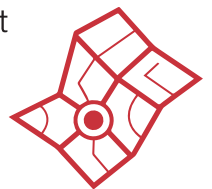
2x Vietnam veterans who were exposed to Agent Orange may be twice as likely to develop prostate cancer as Vietnam veterans who were not exposed.⁹

They may also develop the disease at a younger age and may develop more aggressive disease than Vietnam veterans that were not exposed.

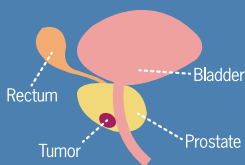
To learn more about Agent Orange-related health issues and veterans, there is a downloadable resource available from Vietnam Veterans of America at www.vva.org/Committees/AgentOrange/AO_Brochure.pdf or call (800) 882 - 1316.

Veterans who were exposed to Agent Orange or other herbicides during military service may be eligible for a variety of VA benefits, including an Agent Orange Registry health exam, health care, and disability compensation for diseases associated with exposure. Visit the U.S. Department of Veterans Affairs' Agent Orange website at www.publichealth.va.gov/exposures/agentorange/index.asp or call (800) 827 - 1000.

To download a detailed self-help guide from Vietnam Veterans of America on Service-Connected Disability Compensation for Exposure to Agent Orange, visit www.vva.org/Guides/AgentOrangeGuide.pdf or call (800) 882 - 1316.



STAGE I:
Tumor confined to prostate



STAGE II: Tumor more advanced but not extending beyond prostate



STAGE III: Tumor extends, may have invaded seminal vesicles, but not spread to lymph nodes



STAGE IV: Tumor may have invaded the bladder, rectum or nearby structures, and spread to lymph nodes, bones and other parts of body⁷



This is called advanced prostate cancer