



Awareness

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



Incontinence and Erectile Dysfunction According to Dr. Sidney Radomski

It was a very special night. It was the 13th anniversary since the very first Awareness Night Meeting took place on Nov. 28, 1994. And the Floral Room at the Toronto Botanical Garden was absolutely packed to capacity!



Dr. Sidney Radomski began by mentioning his TV appearance on the Dr. Phil Show a few years ago and showing everyone the license plate on his car (see below). He told us how a man at his favourite car wash once asked him if he was "a plumber"! His answer of course was, "Well, sort of!" The evening and the laughter had begun.

Stress incontinence was his first topic. Dr. Radomski said that a TURP causes less than 2%, whereas a radical prostatectomy causes 10-20%. Radiation has a rate of 4% or less. When discussing incontinence, he mentioned Kegel exercises, watching your fluid and caffeine intake, and "timed voiding" as treatments. He said that "common sense" has to prevail when discussing incontinence. For example, your maximum intake of water should be 2 litres, but that includes all liquids, such as coffee, tea, the milk in your cereal, the water in salads, watermelon, etc.

Dr. Radomski concluded by saying that although stress incontinence is very common and conservative treatments may help, surgical intervention generally has the highest success rate.

Dr. Radomski's famous "plate"!



"Leah Jamnicky hates it when I say that Kegel exercises don't work! They don't hurt, but . . ."

Dr. Radomski

Erectile dysfunction was the second part of his talk. He defined ED as "the consistent or recurrent inability of a man to attain and/or maintain a penile erection sufficient for sexual performance". He mentioned a Male Aging Study where 52% of the men **without** any prostate treatment already had ED. Some of the impacts of ED are: partners feel that they are to blame; marital distress & sexual dysfunction are related; it reduces intimacy and closeness; and it increases depression, anger, and anxiety, which affects couples. Men say "I've lost my manhood", or "I can't cut it anymore".

Dr. Radomski said that ED is common and increases with age. Risk factors include diabetes, vascular disease, smoking, neurological disease and pelvic surgery. Pills such as Viagra, Cialis and Levitra work for some men, not all. But, as the doctor said, when taking a pill, "you must **try** to have sex and not just lie around watching the Dallas Cowboys, waiting for something to happen!"

Nitroglycerin **cannot** be taken with any of these pills! He added, "I won't see a patient until at least a year after he has had a radical prostatectomy!"

The Second-Line Therapy for Management of ED includes: a Vacuum constriction device; Intracavernosal injection; MUSE; and topical therapy using creams or gels. A final option which "guarantees reliability and patient satisfaction" is the Inflatable Penile Prosthesis, which requires surgery. Results: 86% mechanical reliability after 5 years; 91% of erections are suitable for intercourse; and 85% would undergo surgery again or recommend this procedure to a friend.

To thank Dr. Radomski for once again coming and delivering his very positive message to our audience, a donation was made by M2M to the Prostate Cancer Research Foundation of Canada in his name.



DECEMBER 2007

Man to Man

Prostate Cancer Support Group

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

Dr. Antonio Finelli Discusses Laparoscopic Radical Prostatectomy

His passion! That's what becomes very obvious as soon as Dr. Tony Finelli begins to talk about his specialty - the Laparoscopic Radical Prostatectomy (LRP)!

He even lets you get some insight about him bringing this passion home. He tells you how his wife sometimes asks him, "How can you watch that all the time?", referring to the fact that he watches a lot of surgery at home!



Aaron Bacher &
Dr. Antonio Finelli

The beneficiaries of all this enthusiasm are definitely his patients, as they know that he has only their best interests at heart and wants the best treatment for them. And, as he explained further, that is *not* always "laparoscopic" surgery!

Oh, he may start out with that method in mind, but different factors can make him switch back to the normal radical prostatectomy (RP). For example, if he sees a lot of scar tissue from previous bowel surgery, he will switch to open surgery.

Dr. Finelli told us that since January 2005, he has performed 147 operations, and has switched from an LRP to an RP on 17 occasions.

As part of his presentation he showed the audience a portion of an actual laparoscopic radical prostatectomy, and told everyone how obvious all the various organs, nerves, etc., are to him during this procedure.

He strongly suggested that doctors should talk about and show their own personal statistics, rather than quote other doctors' numbers or the results of someone else's study. He said that he keeps very

precise records on each of his patients, including surgical time, length of their hospital stay, and any side effects they might encounter. He mentioned three things that he considers very important when it comes to his patients: negative margins, continence and potency. He referred to these three as the Triple Crown!

He compared the number of days that men stay in hospital following surgery in North America to Europe, and when France reported many more days in hospital, he explained that it was simply because, "**French men don't go home with catheters!**"

Robotic surgery was also discussed, and, although it has some advantages, such as the flexibility of the robotic arm over the human arm and hand, the initial cost and annual maintenance of this equipment makes it very expensive for most institutions.

Following his presentation and the refreshment break, Dr. Finelli answered many interesting questions from the large enthusiastic audience, which included several of his patients.

Dr. Finelli spoke at the 2005 CPCN conference, hosted by Man to Man, but this was his first appearance in front of an Awareness Night audience. Those who attended genuinely enjoyed his presentation and the time he spent answering their many questions.

Man to Man and Side by Side want to thank him very much for coming to our Awareness Night meeting and sharing his vast knowledge with us.

We also thank him for sharing his passion with all of us as well.

**"More important
than the
incision
is the
decision!"**

Dr. Tony Finelli

If you would rather receive this newsletter electronically, please email 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 our first 2008
Prostate Cancer Awareness Night
at the
Toronto Botanical Garden
in the **Floral Hall**
777 Lawrence Ave. East at Leslie Street*

on

Wednesday January 30, 2008

at 7:30 p.m.

guest speaker

Dr. Andrew Loblaw

*MD, FRCPC, MSc
Odette Cancer Centre*

topic

***"Active Surveillance
vs Other Treatments,
and their potential side-effects"***

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 to 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 next 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 will be 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*

Man to Man Honours Dick and Aki Arai



Whether you attended a Tuesday peer support meeting or a Wednesday Awareness Night meeting, this man had an impact on how you felt about that meeting when you left.

If you attended a Side by Side meeting or accompanied your "man" to an Awareness Night meeting, this lady had a great deal to do with your experience there.

We all attend meetings or other functions and seldom think about who organizes those meetings from start to finish. From room setup to refreshments to leaving the room as you found it. It just seems to get done.

For many years, that's what happened at all of our meetings, as Dick and Aki Arai made sure that your experience at one of our meetings was a positive one.

Dick always had our peer support meeting room properly set up and had the evening's refreshments arranged in the kitchen. He also was in charge of scheduling the facilitator at each of those meetings. The room and the refreshments were always taken care of at the Toronto Botanical Garden for each Awareness night as well.

Aki played a major role at each Side by Side meeting, as she helped counsel the partners of the men who had been diagnosed with prostate cancer, and her green tea was a favourite with everyone.

At our September Awareness Night meeting, Dick & Aki were honoured by Man to Man and Side by Side for their dedication and support of our two support groups. We sincerely thank them both and wish them continued good health.



Jim Moran, Roz Wagman and honorees
Aki & Dick Arai

Man to Man Hosts Successful Meeting at 519 Church Street

On Saturday October 27th, 2007, Man to Man hosted our third annual meeting at 519 Church Street, to raise awareness and educate men in Toronto's gay community about prostate cancer.

Board member Pearse Murray chaired the afternoon meeting, which ran from 2 - 4:00 p.m.

Dr. Charles Hayter, a radiation oncologist now at Credit Valley Hospital (and formerly at the Odette Cancer Centre) who has participated in all three of our meetings, spoke about his 20-year history of dealing with this disease. He talked about the importance of getting screened by having a PSA (prostate specific antigen) blood test. He also explained about how radiation therapy has vastly improved during the past 20 years.

Michael Bartucci, a third-year U of T medical student, reported on a research project he did, in conjunction with Heather Sampson of Toronto East General Hospital. His "Determinants of Community Health" project involved interviewing men from M2M as well as gay men, all of whom had been diagnosed with prostate cancer.

Bill Wade, a professional nurse, told us about the meetings he facilitates at Wellspring, where gay men discuss the impact of being diagnosed with various types of cancer.

Questions were asked of each speaker and the comments from those in attendance were all very positive.



Aaron Bacher, PROUD FM
103.9 Radio Host Shaun
Proulx, and Pearse Murray

Man to Man is Supported By:

Abbott Laboratories	Merck Frosst Canada Ltd.
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Canadian Cancer Society	
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2008 Awareness Night Schedule Finalized

It's that time again! Time for you to start filling in your brand new 2008 calendar/Blackberry with our six Awareness Night dates and guest speakers.

January features **Dr. Andrew Loblaw** comparing active surveillance to other current treatments including their potential side effects.

March brings us our first speaker from North York General Hospital and the recently opened Prostate Centre at their Branson Site - **Dr. Roger Buckley**. *Please note earlier date of March 12th.*

May is another first for Man to Man as we present **Dr. Joseph Chin** from London Ontario who specializes in Cryotherapy and Robotic Surgery.

July will feature **Survivor Forum III**, with Man to Man survivors relating their own personal stories.

In **September** we're planning a special meeting hosted by **Dr. Andrew Matthew** (PMH) to discuss how “couples” handle the diagnosis of prostate cancer and how it can affect the entire family.

November usually means **Dr. Sidney Radomski**, and he'll be back again to talk to us about everyone's concerns - incontinence and impotence.

2008 will feature another all-star lineup, so make sure to mark these dates down today. See page 8. *And don't forget your donation for the food bank.*

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.

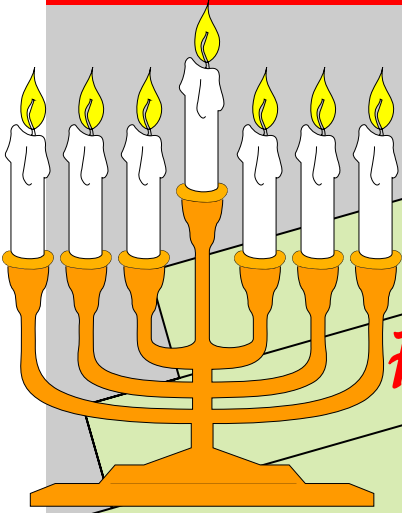
The Board of Directors of Man to Man wishes a very speedy recovery to one of its Directors, Pearse Murray, who recently underwent successful bypass surgery.

Awareness Night Meetings (1994-2007)

The first-ever Man to Man Awareness Night meeting took place on Monday November 28, 1994. One hundred and nineteen people attended that first meeting which was also held at the Toronto Botanical Garden, but it was known as the Toronto Civic Garden Centre at that time. The featured speakers that night were Toronto Maple Leaf star Darryl Sittler, Dr. John Trachtenberg, a longtime friend of M2M, and Ron Evason, a prostate cancer survivor and one of the founding members of M2M. We have continued to hold our meetings at the Botanical Garden every year since then, with the exception of 2005 when the Garden underwent major renovations.

This year's November Awareness Night meeting, with guest speaker Dr. Sidney Radomski, also took place on the 28th day of the month, exactly 13 years after that first meeting back in 1994. We sincerely thank everyone for attending and supporting our meetings during this time.

HAPPY 13TH ANNIVERSARY AWARENESS NIGHTS.



HAPPY HOLIDAYS!

December 2007

To Our Dedicated Volunteers:

2007 is coming to a close and we want to thank each of our Man to Man & Side by Side volunteers for another great year. You've helped us raise the awareness level of prostate cancer and educate men and their families about this disease.

This year we started volunteering at North York General Hospital - at their Branson site - and in 2008 we'll start post-surgical visitations at the hospital. This means that additional volunteers will be needed, and we know that you'll be there for us again.

Our Tuesday night peer support meetings and our Awareness Night Meetings were also very successful. We thank you all for donating your precious time this past year and look forward to your continued support in 2008.

On behalf of the Board of Directors of the Toronto Man to Man Prostate Cancer Support Group and Side by Side, we wish each of you and your families a very Happy Holiday Season and a Healthy, Safe and Prosperous New Year.

Sincerely,
Aaron



CPCRI / CPCN Prostate Cancer Conference At Westin Harbor Castle Hotel A Huge Success



CPCN President Bob Shiell and award winner Steve Smith (RED GREEN)

**EARLY DETECTION
AND DIAGNOSIS**



Dr. Laurence Klotz



Aaron Bacher introducing Ontario Lieutenant Governor David C. Onley



The Lieutenant Governor's speech.



Dr. Padraig Warde



Mark Dailey, CITY TV, and Dr. Barbara Wylie, CEO Canadian Cancer Society and The National Cancer Institute of Canada

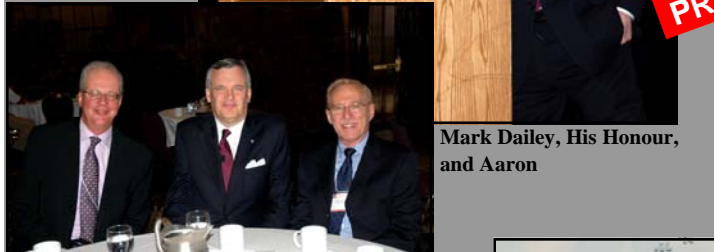


Erika Brown - Program Coordinator, CPCRI and Christine Williams - Director, CPCRI



Sharing a laugh together!

TREATMENT



Mark Dailey, His Honour, and Aaron

PREVENTION



The Honorable George Smitherman, at his press conference, promised that, if reelected, he would see that the PSA blood test would be covered by OHIP!



The Oxford Debate: Dr. Laurence Klotz & Dr. Tom Pickles (Prevention), Moderator Dr. Juanita Crook, Dr. Yves Fradet & Dr. Kim Chi (Cure)



Conference sign

L to R: Moe Wagman, John Peck, Jim Moran, Ontario Health Minister George Smitherman, Aaron Bacher, Ray St-Sauveur, Pearse Murray and Ron Benson.



SURVIVORSHIP

OUR ON-GOING PROJECTS FOR 2008

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

These meetings are held on Wednesday nights, 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 for the North York Harvest Food Bank. See page 3.

<u>DATE</u>	<u>SPEAKER</u>	<u>TOPIC</u>
Jan 30	Dr. Andrew Loblaw <i>Odette Cancer Centre</i>	"Active surveillance vs other treatments, and their potential side effects"
Mar 12*	Dr. Roger Buckley <i>North York General Hospital</i>	"Prostate Cancer 101 - The Journey"
May 28	Dr. Joseph Chin <i>London Health Sciences Centre</i>	"Cryotherapy and Robotic Surgery"
Jul 30	Survivor Forum III <i>Man to Man Survivors</i>	"From Diagnosis Through Treatment"
Sep 24	Andrew Matthew, Ph.D. <i>Princess Margaret Hospital</i>	"Couples Perspectives in dealing with prostate cancer"
Nov 26	Dr. Sidney Radomski <i>Toronto Western</i>	"Incontinence & Impotence"



*** Please note our earlier date in March.**

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, **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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Our 2007 "Awareness" Newsletters are being sponsored by an unconditional grant from AstraZeneca.

