

# You Are Not Alone

Men don't have to face prostate cancer alone. The American Cancer Society's Man to Man program helps men and their families cope with prostate cancer through shared experiences and expert information about the disease and treatment options.

Prostate cancer survivor Ron Cook says battling the disease is as much about battling the denial. Of course, getting men to talk openly and honestly about prostate cancer is not always easy.

**"When it comes to cancer support, women have their act together. ... Men need to do the same."**



Ron Cook  
Prostate Cancer Survivor  
Man to Man Participant

"Women have their act together," Ron says. "They have been successful in making advancements against breast cancer because they are open to talking about it. Men need to do the same."

That's why Ron devotes a lot of his free time to Man to Man. Like most men, Ron comes to the meetings for the information

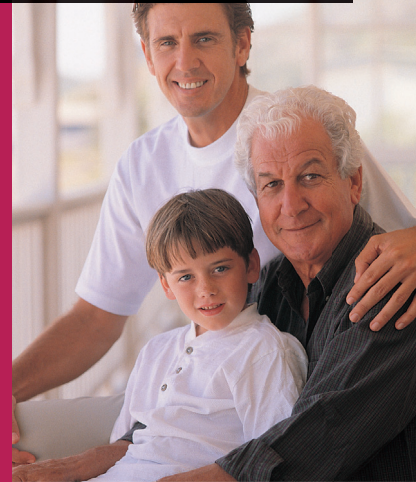
provided. He wants the facts. The Man to Man forums offer information about prostate cancer, the latest advances in diagnosis and treatment, and quality-of-life issues through expert presentations, written materials, videos and peer sharing.

Man to Man is held on the first Tuesday of every month at Arkansas Urology, 1300 Centerview Drive in Little Rock. It's free, confidential and open to families. Call 501-219-8900 or 800-ACS-2345 for more information about Man to Man.

Share your experience and concerns with other men who know firsthand what you've been through.



Man to Man



**Arkansas Urology**

**The Prostate Cancer Center**

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