

Taking part in Project HERO can help men with prostate cancer in the future.

It might also help you now.



WILL YOU PROTECT MY PRIVACY?

Yes! Your personal and health information will not be shared with anyone outside this project. Your information will be protected according to federal laws. Participating in this project, or your decision not to participate, will have no effect on your medical care.

Research like this is crucial to find new ways to improve the health of prostate cancer fighters and survivors.



Anita Kinney, PhD, RN
HERO Principal Investigator
UNM Cancer Center

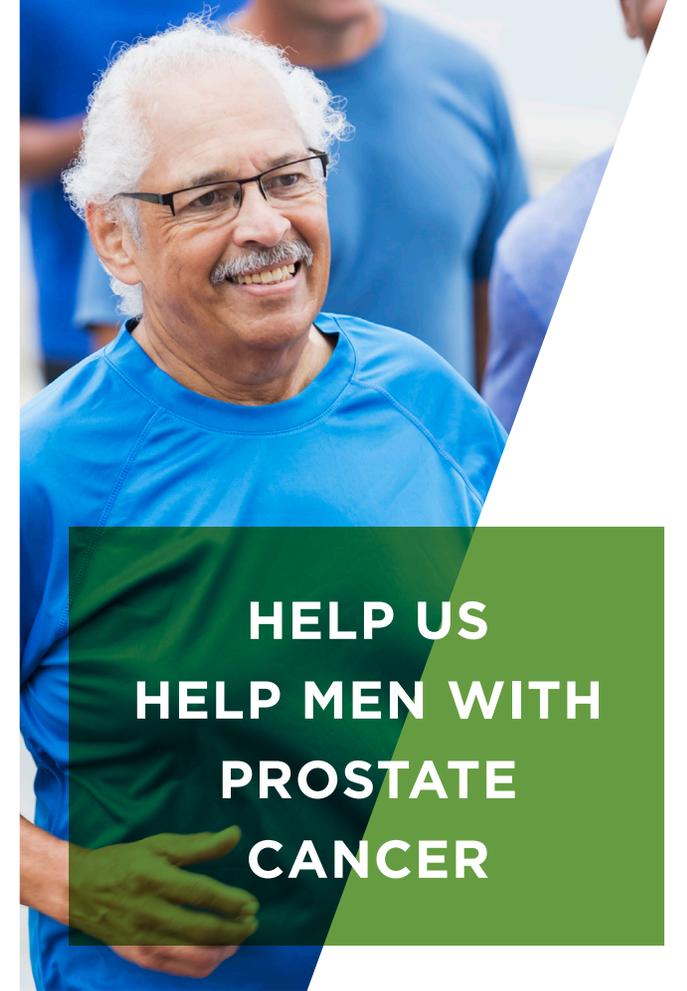
You can take charge of your health and be part of important research!

Call 505-272-6557 to join today.



BE STRONG: BE A

HERO



**HELP US
HELP MEN WITH
PROSTATE
CANCER**





TELL ME ABOUT THIS STUDY

Project HERO is the Health Empowerment and Recovery Outcomes research study. We are trying to learn how treating body and mind may affect how men with prostate cancer recover and thrive.

Our study may suggest ways to improve clinical care and the healing process of prostate cancer fighters and survivors.

HOW CAN I JOIN?

We need volunteers like YOU! This study is open to men of all physical ability levels.



IF I JOIN, WHAT DO I HAVE TO DO?

The first step is to complete a screening interview.

Men who qualify will be asked to come into our clinic to:

- Complete a brief physical exam
- Provide blood and stool samples
- Answer health questions



You will be randomly assigned to one of three groups.

One group will simply continue with their regular care. The other two groups will participate in classes that focus on body training or body-mind training.

- These two groups will meet twice per week for 12 weeks. Each person in these groups is allowed to bring an adult companion with them.
- You will be given tips on how to practice this training at home.

No matter which group you are assigned to, you will be asked to complete some follow-up assessments over 12 months.

You may be eligible to participate if you:

- Are age 60 or older
- Have ever had prostate cancer
- Live within 75 miles of Albuquerque

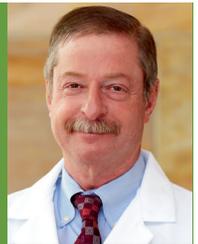
Keep In mind:

- You will need to have reliable transportation
- There is no cost to participate
- You may receive payment for taking part in this study

WHY SHOULD I PARTICIPATE?

Volunteers like YOU are vital to the success of this project! Help us help men with prostate cancer.

Feeling stronger after cancer takes time. Cancer patients today benefit from the knowledge gained by research, and future prostate cancer patients will benefit from what we learn from this study.



Richard Lauer, MD, FACP
Deputy CEO
and Chief
Medical Officer

HOW CAN I LEARN MORE?

If you would like to join or have questions, please call 505-272-6557 to have all your questions answered.