

A w a r e n e s s

The "Man to Man" and "Side by Side" Prostate Cancer Support Groups

Warm Awareness Night Audience Greet Dr. Charles Catton

It may have been the first time he had appeared before an Awareness Night audience, but it was obvious that he felt very comfortable and was happy to be there.

Dr. Charles Catton's specialty is Radiation Therapy and he began his talk by saying that



Dr. Charles Catton and Winston Klass

traditionally there are "two main curative treatments: surgery and radiotherapy", although some studies have shown that "there may be advantages to combining different therapies".

He said "each treatment has its own advantages and disadvantages; one practical advantage of surgery is that you can obtain additional information about the cancer by examining the removed prostate". Regarding PSA levels after treatment, he noted that since, after radiation, the prostate is still present, the PSA should drop but not necessarily to 0, and can fluctuate a bit without indicating cancer. After surgery, with the prostate removed, and hopefully with the cancer gone, the PSA should go to a level referred to as "undetectable". Dr. Catton added, "A rising PSA after surgery is never a good thing."

Also after surgery, new information is available from the pathologist and from the

PSA levels about the success of the treatment and the likely state of the prostate cancer at that time. An elevated PSA at that stage can lead to future problems for a high proportion of men - often many years after their surgery. Positive margins are also frequently associated with elevated PSA readings following surgery.

"So," asked Dr. Catton, "what do we do about these situations? We can wait and see what happens, or we can give additional treatment to try to kill the remaining cancer cells. The most practical treatment we have available is post-operative radiotherapy." This approach will only work when the cancer cells are localized to the area near where the prostate gland was located. Then slides of radiation machines showed how the radiation is actually delivered, followed by a CT scan. Here planners use software to visualize the target and normal tissues in 3D, and they are able to shape the beams and the shields.

Normally the treatment calls for 6-8 weeks of treatment, delivered precisely to the target area. By using Cone-beam CT you can do a CT scan of the patient each day to guarantee proper delivery of the radiation. This CT guidance allows for very little damage to the bladder and rectum.

Dr. Catton said that it is easier to treat patients who have their prostates intact - those who have not previously had surgery - than patients after their prostates have been removed. Post-operative radiation therapy is very good for some men - the trick is to identify those men who would benefit the most!

Another question is "which man would benefit most by adding hormone therapy?"

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AUGUST 2007

Man to Man

Prostate Cancer
Support Group

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"Raising prostate cancer awareness" - <http://mantoman.ca>

Presentation by Dr. Scott Berry on Late-Stage Prostate Cancer Proves to be a Very Popular Topic

It can be a very tough topic to discuss. It is not something that most males even want to consider as a possibility. Yet many men go through it every day, so it is very real. The topic is "late-stage prostate cancer" and it was covered in depth at our Awareness Night meeting on May 23, 2007.

Leading that discussion was Dr. Scott Berry from the Odette Cancer Center, whose specialty is late-stage prostate cancer.

He began by asking three questions for men with late-stage or Metastatic prostate cancer: 1) What are the issues and/or concerns?; 2) What are the goals of treatment?; and 3) What treatments are available?

In discussing the concerns about this disease, he listed the general or more common ones as being: fatigue, nausea, depression, anorexia and weight loss. Another common one was Abdominal Adenopathy which includes Lymphedema - swelling of the legs - and Ureteric Obstruction - blockage of the tubes draining kidneys to the bladder. Lung Metastases, which would cause



Chairman Aaron Bacher, guest speaker Dr. Scott Berry, and Rudy Philipp, who introduced and thanked our guest speaker.

shortness of breath and/or coughing is considered uncommon. Liver or brain metastases is considered very uncommon.

The goals of Therapy are: 1) to prolong life; 2) the Quality of Life; and 3) to delay metastases.

Dr. Berry told how anti-cancer treatments included the "local therapies", such as surgery and radiation therapy, and the "systemic therapies" which are his specialty, such as Hormonal Therapy, Chemotherapy, and Bisphosphonates.

Hormone therapy prevents the production of and blocks the action of testosterone. There seems to be a 70-80% response rate with patients and the average duration of response time is usually 14-20 months, while others experience longer response times. Some of the potential long-term complications are: Osteoporosis and fractures; loss of muscle mass; anemia; fatigue and lethargy; glucose intolerance; and personality changes (depression and/or irritability).

When discussing Chemotherapy Dr. Berry said that Docetaxel improved both the patient's pain and his quality of life, and that, when given every three weeks, it improved overall survival to 16 to 19 months on average. Of course there can be side-effects, one of them being a serious infection in blood due to a drop in infection-fighting cells. Others include hair loss, mouth sores, diarrhea, nausea, vomiting (uncommon), nerve damage, tearing in eyes, nail changes, changes in taste and swelling of ankles.

Chemo is generally used on men with Hormone Refractory Prostate Cancer (when prostate cancer progresses after adequate hormone therapy) or when the disease has spread to important organs. It is also sometimes prescribed for men without any symptoms who are experiencing a rapidly climbing PSA reading.

Late-stage prostate cancer is a difficult topic for us to cover. We always say that we want to stay positive about what we discuss and how we approach our meetings. However, this a very real stage that many men unfortunately go through for a variety of reasons. As a responsible support group it is therefore necessary for us to cover all stages of this disease.

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

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 September 26, 2007

at 7:30 p.m.

guest speaker

Dr. Antonio Finelli

MD, MSc, FRCSC
Princess Margaret Hospital
University Health Network

topic

***"Laparoscopic Radical
Prostatectomy"***

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.

**2007 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 is donating 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).

- | | |
|---------------------------------------|------------------------|
| √ <i>Canned fish & meat</i> | √ <i>Flour</i> |
| √ <i>Canned vegetables</i> | √ <i>Brown pasta</i> |
| √ <i>Canned fruit</i> | √ <i>Powdered milk</i> |
| √ <i>Cooking oil</i> | √ <i>Dried beans</i> |
| √ <i>Sugar substitute
(Equal)</i> | √ <i>Brown rice</i> |



www.northyorkharvestfoodbank.com

We thank you for your continued support.

Dr. Berry continued from page 2

Dr. Berry did a terrific job explaining all the treatment options that remain available for men who are at this point in their continuing journey with prostate cancer.

He talked positively about these options and also mentioned that several new possible treatments are being studied at the moment which could extend survival even longer.

After answering many questions from the very interested audience, our speaker was thanked by M2M survivor Rudy Philipp, who is also a patient of Dr. Berry. Rudy also presented the doctor with a gift on behalf of everyone in attendance.

*Are you interested in becoming
a Man to Man Volunteer?*
Please call our hotline - 416-932-8820
or email us at info@mantoman.ca

2007 Relay Team Sets New Record - **\$45,282!**

A new star was born on this year's Man to Man Relay team: his name - **Marc Durocher**. He not only finished second as the highest individual fundraiser by bringing in **\$13,820** on his own, but his tremendous effort also made M2M the top fundraising team in North York for the third year in a row, with our highest total since we first got involved with CCS's Relay in 2001 - **\$45,282!**

E.T. Seton Park in North York was waiting for us on Friday night June 22, 2007, bathed by a bright sun and clear skies, as all the participants arrived, and the evening began with a Survivors' Reception at 6 o'clock. Because of the number of people attending, traffic around the park delayed the Opening Ceremonies for a while, but when it did get underway, Bill Hutchison from CTV acted as Master of Ceremonies. He introduced Barb Garvin who brought greetings from the Canadian Cancer Society, after Belinda Corpuz sang a beautiful rendition of "Oh Canada". Then Paul Mutch, manager of CCS's North York office introduced six volunteers who were being honoured for their dedication to the Relay over the years, and one of them was M2M's chairman Aaron Bacher.

Then all the survivors in attendance were invited to get the Relay officially underway by walking the

opening Survivors' Victory Lap, while everyone's name was announced over the loudspeakers, and many men from M2M participated in this special lap. After that, there was very little scheduled other than walking, eating, drinking, and having fun.

Several of our "members" had their children and grandchildren walking with them, and everyone had a great time. The evening got a bit cool later on, but sweaters and jackets made everyone much more comfortable.

The Luminary candles were all lit again at 10 o'clock in another very emotional ceremony.

This year **32** people from M2M raised over **\$45,000** - imagine what we could really do if more of the 3000 plus men on our mailing list decided to join us, even if only to buy a \$5 Luminary candle!

We sincerely want to thank everyone who helped to raise this year's record-setting amount of money, which M2M is directing to prostate cancer research.



Aaron receiving his award.



Man to Man 2007 Relay Team

Man to Man is supported by:

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

North York General Hospital Opens Prostate Centre

On Tuesday July 3, 2007 the brand new Gale & Graham Wright Prostate Centre at the Branson site (Bathurst Street and Finch Avenue West) welcomed the first Man to Man volunteers to counsel men who have been diagnosed with prostate cancer. The centre actually opened its doors on June 12th, but the partnership with the Odette Cancer Centre (OCC) - formerly the Toronto-Sunnybrook Regional Cancer Centre - only began the afternoon of July 3rd, when Dr. Gerard Morton (OCC) and Dr. Roger Buckley (NYGH) saw patients together.

The “official” opening of the centre took place on Monday July 9th, with many dignitaries present.

One of the main goals of this centre is to drastically decrease the amount of waiting time between being diagnosed with this disease and being treated. Here men will be examined, have PSA blood tests, biopsies if required, and discuss their treatment options with a urologist and a radiation oncologist on the same visit.

Man to Man volunteers will provide additional information to these men and advise them about our peer support and Awareness night meetings. Hopefully, in the Fall, we will begin visiting patients in North York General Hospital who have had a radical prostatectomy, similar to what we are currently doing at two other major Toronto hospitals; Toronto General and Sunnybrook.

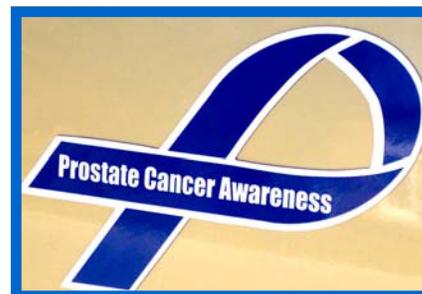
Buy a Magnetic Car Ribbon and Support Man to Man

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.

Canadian Cancer Society’s 1st Ever “Corporate” Relay

The Canadian Cancer Society (CCS) held their first-ever **Corporate Relay** from 11:00 a.m. to 2:00 p.m. on Friday May 31, 2007 in downtown Toronto, at Commerce Court on King Street just west of Yonge Street.

Teams from various corporations in the area were represented, and they raised money through donations and also by selling Luminary candles, just like the regular Relay for Life event which Man to Man participated in again this year (see page 4).

Because of our strong relationship with CCS, Man to Man was invited to participate in this inaugural event.

The Corporate Relay was officially opened by Peter Goodhand, CEO of CCS Ontario Division. Then all the cancer survivors in attendance, including three men from our support group (see photo), were asked to participate in the opening Survivors’ Victory Lap.

It was a very successful event, with CCS raising \$40,000.00.

The Canadian Cancer Society was very satisfied with the results of this first “Corporate” Relay and is looking forward to next year.



As you can see, these three Toronto Argonauts’ cheerleaders were thrilled to meet our “hard-working” Man to Man volunteers at the 1st Corporate Relay: Aaron Bacher, Bob McLelland, and Ray Turner. The volunteers were very happy too!

Moe and Roz Wagman Honoured by Man to Man & Side by Side at July Awareness Night Meeting

He joined Man to Man right after it was founded in 1989. He's a past chairman of our support group. He volunteered (and still does) at Princess Margaret Hospital in their prostate cancer clinic. He answered the messages left on our telephone "hotline" for many years, making him the first person that newly-diagnosed men would hear from. He's been a fixture at most Man to Man (M2M) events for many, many years. He's been known to fold and stuff his share of envelopes for the many mailings sent out by our group over the years. He has participated in many health fairs, answering questions about prostate cancer and handing out many of our brochures.

She attended almost every Side by Side (SBS) meeting for years and was instrumental in starting the group. She helped serve the refreshments at just about every Awareness Night meeting. She has also kept him in line, for the most part, for a very long time.

At our most recent Awareness Night meeting on July 25th at the Toronto Botanical Garden featuring Dr. Charles Catton, "he" - **Moe Wagman** - and "she" - **Roz Wagman** - were both honoured by M2M and SBS for their long and dedicated service to our support groups. Also attending this important evening were members of the Wagman family.

Sol Dennis, a M2M Vice-Chair and lifelong friend of Moe's since they attended public school together, made the presentation to them on behalf of M2M & SBS. Sol's story began when he and Moe first met in school, and he told how, after drifting apart for many years, they found each other again soon after they were both diagnosed with prostate cancer! Their involvement with Man to Man, along with Roz's involvement with Side by Side, kept them all in close touch for many years, and continues even today. Sol presented Moe with a new IPOD, which Moe has had one of his grandsons load with his favourite jazz CDs so that he can listen to his music without "annoying" Roz!



Man to Man Vice-Chairman Sol Dennis, Ruth Sprenger, a long-time supporter of Side by Side and wife of the late Dick Sprenger (a past Man to Man Board member), and special honorees Roz and Moe Wagman.

Ruth Sprenger, wife of the late Dick Sprenger, and a long-time friend of Roz and Moe from her SBS days, was delighted to present Roz with a dozen red roses.

Everyone at Man to Man and Side by Side sincerely thanks Moe and Roz for everything that they have done for our support groups over these many years, and we wish them both continued good health.



Sol's presentation



Moe thanking everyone

Dr. Catton’s Talk on Radiation

continued from page 1

Two trials of post-operative radiation therapy started in the mid-1990’s; each one identified those with positive margins and either treated them with radiation or waited for a problem. The results showed that: a) radiation immediately after surgery reduced the risk of cancer recurrence, based on PSA, from 77% to 55% at 10 years (US study) and from 50% to 20% at 5 years (European study); and b) post-operative radiation therapy improved the cure rate for men with positive margins after surgery. The limitations: a) not all men with positive margins developed cancer recurrence after up to 10 years following surgery; b) not all men who had radiation were cured; and c) radiation caused chronic bowel and bladder irritation in up to 17% of the men who were treated.

To further improve treatment it was decided that there is a need to: a) identify those who are most likely to benefit from additional local treatment (radiation); b) identify those who might also benefit from the addition of “whole body treatment” (hormones); and c) look at ways of making treatments safer.

Dr Catton is about to lead a study (RADICALS) beginning this Fall on “Post-operative radiation and hormones for those at risk of failure after surgery”. This study is designed to answer two questions: 1. For those with positive margins: Should radiation be given immediately after surgery, or should we wait to see if the PSA starts to rise? 2. Does the addition of a short (6 mos.) or longer (2 yrs.) course of hormones to radiation reduce the risk of treatment failure compared to radiation alone? He said that they know that post-operative radiation improves the outcome for some men with prostate cancer, but they still need to determine: 1. Who most benefits? 2. Does the addition of hormone therapy help? 3. What is the best way of giving the radiation treatment? This RADICALS study will help to answer these important questions.

After concluding his formal presentation, Dr. Catton answered questions from the audience for over a hour, as he was extremely generous with his time. It may have been his first time in front of our awareness night audience, but we don’t think it will be his last.

We sincerely thank him for coming to speak to us and educating us further about radiation therapy.

Gord Johnston drove around the recent Relay for Life event on an ULTRALITE VEHICLE, courtesy of Mr. David Mallingier of Ultralite Mobility Corporation. mallingierd@electricmobility.com



CPCRI Forum / CPCN Conference September 27 - 30, 2007 Westin Harbour Castle Hotel

The Fall 2007 Prostate Cancer Conference: A Decade of Progress, A Future of Hope, sponsored by the Canadian Prostate Cancer Research Initiative (CPCRI) and the Canadian Prostate Cancer Network (CPCN) is now being finalized. It is scheduled for September 27-30, 2007 at the Westin Harbour Castle Hotel in Toronto.

You will have the opportunity to hear about the latest scientific strides that have been made in prostate cancer research. At the same time you will be able to “compare notes” with many support group volunteers from all over Canada during Friday’s sessions, including an afternoon workshop.

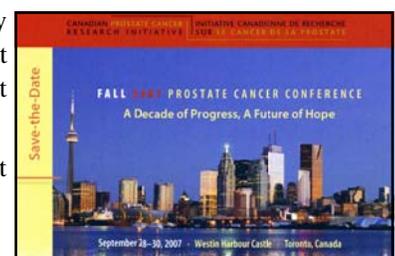
Tentative schedule:

Thu Sep 27th	CPCN Registration - 3-6 p.m. 6:00 Reception & Dinner CPCN Award to Steve Smith (Red Green)
Fri Sep 28th	CPCRI Registration - 3-6 p.m. CPCN Topics - 9-5 p.m. Lunch - Speaker - David Onley (CITY TV) - Ontario’s new Lieutenant-Governor 6:00 Reception & Dinner Conference Chairman - Dr. Michael Baker - UHN, Tor. Keynote speaker - Dr. Larry Goldenberg - Vanc., BC
Sat Sep 29th	CPCRI Topics - 9-5 p.m. 6:00 Reception & Dinner Keynote Speaker - Mark Dailey (CITY TV Anchor)
Sun Sep 30th	Wrap-up CPCRI & CPCN - 9-11 a.m. Brunch - 11-12 noon Conference concludes

The registration fee for this conference is **\$150/person** which entitles you to attend all the seminars/presentations and includes **all your meals**. (This does not include hotel accommodations.) To register, please go to <http://cpcn.org> and click on “**national conference**”: then “**to register**” and follow the instructions. Many people are expected to attend this conference so please register early to guarantee your seat!

This will be an extremely interesting, educational, and important few days for everyone in attendance. Become a better volunteer for Man to Man by educating yourself further at this very important conference.

Reserve your seat TODAY!



OUR ON-GOING PROJECTS FOR 2007

Awareness Night Meetings - 7:30 p.m. to 9:30 p.m.

These meetings are held at the **Toronto Botanical Garden (Floral Hall)**, at the corner of Lawrence Avenue East and Leslie Street, where 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 on September 26th for the North York Harvest Food Bank. See the article on page 3.

<u>DATE</u>	<u>SPEAKER</u>	<u>TOPIC</u>
Sep 26	Dr. Antonio Finelli	Laparoscopic Radical Prostatectomy
Nov 28	Dr. Sidney Radomski	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 in the first-floor offices of the Canadian Cancer Society, 20 Holly Street (Yonge and Eglinton area), in Suite 101. They provide an opportunity for men to talk with others 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 on the second floor of the same building, in Suite 200, 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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