

Good afternoon, my name is Larry Langmore from Scarborough.

**I never planned to be diagnosed with prostate cancer.** I am one of the nearly 300,000 men diagnosed with the disease each year. Two years ago, when I lost one of my best friends and coastal Maine sea kayak partner of 55 years to prostate cancer, I hadn't bargained for fighting this disease myself. And sadly, he was one of over 35,000 men who are projected to die from prostate cancer this year. This disease spares no one and it's why I'm asking for your help to make basic prostate cancer screening available to all Maine men without having to worry about any deductible, copayment or other cost sharing requirements. **Early detection is critical.**

My unplanned journey started when I had my annual physical 3 ½ years ago and my PSA came in slightly elevated and my doctor felt a small lump on the prostate. During the next several months of active monitoring it became clear I needed to have a biopsy to determine the real issues. The biopsy indicated stage 4 cancer and shortly thereafter my long-time friend passed from prostate cancer – **two very impactful events on my life.**

As I have had annual PSA tests and DRE's since age 40 and had no family history of prostate cancer, I have done everything I could to ensure early detection of the disease. But because of the negative stigmas associated with these tests or the impact of deductible or copayment burdens, many Maine men will avoid these simple critical exams and be confronted with the same journey I am on. **This needs to change.**

For the past two years, I have been raising funds and increasing awareness for a prostate cancer advocacy group, ZERO Prostate Cancer. During that time, because of generous donors I have raised over \$45,000 to help fight prostate cancer. This year however, I decided to take my fight local and support the Dempsey Center by riding in the Dempsey Challenge this September. As of this morning, I have raised \$8,200 to support the Dempsey Center.

To help raise awareness and funding for prostate cancer my daughter and I formed Team A Wee Ride and rode in the 2023 and 2024 Maine Lighthouse Ride event (62 miles in 24). Both years I was honored to receive the top fundraiser award at ZERO's annual summit meeting in Washington, DC. While in DC, our Maine advocacy team met with Senator Collins and aides to Senator King and Rep Pingree to advocate for additional funding for prostate cancer. I was also fortunate to meet a team from Bayer who asked if I would consider sharing my story by filming a prostate cancer awareness video. That video has now been viewed by almost 300,000 people worldwide – I would say we did our part in raising awareness! **The fight for awareness never ends.**

So now I am asking the Maine Legislature to join me in **raising awareness** and **advocating for early detection** of prostate cancer and **pass LD1502 legislation.** If we can eliminate all cost burdens on tests that lead to the early detection of prostate cancer together, we can **ZERO out prostate cancer in Maine!**

Thank you for your time.

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April 26, 2025