

## WE ARE HERE TO HELP YOU!

If you are worried about prostate cancer, we can help. We offer a wide range of reliable and timely information that you can read, view or download from our website, [procure.ca](http://procure.ca).

If you have any questions or just want to talk, our health care team, survivors of prostate cancer and support groups are here for you. All our services are free and open to both yourself and your loved ones.

## FEEL FREE TO CONTACT US!

Toll free 24/7 • 1 855 899-CURE (2873)

Email • [info@procure.ca](mailto:info@procure.ca)

Website • [procure.ca](http://procure.ca)



## HERE ARE SEVEN GOOD REASONS TO USE PROCURE'S SUPPORT SERVICES

Because help is available, just as there are some very good reasons to remain hopeful.

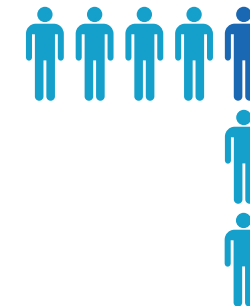
- 1. OUR HEALTH CARE PROFESSIONALS SPECIALIZED IN PROSTATE CANCER AT 1 855 899-2873**
- 2. PROCURE.CA... WHAT YOU NEED TO KNOW**
- 3. LET'S TALK PROSTATE! OUR NEWS BLOG**
- 4. PROACTION! OUR NEWSLETTER**
- 5. OUR NEW PUBLICATIONS TO BETTER INFORM YOU AND OUR FREE BOOK**  
*"Prostate Cancer - Understand the Disease and Its Treatment"*
- 6. OUR INFORMATION CONFERENCES AND OUR VIDEOS OF COURAGE**
- 7. OUR PROSTATE CANCER SUPPORT - AND AWARENESS GROUPS**



Contact us at  
**1 855 899-2873**  
[info@procure.ca](mailto:info@procure.ca)

**PROCURE**

Halte au cancer de la prostate.  
The Force Against Prostate Cancer.  
1320, Graham Blvd, Suite 110  
Town of Mount-Royal, QC H3P 3C8  
[procure.ca](http://procure.ca)



**PROCURE**

Halte au cancer de la prostate.  
The Force Against Prostate Cancer.

## PROSTATE CANCER WHAT YOU NEED TO KNOW

**7** WAYS  
TO HELP YOU



**1. OUR HEALTH CARE PROFESSIONALS  
SPECIALIZED IN PROSTATE CANCER  
AT 1 855 899-2873**

You have been diagnosed with or have concerns about prostate cancer? Talk to one of our health professionals who will take the time to listen and offer informed answers. This free and confidential service is offered by appointment over the phone or by email.

**2. PROCURE.CA...  
WHAT YOU NEED TO KNOW**

PROCURE's website is the preferred resource about prostate cancer in Quebec. Available both in English and in French, our **procure.ca** site contains detailed information about the disease and its treatments and some useful resources for you.

**3. LET'S TALK PROSTATE!  
OUR NEWS BLOG**

Confused by medical jargon? You and your loved ones will find in our new blog **Let's talk prostate!** three articles per month on a variety of current topics related to prostate cancer, written in plain language and to everyone's reach.

**4. PROACTION!  
OUR NEWSLETTER**

Published twice a year in a user friendly format, our **PROaction!** newsletter will keep you informed about our educational conferences, our biobank activities and research progress, not to mention our events and our services. Sign up for our newsletter.

It's free and easy.

**5. OUR NEW PUBLICATIONS TO BETTER INFORM  
YOU AND OUR FREE BOOK**

Now available, our new publications can be viewed online or downloaded as needed. For more information, visit our website **procure.ca**. For copies in English or in French, contact us by phone or email.

*"Prostate Cancer - Understand the Disease and Its Treatment"*

Chock-full of great information and written by two leading experts in the field of prostate cancer, this 206-page book is available free of charge upon request. Contact us by phone or email to request a copy in English or in French.

**6. OUR INFORMATION CONFERENCES  
AND OUR VIDEOS OF COURAGE**

Each year PROCURE organizes two free conferences by experts in order to educate the public and health care professionals about prostate cancer. You can attend or view them from the comfort of your home, in the language of your choice, as they are broadcast live on our **procure.ca** website with simultaneous translation.

You have decisions to make? Feel free to check out the new PROCURE YouTube channel which features all of our videos – conferences, testimonials, TV interviews, as well as our health capsules – from the comfort of your home.

**7. OUR PROSTATE CANCER SUPPORT  
AND AWARENESS GROUPS**

The groups' mission is to inform, educate and provide support to men affected by the disease and to their families. The meetings are held free of charge on a monthly basis and are open to all. To find the support group nearest you, visit **procure.ca** or contact us by phone or email. We will be happy to guide you.

**FOR ADDED FLEXIBILITY  
IN THE NEAR FUTURE**

**OUR BROTHERHOOD OF COURAGE**

Remember you are not alone. Thanks to the PROCURE support and awareness network, we will soon be able to put you in touch with a prostate cancer survivor who has gone through the same ordeal as you.

**OUR ONLINE SUPPORT FORUM**

This forum is actually a bulletin board where people will exchange views on all issues related to prostate cancer or on specific topics, in a user friendly environment. Registration will be free and will only take a few minutes.

**LIVE EXPERT**

**A VIRTUAL MEETING NOT TO BE MISSED**

**Live Expert** will be designed to expand our reach and meet the many complex and varied issues that come with a diagnosis of prostate cancer. Our webinars will be facilitated by health professionals specialized in urology and will be broadcast live on our **procure.ca** website.

**THE CH@ OF COURAGE**

We know that some people may find it difficult to talk about sensitive issues on the phone. The **Ch@ of Courage** will allow you to communicate via instant messaging with a guest health professional invited periodically to discuss a pre-set topic. Watch for announcements on our website **procure.ca**.