

# Awareness



The "MAN TO MAN" and "SIDE BY SIDE" Prostate Cancer Support Groups

## 2nd Annual CPCN Conference in Toronto Brings Rave Reviews

It began with cocktails and finished with a large brunch. In between, there were great speakers, meaningful workshops, coffee breaks, lunch, and an informative Trade Fair.



Keynote Speaker Dr. Gerald Chodak with Aaron Bacher, Chairman of Man To Man

The **Second Annual Canadian Prostate Cancer Network Conference** took place on August 7th, 8th, & 9th, 2005 at the **Delta Chelsea Hotel** in downtown Toronto, and everyone had a fabulous time, according to the delegates who attended this year's conference.

The keynote speaker from Chicago, **Dr. Gerald Chodak**, set the bar pretty high during his presentation, and all the speakers who followed easily matched his enthusiasm and genuine interest in wanting to be part of this CPCN conference. They all brought very important messages for the delegates to hear and take back home with them.

Dr. Chodak gave a general overview of all the known treatment options available to men who are diagnosed with prostate cancer. He also emphasized the importance of patients getting involved in their own care, from

diagnosis through treatment. Each of the other speakers followed with more specifics, outlining in greater detail each of those options, based on their own personal expertise.

**Dr. Edward Woods** led off on Monday morning talking about an exciting new treatment called HIFU - High Intensity Focused Ultrasound. He was supported by two members of the HIFU team from Vancouver, David Lowy and Tom Puddicombe.

Brachytherapy was then the topic, first by **Dr. Juanita Crook**, from Princess Margaret Hospital (PMH), who discussed the pros and cons of radioactive seed implants, which is her specialty. She was followed after lunch by **Dr. Gerard Morton**, from the Toronto-Sunnybrook Regional Cancer Centre (TSRCC), who not only specializes in seed implants, but also performs another form of Brachytherapy called HDR - High Dose Rate Brachytherapy. Between these two highly respected specialists, all aspects of Brachytherapy were covered, including all possible side effects. This treatment is steadily increasing as a viable choice with men who are looking for a less invasive treatment than surgery.

**Dr. Allan Toguri**, head of Urology at Scarborough General Hospital, kept things going with his talk about BPH - Benign Prostatic Hyperplasia. This condition, not always associated with prostate cancer, is very common with men as they age, and only a percentage of men with this condition see it develop into prostate cancer.

On Tuesday morning, **Irene Lange-Mechlen**, the Director of The Prostate Centre at the TSRCC, touched everyone with her own very personal story. She not only had to deal with

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SEPTEMBER 2005

### MAN TO MAN

Prostate Cancer  
Support Group

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**"Raising the awareness level and educating men about prostate cancer"**

## More on the 2nd Annual CPCN Conference in Toronto at the Delta Chelsea Hotel

prostate cancer from a professional standpoint, but she also became the sole palliative caregiver when her own husband was diagnosed with prostate cancer. She related all the pitfalls for women who aren't prepared when their husbands are first diagnosed and, in the event of a death occurring, are not ready to take over the important tasks that must be continued, such as banking, insurance and just dealing with a death in the family. She told how important it is for everyone to talk about all the things that must be done, and then explained how to make sure that you are equipped to get things done in proper fashion. Irene admitted that her husband did not go for treatment as early as he should have, and didn't talk about his diagnosis in the workplace due to his high position in a very public company. However, she still strongly recommended that men should indeed talk about their diagnosis and seek the needed support from their family and friends.

When she concluded her heart-felt presentation, from the very personal standpoint of what it means to lose a loved one to prostate cancer, everyone stood and applauded in the conference's only standing ovation. Obviously, everyone could relate to what Irene had gone through and they also saw the importance of "taking care of business", as Irene so aptly put it.

The sometime unenviable position of being any conference's final speaker fell on the shoulders of **Dr. Antonio Finelli**, a urologist from PMH, who discussed his specialty - the Laparoscopic Radical Prostatectomy. Being the final speaker was no problem for him, as he had the delegates hanging on every word. He not only talked in detail about his specialty but also showed a video of the actual surgical procedure. (Watching this video just before the closing brunch apparently had no affect on the delegates' appetite, if you measure the amount of food that was consumed shortly after Dr. Finelli's presentation!)

This conference was not only about listening to medical experts. It also included two successful workshops that took place simultaneously on Monday afternoon. These were facilitated by **Ron Benson** and **Jim Moran**, both board members and volunteers with the host **Man To Man Prostate Cancer Support Group**. Each led his group in discussions covering topics meant to benefit all support groups, and then they reported the highlights of their particular workshop to the entire body on Tuesday morning .

Monday night, after a delicious buffet dinner, the one and only **Marilyn Monroe** made a surprise appearance, and sang a few of her more famous songs for the delegates. She was

escorted into the room by two longtime Man To Man board members, **Sol Dennis** and **Moe Wagman**. She then sat them down in two chairs on the dance floor and went about tantalizing them a bit, as their wives (Rita and Roz respectively) looked on, both enjoying it thoroughly. Following Marilyn was comedian **Wayne Flemming**, who had everyone laughing out loud, as he told one funny story after another. Before starting his routine, however, he "heckled" host Aaron Bacher, when Aaron was apparently closing the evening, by thanking the **Dan Stapleton Trio** for providing the dinner and dance music, and "Marilyn" for entertaining everyone. Wayne pretended to be upset that the evening was over so early, as he told everyone how much he had "paid" to get there, and demanded that the evening continue. It was then that Aaron invited him up to begin his comedy routine. Most people fell for the charade!

Monday night also meant the end of the excellent Trade Fair, where several of the sponsors manned tables throughout the day talking about their products/services. Represented at the Fair were AstraZeneca, HIFU, BioAdvantix, Novartis, Sanofi-Aventis, Pfizer, and the Canadian Cancer Society.

As the closing ceremonies began on Tuesday morning, **Bob Shiell** presented this year's **CPCN President's Award** to **Malcolm (Mac) Butt**, from St. John's, Newfoundland. He then announced that the 3rd Annual CPCN Conference will take place next year on August 13, 14, & 15, 2006, back in Calgary where the original conference was held in 2004.

Then it was Man To Man Chairman **Aaron Bacher**, the host for the conference, who began to officially end the festivities, but not before final instructions were given as to where everyone was meeting to walk over to Princess Margaret Hospital for the special tour of **The Prostate Centre**.

Aaron thanked all the delegates for traveling to Toronto to take part in this special event. "You not only learned a lot of new information but you also got to share with your peers some of the successful events/programs that your own support group has completed." He singled out all the women at the conference, thanking them for their continued support of "their guys", who really do require their much-needed support.

The speakers were all thanked, for the important role each played in the conference. Aaron also thanked his committee for all their hard work leading up to the conference, including the four ladies who were at the registration desk when everyone first arrived. He thanked all the companies that took part in the Trade Fair, especially **AstraZeneca**, who was the primary sponsor.

(continued on page 3)

**MAN TO MAN & SIDE BY SIDE**  
(Prostate Cancer Support Groups)

Invite you to a  
**Prostate Cancer Awareness Night**  
at

**St. Bonaventure Parish Centre**  
**1300 Leslie Street**

*Just south of the Botanical Gardens  
at Lawrence Ave. East and Leslie Street*

**FREE parking!**

on

**Wednesday September 28, 2005**

*at 7:30 p.m.*

*guest speaker*

**Dr. Ian Tannock**

**MD, PhD, FRCPC**

*topic*

**"Late-Stage  
Prostate Cancer"**

*A Question Period will follow*

*All family members, partners & friends  
are most welcome!*

*If you have any questions, please call us at*

**416-932-8820**

**Doors open at 7 p.m.**

**Conference thank you's**

(continued from page 2)

AVW\*TELAV **Audio Visual Solutions**, the in-house A/V company at the Delta Chelsea, controlled all the audio visual production throughout the conference, and had everything handled flawlessly by three young men who were individually introduced and thanked - Dean, David and Jonathan.

Aaron thanked his wife **Ronnie**, for all her help and support, especially during the final two months of planning for the conference.

Two lucky delegates won interesting door prizes: one was an "Ice wine and Biscotti Pack" from **Magnotta Winery**, and the second door prize was a "**Weekend for two at the Delta Chelsea Hotel**", redeemable anytime during the next 12 months. As **Wally Seeley** was selecting one of the winning tickets, he too was presented with a gift, to thank him for taking all the photographs during the conference.

Aaron then thanked both Wally and Bob Shiell from CPCN, "for their guidance and support during the planning of this conference."

**Leslie Anderton**, the organizing committee's main contact from the Delta Hotel, was introduced to everyone and thanked, and a dozen red roses were presented to her by Ronnie Bacher to show everyone's appreciation for all her hard work.

Aaron's final comments were: "As I said on Sunday night, Calgary certainly got the ball rolling last year. We hope that we have pushed the envelope a bit further along, and we look to the future, to take what has been accomplished in Calgary and now in Toronto, and keep things moving forward in a positive way.

On behalf of everyone associated with Man To Man and Side By Side, thank you all for coming here and participating in what we believe has been a highly successful conference.

We wish you all a very safe trip home, and stay well. Thank you very much."

The conference was then adjourned, with everyone looking forward to the Third Annual CPCN Conference next August in Calgary Alberta.

*If you would rather receive this newsletter electronically, please send an e-mail to [m2m@sympatico.ca](mailto:m2m@sympatico.ca) and we'll remove you from our regular mailing list and add your name to our e-mail list. Thank you.*

## Dr. Sharon Sharir Wows Large Audience at July Awareness Night Meeting

It was July. It was very hot. It was vacation time for many. But that didn't stop close to 150 people from coming to hear Dr. Sharon Sharir talk about the "Quality of Life Following a Radical Prostatectomy".



Guest speaker Dr. Sharon Sharir

Dr. Sharir is a urologist at the Toronto-Sunnybrook Regional Cancer Centre, and this was her first appearance at one of our awareness night meetings. But, odds are it won't be her last!

Actually, she might still be there if we hadn't pried her away to take this picture (left), as she was so generous with her time in answering questions long after the meeting had ended.

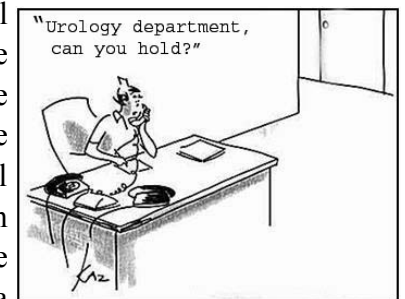
During her presentation, she discussed the variety of treatment options and their possible side-effects, and how these would affect your quality of life (QOL) following the treatment. The treatment options she compared were surgery (Radical Prostatectomy); radiation, both external beam and Brachytherapy (seeds); and what she called observation (active surveillance/watchful waiting). She said that since no treatment option was clearly superior, the QOL issues become even more important to the patient. Also, it is important to understand the challenges faced by prostate cancer patients, made easier today by improved pre-treatment counseling and better interventions post-treatment.

Dr. Sharir mentioned that when you talk about QOL, you are really talking about how you are effected by a) the diagnosis; b) just dealing with the fact that you have "cancer", and c) the effect of the treatment itself. She talked about how the assessment of QOL needs to be more "patient-

centered", as many MDs' rating of QOL tends to underestimate the impact of the disease and the treatment.

She mentioned two types of studies that were done, quantitative and qualitative. In the former, questionnaires were used with patients, measuring the extent of their symptoms and stress levels, while in the latter in-depth interviews were used to elicit patient experiences. The quantitative study questioned sexual, urinary (continence, bladder) and bowel function. In the qualitative assessment, there were seven domains of concern: urinary control (embarrassment with leakage); sexual intimacy (anxiety about intercourse); sexual confidence (comfort with sexuality); marital affection (emotional distance from partner); masculine self esteem (feeling oneself as a whole man); health worry (apprehension about health changes); and PSA concern (closely following PSA).

In summation, Dr. Sharir said that QOL is an important component for treatment decisions; there is some functional decline over time due to aging; prostate cancer patients have more functional decline than men without prostate cancer; there is a good level of QOL in men diagnosed with early stage disease; and most men are satisfied with their choice of treatment.



We sincerely thank Dr. Sharon Sharir for taking the time to come and speak at our awareness night meeting. She had everyone hanging on every word, as no matter what treatment each man decides to have, he is definitely concerned about his QOL after that treatment.

## "Piping" for Prostate Cancer

**O**n Sunday September 18th, the first day of Prostate Cancer Awareness Week, 325 pipers will march from Nathan Phillips' Square to Queen's Park. The purpose of this march is to attract the media as a way of raising public awareness of prostate cancer.

In addition to the Honourable James K. Bartleman, Lieutenant Governor of Ontario, TV personality Ken Shaw (CFTO) will also take part. Mark Dailey (CITY TV) will be the Grand Marshal of the march, which is scheduled to begin at 1 o'clock.

The parade's organizer, Bob Murdoch, has invited members of Man To Man to take part in this march. If you and your family are interested in taking part, please gather at Nathan Phillips' Square at 12:45 pm, wearing your Man To Man t-shirts (if you have one). For those who cannot march this distance, please meet up with everyone at Queen's Park where the march will end.

Following the march, the pipers will be treated to pizza and beer at the Moss Park Armouries (Queen and Jarvis Streets) and our help is needed to feed these tired pipers.

We hope you'll be able to join us on this occasion.



## Man To Man Loses a Founding Member

**P**ATRICK VERNON, one of the founding members of Man To Man, passed away at his home on August 3rd, 2005.

He attended our Awareness Night Meeting in November 2004, along with other founding members, as M2M celebrated its 10th Anniversary. Mark Dailey (CITY TV) interviewed Patrick and featured him on the 11 o'clock news that night.

We send our condolences to Deborah Smith Vernon, his wife of fifty years, and all his children, grandchildren and other members of his family.

## Car Ribbons Raise Prostate Cancer Awareness

Help us get the message out about prostate cancer by purchasing a Royal Blue magnetic ribbon (3 1/2" x 8") for your car which reads:

### Prostate Cancer Awareness

Each ribbon costs \$5 with all proceeds going to Man To Man. These ribbons will be available at all



peer support and awareness night meetings, or call 416-932-8820 to order yours today.

Thank you.

## Man To Man is supported by:

- \* Abbott Laboratories
- \* AstraZeneca
- \* Canadian Cancer Society
- \* Merck Frosst Canada Ltd.
- \* Novartis Pharmaceuticals Canada
- \* Pfizer Canada
- \* The Dr. Jay Charitable Foundation

# Highlights from the 2nd Annual CPCN Conference



Wally Seeley - Secretary/Treasurer - CPCN



Dr. Andrew Matthew leading the tour in The Prostate Centre at Princess Margaret Hospital



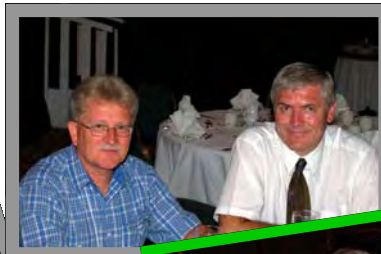
George Watkinson  
AstraZeneca



Dr. Juanita Crook with Aaron



Ken King (Guelph, Ont) and Bob Shiell (Calgary)



Lyn & George Main - Surrey, BC



Rita Dennis, Bill Gow & Roz Wagman



Dr. Gerard Morton



Marilyn with Moe Wagman and Sol Dennis



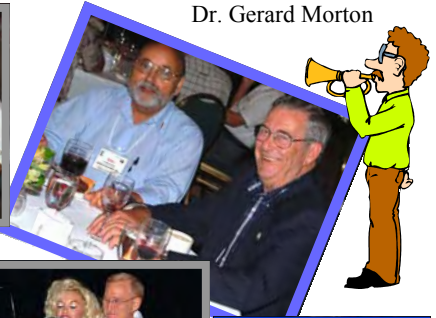
Roz Wagman



Stepping up to the bar



The BC contingent



Aaron with Marilyn Monroe



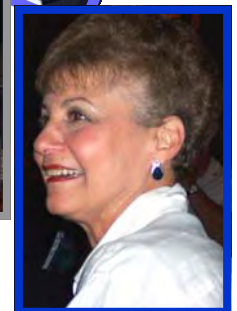
Dr. Allan Toguri



Very busy workshop



Aaron with Marilyn Monroe



Ronnie Bacher



"Awareness"



Registration Ladies:  
L to R: Barbara Gow, Aki Arai,  
Linda Garshon, Roz Wagman



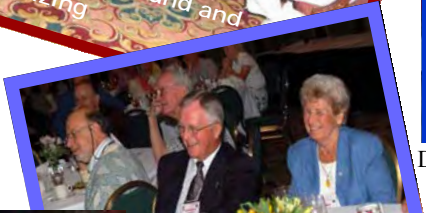
Just sitting around and  
socializing



Raymond & Edna Cyrenne



Irene Lange-Mechlen



Dr. Chodak & Bob Shiell



Marilyn and Wally



Murray & Arna Gardner



Mariko Yaguchi-Chow  
and Leah Jammicky



Peter Goodhand - CEO - CCS -  
Ontario Division



CPCN President Bob Shiell



Alexandria Love &  
Dennis Webster



Dr. Tony Finelli



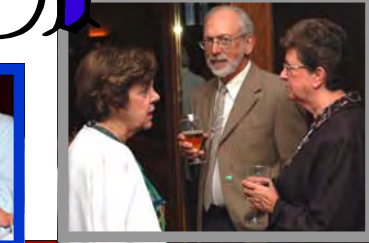
Wayne Flemming



Bill & Barbara Gow



Marc Durocher and  
Chris Fugle



Dr. Edward Woods



Workshop session

## ON-GOING PROJECTS FOR 2005

### Information and Awareness Meetings

These are held at the **St. Bonaventure Parish Centre**, 1300 Leslie Street, just south of the Toronto Botanical Gardens, where leading medical professionals cover a wide range of topics and answer your questions. Family members / friends are welcome to attend. If you are on our mailing list, a notice of each event will be sent to you. Meetings begin at 7:30 pm.

<u>DATE</u>	<u>SPEAKER</u>	<u>TOPIC</u>	<u>SPONSOR</u>
Sep 28	<b>Dr. Ian Tannock</b>	Late Stage Prostate Cancer	Novartis
Nov 30	<b>Dr. Sidney Radomski</b>	Incontinence and Impotence	AstraZeneca

### "Man to Man" Peer Support Meetings

These are held on the first and third Tuesday evenings of each month at the first floor offices of The Canadian Cancer Society, 20 Holly Street (Yonge and Eglinton area), in suite 101. They are informal in nature and provide a chance to meet in a small intimate group to discuss coping with prostate cancer with others. The meetings start at 7 p.m. and finish at 9 p.m.

### "Side by Side" Peer Support Meetings

The ladies' support group meets at the same time, on the second floor of the same building, in suite 200. This provides an opportunity for personal discussion from a female perspective.

### Visitation

Trained volunteers, all prostate cancer survivors, will talk to you/your family in your home, by telephone or in the hospital. Each week, our volunteers visit surgical patients in the Toronto General Hospital, bringing them messages of support and hope. If you are scheduled for surgery at another hospital, and would like to have a visit during your stay, let us know. We will visit patients at any hospital in the Toronto area.

### REMEMBER

**"The most effective way to remember your partner's birthday is to forget it once!"**



### *Man To Man Board*

Chairman  
*Aaron Bacher*

Vice Chairman  
*Sol Dennis*

Treasurer  
*Richard Lorie*

Secretary  
*Bernard Shoub*

Immediate Past Chairman  
*Ron Nicholson*

Past Chairman  
*Moe Wagman*

Directors  
*Dick Arai*  
*Ron Benson*  
*Bill Gow*  
*Jim Moran*  
*Ray St-Sauveur*

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