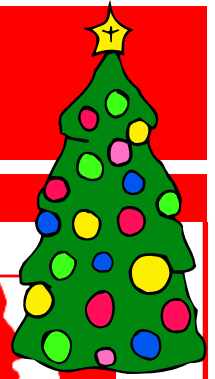




Awareness

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



Dr. John Trachtenberg "WOWS" Another Awareness Night Audience

The precedent was set a long time ago, so it was no surprise that another full house greeted our final guest speaker of 2006 - Dr. John Trachtenberg. In the movies they said, "If you build it, they will come"; we say "if you invite 'him', they will surely come". And they did, as extra seats were required.



Chairman Aaron Bacher, guest speaker Dr. John Trachtenberg, and new Awareness Night Coordinator Winston Klass.

He opened the evening by telling everyone how pleased he was to be back in front of a Man to Man audience again. He remembered getting involved with M2M way back when the group was just beginning and said that over the years our support group has probably helped more men than any other single such organization!

He referred to prostate cancer as an "intriguing disease"; one where finding it early is very important. He strongly suggested using the PSA blood test, whether you get it done at a hospital for free or have to pay a few dollars for it. He called it "a valuable test" as a means of detecting prostate cancer early, in spite of all the controversy associated with it. The men who are at the most risk for getting prostate cancer are 50 to 70 years of age.

He told us "how many" men get prostate

cancer (750,000 in Canada) and what percentage of those men opt for the "watchful waiting" or "active surveillance" option versus choosing treatment such as surgery or radiation. He mentioned that some look at watchful waiting as "a risk of missed opportunities for a cure."

He discussed the accuracy of biopsies, saying that they are, "the result of what you took out and not what you left behind!" He told us that of the many men with low-grade disease, 80% choose to have treatment. And, as for "treatment", whether that means surgery or radiation, it "eliminates the cancer but potentially increases the side effects." He gave us many things to think about.

But his advertised topic was "Image-guided surgery for prostate cancer". What were we missing?

Well, he straightened everyone out when he said that he was very excited about a brand new treatment called Image Guided Focal Therapy, which he also referred to as "The Male Lumpectomy". The good doctor told our audience that they were the first to hear about this potential major breakthrough.

We all know how doctors perform lumpectomies on women for breast cancer. What if they could do the same thing for men with prostate cancer? What if they could only remove the very small area that contains the cancerous tissue and leave the rest of the prostate intact? Dr. Trachtenberg gave bladder cancer as another example, saying that small tumors are removed quite often without having to remove the entire bladder. The entire bladder is usually only removed when there is major cancer involvement.

Continued on page 2



DECEMBER 2006

Man to Man

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HAPPY HOLIDAYS!

Dr. Trachtenberg continued

So then, what about removing or radiating only the small area of prostate cancer and not removing the prostate gland itself? Apparently most men when diagnosed with prostate cancer have only one cancerous spot. So what if only that one spot could be eliminated? A study done at Sloan-Kettering Hospital found that the average number of tumors was 2 1/2, with 90% of these cases showing one major source of spread. Eliminating that major source would prove to be beneficial.

Dr. Trachtenberg explained that Magnetic Resonance Imaging (MRI) is being used in this treatment. In an initial study involving 100 men using this type of imaging, they had an 80% accuracy rate in finding tumors as small as 3mm. Once these tumors were found, ultrasound probes and lasers, which generate heat, were used to treat the affected areas. He said that the targeted areas were "cooked" to the required temperatures which have proven to kill tumors, while the surrounding tissues were kept cool and unaffected.

In an example given of a real patient who had this procedure, we were told that when he was checked two weeks later and the "treatment zone" was compared to the "target zone", there was no tumor showing in the area where it had originally been detected! The patient was treated as a Day Surgery patient and went home that same day. One week later he was showing no signs of incontinence or impotence and three months later no tumor was found following a biopsy.

Dr. Trachtenberg said that this could be "the beginning of a new way to treat prostate cancer", especially for slow-growing, small volume cancers. He felt that doctors soon "will not be treating everyone with prostate cancer the same way" and that men who have been diagnosed with this disease will start living longer and being happier". He added that he hoped that we would all "share this dream with him!" He also pointed out that this new potential treatment was the result of "a whole series of medical professionals at Princess Margaret Hospital working together with the same goal of wanting people to live longer, healthier lives."

Following a refreshment break, Dr. Trachtenberg answered many, many questions that were submitted to him by the very large enthusiastic audience.

Our new Awareness Night Coordinator, Winston Klass, thanked Dr. Trachtenberg for his tremendous presentation, thanked the audience for attending, and presented the doctor with a token of appreciation on behalf of everyone in attendance.

It was a great way to end our 2006 Awareness Night series of Wednesday night meetings.

2007 Awareness Night Speakers Finalized

Although our final 2006 Awareness Night meeting just took place recently, we are very happy that all of our speakers have now been confirmed for 2007.

Our first Awareness Night meeting will take place on Wednesday February 21st featuring Dr. Robert Nam from the Toronto-Sunnybrook Regional Cancer Centre (TSRCC).

On March 21st we will welcome Dr. Andrew Loblaw, also from the TSRCC, who will be making his first appearance before one of our Awareness Night audiences. He will discuss two forms of Brachytherapy and the use of Hormone Therapy following radiation.

May 23rd will bring us Dr. Scott Berry (TSRCC) who also will be speaking to us for the first time. His topic will be Late-Stage Prostate Cancer.

On July 25th Dr. Charles Catton, a radiation oncologist from Princess Margaret Hospital (PMH) will talk about salvage radiation as part of a general talk about External Beam Radiation Therapy.

Laparoscopic Surgery will be the topic on September 26th when Dr. Antonio Finelli (PMH) will talk about his specialty and visit us for his first time as well.

An old friend of Man to Man will conclude our 2007 program on November 28th, when Dr. Sidney Radomski will bring us his important talk on Incontinence and Impotence.

As you can see, 2007 will bring us another All-Star lineup of excellent speakers to discuss various topics, all related to prostate cancer.

Mark your calendars today!

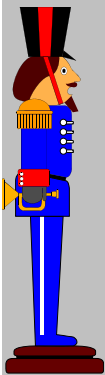


If you would rather receive this newsletter electronically, please send an e-mail to info@mantoman.ca and we'll remove you from our regular mailing list and add your name to our e-mail list. Thank you.

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

*invite you to attend our first 2007
Prostate Cancer Awareness Night
at the
Toronto Botanical Garden
in the Floral Hall
777 Lawrence Ave. East at Leslie Street*

Wednesday
February 21, 2007
at 7:30 p.m.



guest speaker

Dr. Robert Nam

*M.D., FRCSC
Toronto-Sunnybrook
Regional Cancer Centre*

topic

**Radical Prostatectomy including
Salvage Surgery
following Radiation**

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 To Benefit
North York Harvest Food Bank**

We thank everyone who participated in our first-ever food drive this year for the *North York Harvest Food Bank*, by bringing food with you to each of our Wednesday Awareness Night meetings.

Because of your efforts it proved to be a huge success and we are continuing this program next year.

Therefore, if you are planning to attend our Awareness Night Meetings in 2007, please keep bringing this much-needed food with you to each meeting which will continue to benefit the *North York Harvest Food Bank*.

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).

- √ *Dry pasta (whole wheat)*
- √ *Canned fish & meat*
- √ *Canned vegetables*
- √ *Canned fruit*
- √ *Cooking oil*
- √ *Sugar substitute (Equal)*
- √ *Cereals*
- √ *Flour (whole wheat)*
- √ *Baby formula (Enfalac)*
- √ *Dried beans*
- √ *Brown rice*
- √ *Granola bars, raisins, healthy snacks*
- √ *Powdered and boxed milk*



www.northyorkharvestfoodbank.com

We thank you for your continued support.

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

Please call our hotline - 416-932-8820

or

e-mail us at info@mantoman.ca

Chairman Aaron Bacher Featured in Latest Issue of OUR VOICE Magazine

The final 2006 edition of Our Voice magazine features a cover story about our chairman Aaron Bacher and his personal story in dealing with his diagnosis of prostate cancer back in 1999. Aaron was also asked to write an answer to one of the questions on Our Voice's "readers are asking" page.



On February 15, 2007 Aaron will celebrate the seventh anniversary since his Brachytherapy procedure was performed by Dr. Richard Choo at the Toronto-Sunnybrook Regional Cancer Centre. Aaron attended his first Man to Man meeting in June 2000, and has been chairman of our support group since June 2002.

"I was very flattered when Our Voice asked me to be the cover story for this year's final edition. My story is now several years old when compared to the many men who arrive at our bi-monthly peer support meetings shortly after being diagnosed.

However our stories remain pretty similar, even after almost 7 years. We are still shocked when we hear the diagnosis and immediately start looking for answers to questions that we don't really understand yet. That's usually what brings us out to a Man to Man meeting. During the time that I've been involved with the group, the newly-diagnosed men generally seem to have gotten younger and younger. Of course, because of the PSA test, they are also being diagnosed much earlier, which usually means that they have all of the treatment options available to them and they have an excellent chance of being cured.

It will be exciting to see my story in print and I hope that it helps someone else's journey."

Urgently Needed - Man to Man Board Position

Please refer to the column on page 5 about Dick and Aki Arai.

We immediately require someone who is willing to take on the position of Meeting Coordinator for our peer support bi-monthly meetings and our six annual Awareness Night meetings.

This individual would be responsible for overseeing a committee of two or three other "regulars" who would help with the set up and clean up of each peer support meeting. Coffee has to be made; cookies and juices have to be purchased and brought to each peer support meeting. At the Awareness night meetings coffee and tea is prepared by the staff at The Toronto Botanical Garden; however, cookies and juices still have to be brought to each meeting.

A schedule of facilitators for each peer support meeting must be prepared once a year. This Meeting Coordinator will have keys to the building and will sit on our Board of Directors. He will not have to carry out all the functions himself; he will be responsible for overseeing/delegating these functions among his committee members.

This is an important position within M2M. If you are interested in discussing this further, please contact Aaron Bacher at 416-414-4961 or email him at aaron.bacher@mantoman.ca.

Your remuneration will be knowing that you are doing a very important job while helping many newly-diagnosed men as well as survivors.



Dick Arai Stepping Down as Meeting Coordinator

Every first and third Tuesday of each month, survivors from the Toronto Man to Man Prostate Cancer Support Group show up at 20 Holly Street for the scheduled peer support meetings. Newly-diagnosed men from across the Greater Toronto Area do the same, after finding out about these regularly-scheduled meetings. It's where you go for help when you are diagnosed with prostate cancer.

Six times a year, if you want to stay up-to-date about this disease, you go to The Toronto Botanical Garden to hear medical professionals discuss the latest information about prostate cancer.

At all of these meetings, refreshments are always served. This doesn't happen by accident.

For the past seven years, if you've attended any of these meetings, the main reason that you've been able to have a coffee, tea, or juice with your cookie of choice has been a man named **Dick Arai**, with help from his wife **Aki**. He has made sure that M2M always had ample supplies as each meeting approached, at all times staying in the background, never seeking any thanks or recognition. This has meant shopping trips for various cookies and other supplies and keeping his own inventory at home.

Effective December 31, 2006, Dick is stepping down as our Meeting Coordinator after seven terrific years of service, and we all owe both **Dick** and **Aki** our sincere thanks for a tremendous job sustained over many, many years.

What better indication could there be about the job that he has been doing than to say that we are not trying to replace him with just one person; we are currently trying to form a small committee to do the same job that these two terrific people have been doing mostly by themselves all these years.

Dick and **Aki**, the Board of Directors of M2M and everyone who has ever attended one of our meetings genuinely thanks you for your dedication and effort into making these meetings so successful. We wish you both continued good luck and good health in the future.



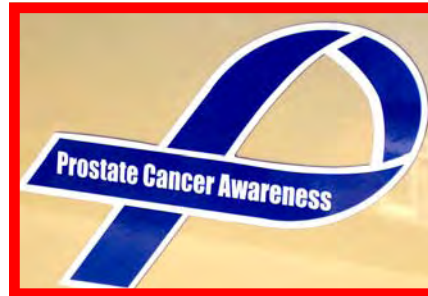
Buy a Magnetic Car Ribbon and Support Man to Man

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.

They say that laughter is good for the soul, so

When I fill out an application, where it says "In case of an emergency, please notify: _____."

"I always fill in "DOCTOR".

What's my mother going to do?

A doctor gave a man six months to live.

The man couldn't pay his bill, so he gave him another six months!

The doctor called Mrs. Cohen saying, "Mrs. Cohen, your cheque came back."

Mrs. Cohen answered, "So did my arthritis!"

A doctor has a stethoscope up to a man's chest.

The man asks, "Well doc, how do I stand?"

The doctor says, "That's what puzzles me!"

KEEP SMILING!



HAPPY HOLIDAYS!

December 2006

To Our Dedicated Volunteers:

Another great year is coming to an end, and we want to thank each of you, our Man to Man and Side by Side volunteers, for the amount of personal time you've given to our two support groups.

This year we started doing post-surgical visitations at a second location - Sunnybrook Hospital - which meant that additional volunteers were needed, and again you came through for us.

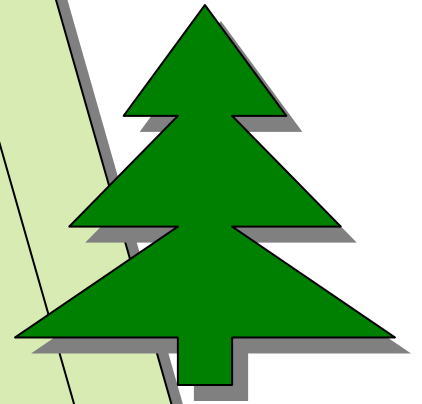
Our Tuesday night peer support meetings and our Awareness Night Meetings also enjoyed another banner year as well.

We thank you all for this past year and look forward to "working" with you again in 2007.

On behalf of the Board of Directors of M2M, we wish you and your families a very Happy and Healthy Holiday Season and Prosperous New Year.

Sincerely,

Aaron



Shop and Support Program



**CPCRI Forum / CPCN Conference
September 28 - 30, 2007
Westin Harbour Castle Hotel**

Imagine shopping at your favourite grocery, drug and/or department store, filling your car up with gas, taking your family out for dinner or going to see a movie, and having Man to Man benefit financially at the same time!

Every time you make a purchase, you will be helping Man to Man at the same time, and not spending anything extra to do it!

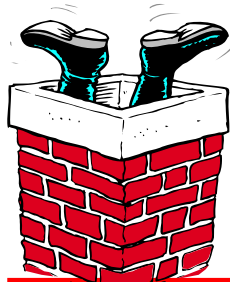
How you ask? By joining the **Man to Man Shop and Support** program.

It is so easy. All you need to do is decide which stores you frequent on a regular basis, such as: where you shop for groceries each week; which department stores you prefer; where you gas up your car; which restaurants you like; which movie theatres you go to; where you grab a coffee, etc., etc.

All these places that you visit and/or make purchases at on a regular basis can help Man to Man raise much-needed funds - without any additional costs to you!

A percentage of the total amount you spend at your favourite stores will be sent to **Man to Man** (these percentages can vary from store to store).

Sound interesting?



Watch for additional information coming in the New Year!

The Canadian Prostate Cancer Research Initiative (CPCRI) is planning a scientific Forum called "**Prostate Cancer Conference 2007: A Decade of Progress, A Future of Hope**", scheduled for September 28-30, 2007 at the Westin Harbour Castle Hotel in Toronto.

Incorporated into this Forum will be the Canadian Prostate Cancer Network's (CPCN) 4th annual conference, aimed at support groups from all across Canada.

This means that over a period of three days, you will learn about the latest scientific strides that have been made in prostate cancer research as well as new ideas which you can use within your own prostate cancer support group.

Tentative schedule:

Thu Sep. 27th	Registration - 3-5 pm
Fri Sep. 28th	CPCN Topics - 9-5 pm Dinner - Keynote speaker
Sat Sep. 29th	CPCRI Topics - 9-5 pm Dinner
Sun Sep. 30th	Wrap-up CPCRI & CPCN - 9-11 am Brunch - 11-12 noon



Keep watching for more information and plan to attend this interesting Forum/Conference next September 2007.

Man to Man is supported by:

Abbott Laboratories	Merck Frosst Canada Ltd.
Associated Tube Industries	Novartis Pharmaceuticals Canada
AstraZeneca	Pfizer Canada
Canadian Cancer Society	The Dr. Jay Charitable Foundation
MacGregors Meat & Seafood Ltd.	

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.

Remember to bring some food with you for the Harvest Food Bank - please see the article on page 3.

<u>DATE</u>	<u>SPEAKER</u>	<u>TOPIC</u>
★ Feb 21	Dr. Robert Nam	Radical Prostatectomy (Including Salvage Surgery following failed radiation.)
Mar 21	Dr. Andrew Loblaw	Hormone Therapy after radiation.
May 23	Dr. Scott Berry	Late stage prostate cancer
July 25	Dr. Charles Catton	Salvage Radiation
Sep 26	Dr. Antonio Finelli	Laparoscopic Surgery
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 support and hope. If you are scheduled for surgery at another hospital and would like to have a visit during your stay, please let us know.

We will visit patients at any hospital in the Toronto area.

Man to Man Board of Directors

Chairman
Aaron Bacher

Vice Chairmen
*Ron Benson
Sol Dennis*

Treasurer
Ray Turner

Secretary
Bernard Shoub

Directors
*Dick Arai
Winston Klass
Jim Moran
Ray St-Sauveur*

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The Dr. Jay Charitable Foundation.*

