Prostate Cancer Support Group
at OHSU Knight Cancer Institute

A solid source of support can make a tremendous difference when you or someone you love is going through or recovering from cancer treatment. You may find comfort talking to or sharing helpful resources with others on a similar journey.

The Prostate Cancer Support Group is facilitated by Peter Bennett, M.S.W., oncology social worker; Erin Tucker, clinical research project manager for prostate cancer research and Justina Lynch, nurse coordinator for the multidisciplinary prostate cancer clinic.

Each meeting begins with brief introductions and announcements. Then a topic expert speaks for approximately 45 minutes, saving time for questions. The last 30 minutes are reserved for informal check-in and discussion by attendees. Following the group meeting, attendees are welcome to use the comfortable furniture and visit informally in the first floor lobby of the OHSU Center for Health & Healing.

Join us the first Tuesday of each month, at the OHSU Center for Health & Healing, Paul Kirk Conference Center, 3rd Floor, 3303 S.W. Bond Ave., Portland, OR 97239. For more information contact Peter Bennett at 503 418-3544 or bennetpe@ohsu.edu.

July-Dec. 2015 Speaker Schedule

July 7, 5:30 p.m.
Clinical Trials for Prostate Cancer, Followed by Open Discussion
Erin Tucker, Clinical Research Project Manager, Prostate Cancer Research at OHSU Knight Cancer Institute
Get an overview of clinical trials available for prostate cancer by our co-facilitator Erin Tucker, followed by a full hour of open discussion.

August 4, 5:30 p.m.
Perfect Breathing: Transform Your Life One Breath at a Time
Al Lee, breathwork practitioner, researcher, lecturer and author at Perfect Breathing
Proper breathing techniques can help you manage emotions, improve focus and creativity, elicit tranquility, alleviate certain health conditions and build confidence. Co-author of the book Perfect Breathing: Transform Your Life One Breath at a Time, Al Lee will discuss his approach on how to use breathing to take control of your health, emotions and mental/physical performance.

September 1, 5:30 p.m.
State-of-the-Art Prostate Cancer Care
Tomasz M. Beer, M.D., F.A.C.P., Grover C. Bagby Endowed Chair for Prostate Cancer Research, director, OHSU Knight Prostate Cancer Research Program
Learn about treatment and clinical trials for all stages of prostate cancer from Dr. Beer, who has focused extensively on prostate cancer throughout his entire career.
October 6, 5:30 p.m.
*The USPSTF 2012 Prostate Cancer Screening Recommendations: Where Do We Go From Here?*

Mark Garzotto, M.D., urologic oncologist at OHSU Knight Cancer Institute

Dr. Garzotto, a nationally recognized expert in the diagnosis and treatment of prostate cancer, will speak about the current status of the controversies in using PSA as a screening test for prostate cancer. He will also discuss current research and future directions of strategies that are aimed to improve cancer survivorship.

November 3, 5:30 p.m.
*Pelvic Floor Strengthening*

Sandra Gallagher, P.T., W.C.S., physical therapist at OHSU

Dr. Gallagher specializes in caring for men, women and children with pelvic floor problems. She will teach about pelvic floor strengthening before, through and after treatment for prostate cancer (surgery and radiation therapy).

December 1, 5:30 p.m.
*Nutrition and Prostate Cancer Followed by Open Discussion*

Amanda Bryant, R.D., C.S.O., L.D. at OHSU Knight Cancer Institute

After a short presentation and discussion from Amanda Bryant about nutrition and prostate cancer survivorship, attendees may participate in an hour of open discussion with OHSU Knight Cancer Institute experts and other community members.