



Awareness

PCCN-Toronto" and "Side by Side" Prostate Cancer Support Group



Dr. Andrew Matthew closes out our 2011 Awareness Night schedule in grand style!

He's been a very good friend of our support group for many years. He got to know us when we were called Toronto Man to Man and continues to support our efforts as PCCN-Toronto.



**Dr. Matthew & Fred Cohen
(Awareness Night Facilitator and
Director of PCCN-Toronto)**

Dr. Andrew Matthew began with an excellent overview of some current treatment options, such as surgery (open vs. robotic), External Beam Radiation Therapy, Brachytherapy and Active Surveillance.

He discussed the psychosocial aspects of prostate cancer: a) diagnosis, b) treatment options, c) treatment, d) side-effects, and e) cure, control and mortality.

Dr. Matthew told the large audience that, after receiving a diagnosis of prostate cancer, "you're supposed to feel scared/anxious/worried/angry/even depressed. These are all 'normal' feelings or reactions after hearing that you have cancer!"

He added, "Not only has the patient been diagnosed, but so have those who care for him."

He gave two examples of patients' reactions to being diagnosed: 1) "I was like a deer in the headlights - I didn't hear anything after the word 'cancer'." 2) "I just felt numb!"

The treatment decision-making time, he said, can lead to "information overload". He added, "the hardest part is knowing *where* to get the information, and then knowing *when* to quit!"

One of his patients said to him, "I didn't go to medical School - why am I making this treatment decision?" A very good question indeed!



Dr. Matthew quoted results from patient questionnaires comparing active surveillance and a radical prostatectomy. He also discussed side effects that patients had encountered following surgery.

Advanced prostate cancer and hormone therapy was also covered by our guest speaker. He talked about the differences between "grief" and "mourning". Dr. Matthew told everyone how important it is for couples to go through this stage of the prostate journey "together"!

Once again, Dr. Matthew delivered an extremely informative lecture to our attentive audience. After his formal presentation, he answered many questions following the normal refreshment break.

Fred Cohen, a director of PCCN-Toronto, facilitated the meeting and thanked Dr. Matthew on everyone's behalf, telling him that a donation had been made in his name to the Princess Margaret Hospital Foundation.

As we have been doing since the beginning of this year, Dr. Matthew's presentation was videotaped and will be available on our website in its entirety shortly.

Please go to our website - pccntoronto.ca - and look under "Recent Posts" in the upper right-hand corner.

Please see page 8 for our 2012 list of Awareness Night speakers and topics.

DECEMBER 2011

**PCCN-TORONTO
Prostate Cancer
Support Group**

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"Raising prostate cancer awareness" - pccntoronto.ca

Hamilton's Dr. Davies a big hit at our Awareness Night meeting!

It was raining. We were a bit concerned, as there was a lot of extra traffic on the roads that night delaying everyone, including our guest speaker, who was driving to Toronto from Hamilton.

But he arrived in time, and then delivered an excellent presentation covering what has to be two of the most popular topics we ever feature:



September Awareness Night guest speaker Dr. Timothy Owen Davies

Incontinence and Erectile Dysfunction.

Dr. Davies spoke in layman's terms and was understood by the entire audience of approximately 250 men and women.

Following our usual refreshment break, Dr. Davies answered many written questions from the audience.

As a token of our appreciation, a donation was made in Dr. Davies' name to the Clinical Service of Urology at the Hamilton Health Sciences Centre.

Since his talk took place during national Prostate Cancer Awareness Week, we also presented him with a Prostate Cancer Canada blue-striped "tie", which has quickly become the symbol for prostate cancer awareness across Canada. Thank you very much Dr. Davies for taking the time to come to Toronto to speak to our appreciative audience.

If you were unable to attend this presentation, or would like to hear it again, please visit our website - pccntoronto.ca - and look under "recent posts" in the upper right-hand corner.

"I talk about the penis everyday when I'm at work in my office. I often wonder what my kids tell people when they're asked what their 'daddy' does!"

Dr. Timothy Owen Davies

PROSTATE WORDSEARCH: FIND THE WORDS SHOWN BELOW

H	F	N	O	I	T	C	E	T	E	D	Y	L	R	A	E
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A	O	H	R	O	B	O	T	I	C	N	A	I	A	R	S
C	T	V	L	N	A	X	B	F	L	C	G	K	R	E	D
Y	C	N	E	G	R	U	P	U	S	E	I	O	R	G	O
S	E	N	O	M	R	O	H	T	T	R	N	O	I	R	C
P	T	R	A	O	B	I	E	A	F	B	C	R	F	U	C
O	A	H	L	T	S	E	T	D	O	O	L	B	A	S	P
I	T	E	O	I	N	S	R	L	S	B	E	Y	Q	U	E
B	S	D	I	S	O	T	N	O	R	O	T	N	C	C	P
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P	C	L	A	T	C	E	R	L	A	T	I	G	I	D	C

- | | | |
|-----------------|--------------|-------------|
| PROSTATE | RADIATION | CORES |
| PSA BLOOD TEST | CANCER | PCC |
| EARLY DETECTION | PCCN TORONTO | ROBOTIC |
| PROSTATECTOMY | MOVEMBER | LEAKS |
| SURGERY | HIFU | BPH |
| BRACHY THERAPY | HORMONES | ERECTILE |
| PMH | BIOPSY | DYSFUNCTION |
| NYGH | URGENCY | SUNNYBROOK |
| DIGITAL RECTAL | DRE | |



Volunteers will be needed in 2012 for events such as the Rogers Cup!

Five support groups in and around the GTA volunteered together in 2010 at the Rogers Cup, where everyone had a great experience! We raised awareness of prostate cancer and approximately 400 men took advantage of a **FREE** PSA test right there on site. *We definitely saved lives that week!*

This great sporting event is coming back to Toronto next year and we'll need your support again. We could also be involved with the Sportsmen's Show, Boat Show and others. Each of these events will need volunteers! That means **YOU!**

If you are interested in joining us, please email me now and I'll keep your names on file and get in touch with you as these events get closer. Thanks in advance!

Remember - you get in FREE when you volunteer there!

Aaron (aaronbacher@rogers.com)

If you would rather receive this newsletter electronically, please email info@pccntoronto.ca and we'll remove you from our regular mailing list and add your name to our email list. Thank you.

PCCN-Toronto & Side by Side
invite you to attend our first 2012
Scotiabank Awareness Night
at the
Toronto Botanical Garden
in the Floral Hall

777 Lawrence Ave. East at Leslie Street

on

Wednesday
January 25, 2012

at 7:30 p.m.

guest speaker

Dr. Tony Finelli

MD, MSc, FRCSC
Princess Margaret Hospital

topic

**Traditional vs Laparoscopic vs
 Robotic-Assisted: which type of
 surgery is best for you?**

A Question Period will follow

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

FREE parking!

If you have any questions, please call us at

416-932-8820

Doors open at 7 p.m.

**2012 Meetings to Benefit
 North York Harvest Food Bank**

When you attend our 2012 Scotiabank Awareness Night Meetings at the Toronto Botanical Garden, please bring some non-perishable food with you, which PCCN-Toronto will donate to the *North York Harvest Food Bank*.

Here is a list of their much-needed items. Please note that all expiration dates must be valid and canned goods cannot be damaged (dented). Thank you very much.

- | | |
|---|--------------------------|
| √ Canned fish & meat | √ Flour |
| √ Canned vegetables | √ Brown pasta |
| √ Canned fruit | √ Powdered milk |
| √ Cooking oil - canola or olive oil | √ Canned or dried beans |
| √ Cereals - high fibre | √ Rice - white & brown |
| √ Peanut/almond butter | √ Baby formula & diapers |
| √ Cookies (arrowroot, digestive, oatmeal) | √ Baby food & cereals |
| | √ Fruit juice - 100% |



www.northyorkharvestfoodbank.com



All of our 2012 Awareness Night meetings at The Toronto Botanical Garden and our *Man to Man peer support meetings* at Valleyview Residence will once again be sponsored by Scotiabank.

Therefore, our meetings at The Garden will continue to be called the Scotiabank Awareness Night meetings.

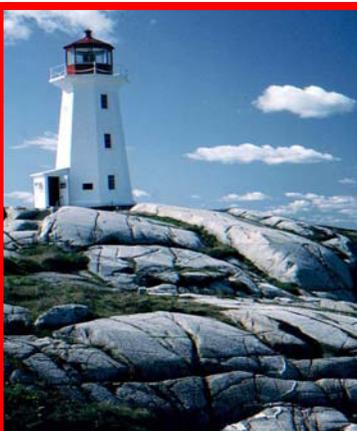
We sincerely thank Janet Slasor and all the people at Scotiabank for their very generous on-going financial support.

The Board of PCCN-Toronto

Prostate Cancer Canada Leaders Conference in Halifax Oct. 12-15th another huge success!

By Fred Cohen, Director, PCCN-Toronto

This past October, I was very fortunate to be part of Prostate Cancer Canada Network's 8th annual conference in Halifax Nova Scotia. This was the first time I had ever attended the conference, which was packed with educational materials, information-sharing sessions and entertainment.



Peggy's Cove, Nova Scotia

The medical sessions were facilitated by doctors from Nova Scotia as well as other parts of the country. There was a urologist and a surgical oncologist talking about various treatments and developments in the medical field; a psychologist who specializes in counseling people living with cancer; and doctors doing ground-breaking research on prostate cancer, thanks to grants awarded by Prostate Cancer Canada (PCC).

Interactive workshops, held throughout the conference, gave people a chance to either talk about their own personal journeys or express themselves through art in a unique session entitled the "Art Journey of Self Discovery". There was a seminar specifically aimed at "couples only", where men and women discussed overcoming sexual problems related to post prostate cancer treatment. A ladies social; a men's session featuring former NHL star Rod Seiling; and even an advanced prostate cancer forum on the healing power of laughter, were also on the agenda.

Among the many distinguished guests at the conference was the Honorable Darrell Dexter, Premier of Nova Scotia. MPP Olivia Chow also attended, and she talked about her late husband Jack Layton's battle with prostate cancer, the importance of not giving up, the need to have emotional support, and suggestions on how we can all improve our medical system.

A key message that came across to us in Halifax was that the need for "awareness" is still the key. A new PCC ad campaign was introduced called "IT'S OUR TI(M)E", featuring their symbol - the blue tie - and stating that "our time is now"! This conference was for all the affiliated support groups across Canada to come together and share information and ideas. It was also a chance to give special recognition to some of the PCCN leaders, namely the winners of this year's 2011 Founder's Award: Bill Vantour from Thunder Bay, and our own immediate past chairman Aaron Bacher! Aaron was also the MC for the entire conference. He made everyone feel very welcome and comfortable, and was informative and very humorous!

Special mention goes out to PCC for opening their first regional office in the city of Halifax. Everyone had a chance to view their new office first hand, when they hosted a wine and cheese party on Friday night. It features a resource centre, an advisory council, and a meeting place for the local PCCN-Halifax support group.

With over 200 delegates attending, PCC's planning committee did a superb job of organizing and coordinating the entire conference. From a personal point of view, I found it to be both educational and entertaining at the same time. The speakers were very engaging, and time went by very quickly, leaving me wanting more. *Next year's conference will be held at the Hotel Saskatchewan in Regina, from October 3 to 6, 2012.*



PCCN-Toronto is supported by:

**AstraZeneca/Harmony Printing/Macgregors Meat & Seafood Ltd.
Prostate Cancer Canada/Scotiabank**

GREAT MEMORIES FROM OUR HALIFAX CONFERENCE



MPP Olivia Chow and Aaron Bacher



Chef Richard



"STICK-IT" Hockey Players salute PCCN prostate cancer survivors!



Dapper Pres. Steve Jones creating a masterpiece!



Marg Lawrence and Helene Vassos



Ronnie Bacher



Maureen Rowlands & Bob Shiell



Man. Dir. Helene hard at work



"THE PCC GANG!"



Bill Kennedy and Derek Lawrence



"Scary" Derek



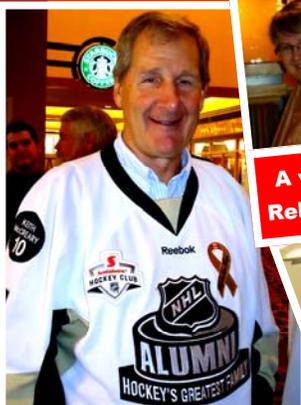
MC Aaron Bacher



Steve Helene Peter



A very happy V.P. Rebecca von Goetz



Ex-NHL player and guest Rod Seiling!



Wine and Cheese



Chairs - past & present: Bacher & Benson



The Artistic "Tie"

MOVEMBER PROVES TO BE ANOTHER FANTASTIC SUCCESS



Oh Canada! You did it! Fourteen countries across the globe participated in this year's Movember fundraising event, raising over **\$113,000,000** which is utterly amazing.



But what's even more impressive is that **CANADA** led the way! Canadian Movember participants (246,551) grew their own personal "Mo's" and *raised more money than any other country* - just over **\$39,600,000!** (at press time)

In 2010 Canada raised \$22.2 million dollars, which in itself is extraordinary. To surpass that amount by such a wide margin this year is quite a remarkable accomplishment, and one that should make every Canadian feel very proud!



The beneficiary of this Canadian effort is **Prostate Cancer Canada**, who will now make sure that these funds are appropriately allocated to prostate cancer research, to programs which will raise prostate cancer awareness, and to continue educating men about the importance of being screened and an early diagnosis.



While Movember proves each year to be a lot of fun for the participants as they grow their variety of "masterpieces", we have to keep everything in proper perspective and remember that these funds are needed for some very important research.



Long after Movember is over researchers will be busy working in their private laboratories trying to find that magic answer which could lead to a cure. We simply cannot forget that too many men continue to die from prostate cancer each and every year. That's why it's still so important for all of us to keep getting the message out to Canadian men (and their families) to make sure that they get both a PSA blood test and a digital rectal exam (DRE). These two tests are crucial when it comes to screening for prostate cancer.



PCCN-Toronto had an "official" team entered in Movember this year for the first time and we raised just over \$6,500 with a small group of team members. We are confident that we can improve on this amount next year with increased participation by members of our support group.

We congratulate all the individuals and teams involved with the Movember fundraising event and all those men who grew their Mo's for a month.



We can only imagine the many razors and electric shavers working overtime on Thursday morning December 1, 2011, as all those Mo's were being "put away" until next year. Then facial hair will once again become the "in" thing in many, many households and offices across Canada during **MOVEMBER 2012!**



To all the men and women of PCCN-Toronto and Side by Side

During the holiday season every home takes on a special beauty, a special warmth - and that is certainly true with our home here at PCCN.

Let this holiday season be a time for peace and re-dedication in the spirit of gratitude for what we have been able to achieve together over the past year, and looking forward to all we hope to achieve in the years ahead.

On behalf of the Prostate Cancer Canada Network, I wish you and your families - love, health and prosperity!

Helene Vassos, Managing Director, PCCN

Best wishes during this holiday season and for the coming year.

Thank you for the time and support you provide to patients and their families in the Odette Cancer Centre at Sunnybrook.

*Katherine Alexopoulos, Director,
Volunteer Resources,
Sunnybrook Hospital*

On behalf of the Staff of the Prostate Diagnostic Centre at the Branson Hospital (Division of North York General Hospital) we would like to wish you all a Very Happy Holiday Season. I would like to take this opportunity to thank you for all the support that we and our patients receive from your volunteers. We could not do it without you. You are an extremely valuable part of our program. We look forward to your continued support in the coming years. Thanks again.

*Bev Persaud, Unit Coordinator/Nurse,
Gale & Graham Wright Prostate Centre,
Branson Hospital*

There is no time more fitting to say "A Big Thank You" for your generous support you have given to patients and staff at Princess Margaret Hospital and Toronto General Hospital. May the Holiday Season bring Happiness and Joy to you and your loved ones. Best wishes for Happy Holidays and a Prosperous New Year. From the Staff at Princess Margaret Hospital Volunteer Resources, University Health Network.

*Mela Maharaj, Program Coordinator,
Volunteer Resources,
Princess Margaret Hospital*

Are you interested in becoming a PCCN-Toronto Volunteer?
Please call our hotline - 416-932-8820
or email us at info@pccntoronto.ca

Holiday wishes from our chairman

On behalf of the Board of Directors of PCCN-Toronto may I take this opportunity to express thanks to those who, over the past year have volunteered their time in so many ways:

To our Peer Support Group facilitators - Fred Cohen, Aaron Bacher, Jerry Garshon, Phil Segal, Ken Hunter, Bill Sceviour, Stan Mednick, Glen Tolhurst, Allan Lappin, Ray Kosan, Denis Farbstein, John Roth, Bernie Shoub, Stan Mednick, Winston Klass, and to the women who moderate the conversations for our Side By Side group - Linda Garshon, Barb Mednick, Carol Watterson, and Ronnie Bacher. Your involvement and your invaluable assistance to the men and women who attend our group support meetings are very much appreciated.

To our Refreshment Hosts - Ron Watterson, Bill Sceviour, Stan Mednick, Dan Ferguson, Fred Cohen, Gord Burchill, David Lunt, Denis Farbstein, Michael Drummond, Moshe Kaduri, Bill Deane, Ivan Samuels, Linda Garshon, Barb Mednick, Carol Watterson, and Ronnie Bacher

To our Hospital Volunteers - Allan Lappin, Bernie Shoub, Bill Mandel, Carm Griffin (special thanks to Carm for all the time he gives to arranging the PMH schedule for us), Dick Arai, Dwight Griffin, Earl LaGroix, Fred Cohen, Irwin Pressman, Jerry Garshon, Jerry Stevens, Jim Moran, Jim Norton, Ken Hunter, Richard Lorie, Ray St-Sauveur, Robert Abelson, Roland Beauregard, Tino Cotaras, Winston Klass, Aaron Bacher (who also arranges the Sunnybrook and Branson schedule), Gordon Burchill, John Roth, Ivan Samuels, and Ron Watterson

To the members of the Speakers Bureau - Aaron Bacher, Bernie Shoub, Stan Mednick, and Winston Klass who speak at "Lunch 'n Learn" sessions in various communities, to raise awareness of prostate cancer

To those volunteers from our group who tend the prostate cancer displays at various functions and events across the year

I would also like to offer sincere thanks and appreciation to our roster of Awareness Night speakers who have informed and educated us over the past year: Dr. Rob Bristow; Dr. Vasundara Venkateswaran, our Survivor Forum IV speakers: Bill Sceviour, Glen Tolhurst, Philip Ng, Bill Surchin, David Lunt, Mark Weir, and Ezra Franken; Dr. Denis MacDonald; Dr. Roger Buckley; Dr. Irving Jacobs; and Dr. Andrew Matthew.

Thank you to our videographer Jerry Stevens, who records the Awareness Night sessions and posts them on our website. Jerry's behind-the-scenes contributions are very much appreciated.

And to the too-numerous-to-mention-by-name regular attendees at our Man to Man Peer Support meetings, a HUGE thank you is extended. Your ongoing commitment to helping the newcomers who attend our meetings is incredibly valuable and I can only hope you sense our sincere appreciation for your unfailing support and encouragement. Thank you, thank you, thank you!

And finally, we would be remiss if all of us who attend the Tuesday evening Peer Support Group meetings didn't take this moment to say thank you to the staff at Valleyview Residence for the wonderful hospitality that's given to us. We feel very welcome in the environment and we're very appreciative of your generosity and kindness. A special thanks to Mike Savatovich and Anna Madejska who accommodate our requests so cordially and graciously.

May I, on behalf of Vice Chairman Winston Klass and all the members of the Board of Directors of PCCN-Toronto, wish each of you a very happy holiday season and a wonderful beginning to the New Year, 2012.



***Ron Benson
Chairman***



OUR ON-GOING PROJECTS FOR 2012



Scotiabank Awareness Night Meetings

These meetings are held at the **Toronto Botanical Garden (Floral Hall)**, at the corner of Lawrence Avenue East and Leslie Street, from 7:30 - 9:30 p.m. Leading medical professionals speak on a range of topics related to prostate cancer and then, following a refreshment break, answer your questions. Family members and friends are welcome to attend. If you are on our mailing list, a notice of each meeting will be sent to you. **PARKING IS FREE.**

Please bring some non-perishable food with you for the North York Harvest Food Bank. See page 3.

<u>DATE</u>	<u>SPEAKER</u>	<u>TOPIC</u>
Jan 25	Dr. Tony Finelli <i>Princess Margaret Hospital</i>	Traditional vs Laparoscopic vs Robotic-Assisted: which type of surgery is best for you?
Mar 28	Eileen Fauster & Morwenna Given	Holistic and Herbal: two approaches to diet, nutrition, and the treatment of prostate cancer
May 30	Dr. Rajiv Kumar Singal <i>Toronto East General Hospital</i>	Prostate Cancer Diagnostics: the past, present, future - and the PSA controversy
Jul 25	Dr. Uri Lindner <i>Princess Margaret Hospital</i>	Focal Therapy
Sep 19	Dr. Patrick Lee, PhD <i>Professor and Cameron Chair in Cancer Research Dalhousie University - Halifax</i>	Using viruses to target prostate cancer.
Nov 28	Dr. Padraig Warde <i>Princess Margaret Hospital</i>	The Radiation Story

**SPECIAL PRESENTATION
IN CELEBRATION OF
PROSTATE CANCER
AWARENESS WEEK**

Man to Man Peer Support Meetings - 7 p.m. to 9 p.m.

These meetings take place on the **first** and **third** Tuesday evenings of each month at **Valleyview Residence**, 541 Finch Avenue West (just west of Bathurst Street on the Branson Hospital site) in the All-Purpose Room. They provide an opportunity for men to talk in a safe and comfortable setting about dealing with their diagnosis of prostate cancer.

Side by Side Peer Support Meetings - 7 p.m. to 9 p.m.

The ladies' support group also meets at Valleyview Residence (see above) in The Board Room, but **only** on the **first** Tuesday of each month. These meetings allow 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 at **Toronto General Hospital** (Thursday & Saturday) and **Sunnybrook Hospital** (Thursday), bringing them messages of hope and support.

Counseling

Our volunteers counsel men in prostate cancer clinics at **Princess Margaret Hospital** (Monday through Friday), the **Odette Cancer Centre** (on Thursday), and **The Gale & Graham Wright Prostate Centre** at North York General's Branson Site (on Tuesday afternoon).

PCCN - Toronto Board of Directors

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Winston Klass**

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(vacant)**

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Stan Mednick
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Our 2012 "Awareness" Newsletters are being sponsored by an unconditional grant from AstraZeneca.

AstraZeneca