

Awareness

The Toronto "Man to Man" and "Side by Side" Prostate Cancer Awareness Groups

North York General Hospital's Dr. Roger Buckley Teaches Us "Prostate Cancer 101 - The Journey"

It was like being back in school and being taught by your favourite teacher. For some of our volunteers it was a great "refresher course"; for



Dr. Roger Buckley and Man to Man Awareness Coordinator Winston Klass

newly diagnosed men, it was a simple, straightforward "class" about prostate cancer. This was the first

time that a "professor" from North York General Hospital - Dr. Roger Buckley - was speaking to an

"No treatment is 'side-effect free'!"

Dr. Roger Buckley

Awareness Night audience. His topic, though potentially complicated, was delivered using simple language and terms that the audience easily understood.

He began with the prostate gland itself: what it is, what it does, where it is located, and its three major issues: Benign Prostatic Hyperplasia (BPH), also known as having an enlarged prostate; Prostatitis, which he described as "an infection of the prostate"; and prostate cancer.

We learned that prostate cancer is the most common cancer in males, and the second most common cause of death from cancer. Prostate symptoms were discussed: frequency, urgency, slow stream, hesitancy, nocturia (the need to get up during the night to urinate), pain during urination or ejaculation, and blood in the urine or semen.

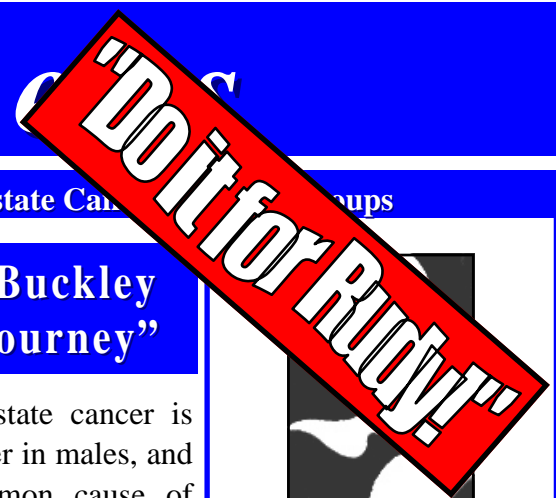
One of his slides, entitled "What is Cancer?" explained how the body is composed of billions of cells, how they are produced and replaced in an orderly and controlled way, and how they can get "out of control" and become benign or malignant.

Dr. Buckley went through the various causes of prostate cancer: age; hormones (testosterone); heredity - family history on the male side (father/brother) and breast cancer on the female side; "geography", with most men being diagnosed in North America; and diet, with high animal or saturated fat increasing the risk of cancer.

He also touched on ethnic and/or racial differences, with African Canadians being at higher risk than Caucasian men.

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PLEASE READ IMPORTANT FORM - PG 5



APRIL 2008

Man to Man

Prostate Cancer Support Group

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North York, Ont. M2J 2V6

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"Do it for Rudy" at This Year's *Relay For Life* Forest Hill Memorial Park - June 20, 2008

On Friday June 20, 2008 our Man to Man *Relay* team will gather once again to celebrate the Canadian Cancer Society's (CCS) main fund-raising event of the year - the *Relay for Life*!

This year, we are "relaying" at Forest Hill Memorial Park, 340 Chaplin Crescent (Eglinton Avenue West and Spadina Road).

Also, we are dedicating our participation by honouring the memory of one of our own - **RUDY PHILIPP** - who we unfortunately lost this past February. Rudy was one of the most optimistic people you could ever meet, and he truly inspired everyone he met. He also was very enthusiastic about our involvement in the *Relay for Life* and got his entire family to participate in it with him. This year we are asking everyone to join us in the *Relay*, and "Do it for Rudy!"

Rudy's family, including his wife Eva and their children and grandchildren, will all be there, also honouring his memory by walking 75 laps on the *Relay* track, one for every year of Rudy's incredible life.

That night will once again be about celebrating!

But, in order to get to that "fun part", some serious work has to be done - raising those much-needed funds. That's where you come in, as we need everyone in the Man to Man "family" to join us and help us try to surpass our amazing total from last year - **\$45,282.00**.

To do that, we need you to do one of the following: 1) Simply make a donation to CCS and receive your tax receipt from us; 2) Ask for one of our *Relay* kits, which includes an official tax receipt

book; and/or 3) Add your name to our online "team" so that you can solicit funds online.

No. 1 is easy: just mail a cheque - payable to the **Canadian Cancer Society** - to Man to Man, 27 Lynch Road North York ON M2J 2V6, and you will receive your tax receipt within days.

No. 2 allows you to ask your family, friends and colleagues to make a donation to CCS *through you* and you can *immediately* issue them a tax receipt. Also you can complete the *Relay* paperwork and join us on the night of the *Relay* as we walk around the track together.

No. 3 includes the setting up of your own personal page online, where you can invite family, friends, colleagues, etc., to make a pledge to support your efforts in this major fundraising event. Once they have made their donation, they will receive an email thanking them for their generous donation, with their official tax receipt attached!

"Luminary" candles also raise dollars for *Relay* and Man to Man usually sells more candles than any other team. These individual candles carry the names of cancer survivors or people who lost their battle to this disease.

Since you are a prostate cancer survivor yourself, you can guarantee that your name appears on at least one candle at this year's *Relay* by mailing us a note with your name clearly printed, tell us how many candles you want (at \$5 each) and we'll make sure that there are candles there with your name on them, alongside thousands of others.

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"Do it for Rudy!"

*Man to Man & Side by Side
(Prostate Cancer Support Groups)*

*invite you to attend a
Prostate Cancer Awareness Night
at the
Toronto Botanical Garden
in the **Floral Hall**
777 Lawrence Ave. East at Leslie Street*

on

Wednesday May 28, 2008

at 7:30 p.m.

guest speaker

Dr. Joseph Chin
MD, FRCSC
London Health Sciences Centre

topic

**"Cryotherapy
and Robotic Surgery"**

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.

**2008 Meetings Benefit
North York Harvest Food Bank**

When you attend one of our Awareness Night Meetings at The Toronto Botanical Garden, please bring some non-perishable food with you, which Man to Man will donate to the *North York Harvest Food Bank* again this year.

Below you will find a list of their much-needed items. Please note that all expiration dates must be valid and canned goods cannot be damaged (dented).

- √ *Canned fish & meat*
- √ *Canned vegetables*
- √ *Canned fruit*
- √ *Cooking oil*
- √ *Sugar substitute (Equal)*
- √ *Flour*
- √ *Brown pasta*
- √ *Powdered milk*
- √ *Dried beans*
- √ *Brown rice*



www.northyorkharvestfoodbank.com

We thank you for your continued support.

SPECIAL ANNOUNCEMENT



We are very happy to announce that all of our 2008 Awareness Night meetings at the Toronto Botanical Garden are being sponsored by Scotia Bank.

We sincerely thank them for their very generous financial support.

*Are you interested in becoming
a Man to Man Volunteer?*

*Please call our hotline - 416-932-8820
or email us at info@mantoman.ca*

Our peer support meetings now at a new location!

On Tuesday February 5th, 2008, we hosted the first-ever Man to Man and Side by Side peer support meetings not at 20 Holly Street.

Our new location is the **Valleyview Residence** at **541 Finch Avenue West**, just west of Bathurst Street, on the Branson Hospital site.

Man to Man will continue to hold its meetings on the *first* and *third* Tuesday evening of each month, in the **All-Purpose Room** at Valleyview.

Side by Side will hold their monthly meeting on the *first* Tuesday of each month in **The Board Room**. Both meetings are still scheduled from 7 to 9 p.m.

At this time we want to thank everyone at the **Canadian Cancer Society (CCS)** for allowing us to hold our peer support meetings at their offices for the past 13 years, since M2M was founded. The only reason that we are not continuing there is because they needed to combine their two offices at 20 Holly Street, which eliminated the meeting space that we required.

We are still involved with CCS, as they support all of our mailings by allowing us to use their postage machine. They also continue to refer men who are looking for information about prostate cancer, and organizations who are looking for speakers on this topic to our support group. They provide our group with many brochures containing important information about prostate cancer.

Our only involvement in fundraising continues to be their annual Relay For Life, which we have been involved with since it began in 2001 and where we have raised the amazing total of \$182,547.

We have a long history with the Canadian Cancer Society and look forward to having that continue.

Our relationship with the Valleyview Residence may have just begun but we are looking forward to developing that relationship as well.

CPCN CONFERENCE AUG. 3-5, 2008 IN CALGARY

The Fifth Annual prostate cancer conference, hosted by the Canadian Prostate Cancer Network, will take place at the Fairmont Palliser Hotel in Calgary from Sunday August 3rd until noon on Monday August 5th, 2008.

The impressive roster of speakers includes Dr. Stephen Strum, Dr. Mark Moyad from Michigan, and "our own" Dr. John Trachtenberg from Princess Margaret Hospital in Toronto.

The registration fee, which covers all sessions and meals, is \$100.00 per person. The hotel's special "conference rate" per night is \$169 plus tax. To register, please visit the CPCN website - www.cpcn.org - and click on "national conference". Then you can choose between "2008 information" and "2008 registration". You can register online or by downloading and completing the registration form and then mailing it to CPCN. Your room reservation must be made separately by calling the Palliser at 403-262-1234 and quoting the special group rate ID CPCN8.

Learn the latest information and techniques concerning treatment options for prostate cancer. There will also be a session specifically for the spouses/partners who share the effects of this disease with their loved ones.

August is a great time to visit Calgary and the Rocky Mountains as well, so why not plan a mini vacation away from home to a beautiful part of the country at a fantastic time of the year. The Palliser hotel will honour the special rate if you want to extend your stay, either before or after the conference. But you must book early, as these rooms will disappear quickly, as this conference is always very well attended by volunteers from all across Canada.

Come meet volunteers from other prostate cancer support groups and share your experiences with them, as they will with you!

Registration is now open for business!

Buy a Magnetic Car Ribbon and Support Man to Man

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 you can call 416-932-8820 or email mantoman@rogers.com to order yours today.

Thank you.

It is with great sadness that we report the sudden passing of DON DAVIS, a prostate cancer survivor and longtime volunteer with Man to Man, on Thursday March 27, 2008.

Don first began volunteering at Princess Margaret Hospital. When we started volunteering at Sunnybrook in the Odette Cancer Centre a few years ago, Don was there on a regular basis, always with his buddy Norm Roth. The two of them enjoyed being together, talking to newly-diagnosed men in the prostate cancer clinics or visiting patients in the hospital who just had surgery.

Everyone at Man to Man extends his sincere condolences to Don's wife Lorna, their children Linda, Kevin and Michael, and their entire family on this sudden loss.

Don will be greatly missed by all.

Man to Man is Supported By:

Abbott Laboratories	Merck Frosst Canada Ltd.
Associated Tube Industries	Novartis Pharmaceuticals Canada
AstraZeneca	Pfizer Canada
BMO Financial Group	Scotia Bank
Canadian Cancer Society	
MacGregors Meat & Seafood Ltd.	

DO YOU WANT TO CONTINUE RECEIVING MAN TO MAN INFORMATION BY REGULAR MAIL?

THEN YOU MUST ADVISE US ASAP!

Due to increased postage costs and a shortage of "man power", we must seriously decrease the amount of mailings using regular mail. Email would then become our primary communication tool. If, however, you have no access to email and you want to continue receiving our information by regular mail, you must return this completed form by April 30, 2008. Otherwise, removing your name will help us to greatly downsize our "regular mailing" list.

If you are currently on our email list, you don't need to do anything. If you're not on our email list yet, please provide us with your email address (over).

PLEASE COMPLETE THE OTHER SIDE! THANK YOU.

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Dr. Roger Buckley's Lesson on Prostate Cancer (continued from Page 1)

Prevention was also discussed, with diet and exercise playing an important role along with vitamins such as E, D, A and C.

Dr. Buckley mentioned four ways that prostate cancer can be detected: DRE (digital rectal examination), PSA (Prostate Specific Antigen) blood test, a TRUS (Trans-Rectal Ultrasound), and a TURP (Trans Urethral Resection of the Prostate). He talked about how they decide **who** needs to have a biopsy, and he went into detail about the **Gleason Score** and what the **Stages** (T1, T2, etc.) mean. Other tests, such as ultrasound, CT scan, MRI, and bone scans were also discussed in detail.



He covered the major treatment options, such as Active Surveillance (watchful waiting), surgery (open, laparoscopic, and robotic), radiation (External Beam or Brachytherapy) and hormone therapy. He also talked about chemotherapy, Cryotherapy and HIFU (High Intensity Focused Ultrasound). In discussing these options, he mentioned several factors to consider when making this important choice: age; risk stratification; prostate size; prostate symptoms; overall medical health; options if there is a failure; and, of course, the possible side effects which could dramatically affect the patient's quality of life.

He concluded his very informative talk by telling everyone about the new Prostate Cancer Centre at the Branson Hospital Site, where men are now being referred for consultation and treatment, and where urologists from NYGH are working side-by-side with radiation oncologists from the Odette Cancer Centre. Dr. Buckley also told how successfully volunteers from Man to Man are working together with his Interdisciplinary Team to help the newly-diagnosed men and their families. This was truly an education into the ABCs of prostate cancer, and we sincerely thank Dr. Buckley for coming to talk to us and for answering so many questions from the large and enthusiastic audience. **CLASS DISMISSED!**

PLEASE KEEP ME ON YOUR LIST!

PLEASE PRINT

NAME: _____

MAILING ADDRESS: _____

P. CODE: _____ TEL NO: _____

Please replace the mailing information above with my email address:

EMAIL ADDRESS: _____

PLEASE MAIL THIS COMPLETED FORM TO:

TORONTO MAN TO MAN PROSTATE CANCER SUPPORT GROUP
349 GLENGARRY AVENUE
NORTH YORK ON M5M 1E5

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"Do it for Rudy" - 2008 Relay for Life (continued from page 2)

You can also increase your candle list by ordering some for other survivors, or "in memory of" loved ones. Send your completed list to: **Man to Man, 27 Lynch Road North York M2J 2V6** with full payment (at \$5 each, payable to the **Canadian Cancer Society**) and we'll take care of everything.



Since we are asking everyone to "Do it for Rudy" this year, please include a candle "in memory of" RUDY PHILIPP on your list.

As you can see, helping us raise money this year is very easy to do. **And we definitely need your help and support!**

So, mail us a cheque today! Send us your list of Luminary candles that you wish to purchase!

Or join our Man to Man online "team". Go to www.cancer.ca/relay; once there, select "Ontario" and then, under "Find an event" select "Toronto-Central". That will take you to a page where you can "Join a team" (either Man to Man 1, Man to Man 2, or Man to Man 3). Once you have joined one of our "teams", you will be able to set up your own personal page and then ask people to make pledges to you online. You will also be asked to pay your registration fee of \$10 online, which every participant must do, whether online or in person on the night of the *Relay*.

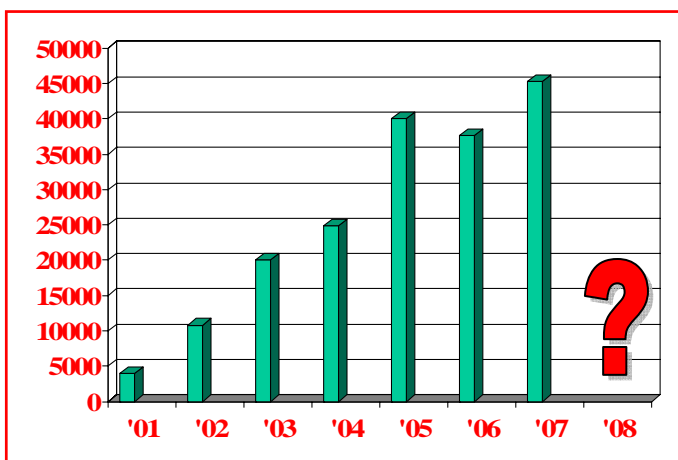
This registration fee covers your *Relay* t-shirt and an invitation to attend the Survivors' Reception, which usually includes lots to eat and drink, just before the start of the *Relay*. Please let us know if you are planning to join us that night at the *Relay*.

Then, after helping us raise all that money for prostate cancer research, we will look forward to seeing you at Forest Hill Memorial Park on Friday June 20th. There you will be able to participate in the celebrations by walking the opening **Survivor Lap** with us and enjoying a great night out with your Man to Man friends and your family.

We promise you a fantastic time!

(for further information please email aaron.bacher@mantoman.ca)

Man to Man's History with Relay for Life



- 2001 - \$ 4,000
- 2002 - \$10,800
- 2003 - \$20,000
- 2004 - \$24,800
- 2005 - \$40,008
- 2006 - \$37,657
- 2007 - \$45,282

**Our 7-year
Total:
\$182,547.00**

"Do it for Rudy!"


OUR ON-GOING PROJECTS FOR 2008

Awareness Night Meetings - sponsored by:



These meetings are held at the **Toronto Botanical Garden (Floral Hall)**, at the corner of Lawrence Avenue East and Leslie Street, from 7:30 p.m. to 9:30 p.m.. Here, 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 event will be sent to you.

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>
May 28	Dr. Joseph Chin <i>London Health Centre</i>		Cryotherapy and Robotic Surgery
Jul 30	Survivor Forum III <i>Man to Man Survivors</i>		A Sharing of Personal Stories
Sep 24	Dr. Andrew Matthew <i>Princess Margaret Hospital</i>		Couples Perspectives: Dealing with prostate cancer
Nov 26	Dr. Sidney Radomski <i>Toronto Western</i>		Incontinence & Impotence

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 the **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 meets at the same location, 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 in the Toronto General Hospital and Sunnybrook Hospital, bringing them messages of hope and support.

Man to Man Board of Directors

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In association with the



Canadian Cancer Society
Société canadienne du cancer