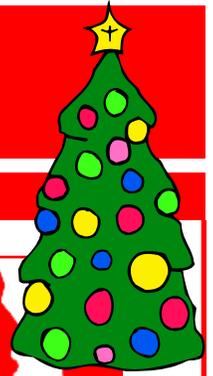




# Awareness

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



DECEMBER 2008

**Toronto  
Man to Man  
Prostate Cancer  
Support Group**

27 Lynch Road

North York, Ont. M2J 2V6

Phone: 416-932-8820

Fax: 416-490-8236

Email:

[info@mantoman.ca](mailto:info@mantoman.ca)

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## Another Terrific Presentation by Dr. Sidney Radomski Closes the 2008 "Awareness" Program

It was the November Awareness Night meeting at the Toronto Botanical Garden, and that meant that Dr. Sidney Radomski was the guest speaker.



He asked during his presentation how many years he had been coming to close our Awareness Night program and was told that this was the ninth consecutive year that he had done so.

That's because Incontinence and Erectile Dysfunction are two very important issues, and they are his specialty.

He began talking about incontinence, defining Stress Incontinence as "the loss of urine during activities such as coughing, sneezing or lifting." He said about 4% of men suffer from this following radiation therapy or HIFU.

An overactive bladder can also cause this problem. You must cut down on your intake of liquids. He suggested not more than 2 litres of fluid per day,

and that must include ALL fluids - water, coffee, tea, milk in your cereal, etc. He added, "It's not rocket science - if you continue to drink a lot, you 'pish' a lot!"

Erectile Dysfunction (ED) was also discussed at length. He told how, as men age, many of them experience various degrees of ED without having any prostate issues. If you add to that men who are taking high blood pressure and/or heart medication, the incidents of ED go even higher. Generally speaking, ED occurs less after radiation versus surgery.

He discussed the success of pills such as Viagra and Cialis, saying that once you have taken a pill "you must try to have sex!" Other therapies were mentioned, such as the Vacuum constriction

device, Intracavernosal injections, MUSE (medicated pellets), and the Inflatable Penile Prosthesis (requires surgery).

Dr. Radomski's talk provided hope to men suffering from either of these problems, as there are many options.

We thank him for coming to discuss these two very "hot topics" with our appreciative audience.

**Q: Is it dangerous if you hit a vein when injecting yourself?**

**A: "It's not usually dangerous, unless you hit a vein in your neck!"**

*Dr. Sidney Radomski*

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

## How Couples Deal With a Prostate Cancer Diagnosis, According to Dr. Andrew Matthew

**H**e started off by saying that he thought the volunteers from Man to Man were terrific! So everything he said after that just had to be fabulous!

"He" is Dr. Andrew Matthew, a longtime friend of



Awareness Night Coordinator Winston Klass with guest speaker Dr. Andrew Matthew

Man to Man and the guest speaker at our September Awareness Night Meeting.

He talked about how couples cope after going through treatment for prostate cancer, especially as far as sexuality is concerned. Their initial goal is to get rid of the cancer, but then many of them have to face some quality of life issues, and that's where Dr. Matthew enters the picture.

He said that, "sexuality is life long" and pointed out that at age 57 to 64 - 73% are sexually active; age 65 to 74 - it's 53%; and ages 75 to 85 - it's still 26%.

He showed us his "Triangular Theory of Love" which includes **Intimacy** (closeness & connectedness), **Commitment** (decision/commitment), and **Passion** (sexuality). If you have all three elements, you have "consummate love". Without compassion, he said all you had was "companion love"; and without intimacy, only "empty love."

As far as Prevalence of Distress in Patients with Sexual Dysfunction: 60% of patients reported moderate to severe distress related to sexual dysfunction; distress was especially elevated in younger men; some partners experienced greater distress. In a quality of life study on 1-year post-surgery patients: 12% reported fear of recurrence while 40% reported sexual dysfunction concerns.

Dr. Matthew told everyone about the new Prostate Cancer Treatment Rehabilitation Clinic at Princess Margaret Hospital in the north clinic on the 4th floor. This clinic is open twice a month on Friday afternoon. Patients and their partners are invited to participate when they first agree to have a radical prostatectomy (RP), and are followed at various intervals: 3 to 6 months post-RP. 12 to 15 months post RP, and 21 to 24 months post RP. The goals of this clinic are the establishment of effective "pro-erectile agent/device" treatment, to restore intimacy (through communication), to restore compassion (through intercourse and non-intercourse), and to restore consummate love.

As you listen to Dr. Andrew Matthew speak, you realize how involved he is in the successful outcome of so many couples facing erectile dysfunction problems. And it is both the patient and his partner who face this situation together, as it affects both of their lives - the loss of intimacy and the loss of passion.

Dr. Matthew works closely with these couples to try and recapture that passion and intimacy which hopefully will lead to that consummate love.

Thank you Dr. Matthew for sharing your vast knowledge in this very personal field with us and for helping so many couples.

*If you would rather receive this newsletter electronically, please email [info@mantoman.ca](mailto: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 2009  
**Prostate Cancer Awareness Night**  
at the  
**Toronto Botanical Garden**  
in the **Floral Hall**  
777 Lawrence Ave. East at Leslie Street*

*on*

***Wednesday January 28, 2009***

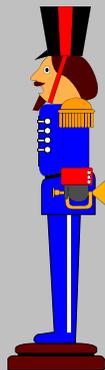
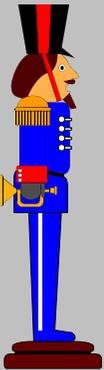
*at 7:30 p.m.*

*guest speaker*

***Dr. Keith Jarvi***

*MD, FRCSC*

*Mount Sinai Hospital*



*topic*

***"Prostate Issues"***

***Enlarged prostates, Prostatitis,  
and Prostate Cancer***

*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.*

**2009 Meetings to Benefit  
North York Harvest Food Bank**

**W**hen 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](http://www.northyorkharvestfoodbank.com)

**We thank you for your continued support.**

**SPECIAL ANNOUNCEMENT**



**W**e are very happy to announce that all of our 2009 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](mailto:info@mantoman.ca)*

## Man to Man Highlights



At the November 18th peer support meeting, a special plaque was presented by chairman Aaron Bacher to Marc Durocher representing Scotiabank, to thank them for their financial support this past year. Just before this presentation took place, Marc announced that Scotiabank is continuing their support through 2009.

Pictured above with Marc are board members (l to r): Jim Moran, Marc, Winston Klass, Pearse Murray, Aaron, Robert Abelson and Vice-Chair Ron Benson.

We thank everyone at Scotiabank for their tremendous support.



Chairman Aaron Bacher, Reva Karstadt, Lew Lightstone, and Man to Man Secretary Bernie Shoub.

Aaron was the guest speaker at Beth David Synagogue on Thursday November 13, 2008, and Bernie introduced him to the audience. Reva spoke about the importance of being a caregiver, and Lew is the gentleman who, on behalf of the Brotherhood of the Synagogue, invited Aaron to speak.

## Chairman Participates in "Dimensions of Cancer"

Chairman Aaron Bacher and his wife Ronnie were two of the speakers on September 4, 2008, the first night of *Dimensions of Cancer*, sponsored by the Cancer Information Series Planning Committee at the Odette Cancer Centre.

Their talk, entitled "*Fateful Tuesdays: Our Story of Survival*", dealt with how they survived a "double whammy" together - Aaron's diagnosis of prostate cancer and heart bypass surgery.

"*Like Fish Out of Water: Men Being Helpful to Women with Cancer*" followed, a 40 minute role play presentation by Dr. Ross Gray, Paul Soren and Janet Canavan. This play discussed how men react as caregivers and the problems they sometimes encounter in dealing with a partner's illness.



"Dimensions of Cancer" speakers Aaron and Ronnie Bacher, and the cast of the play "Like Fish Out of Water": Moderator Janet Canavan, Ross Gray, Ph.D., and Paul Soren.

The other two *Dimensions of Cancer* evenings featured: a) Robert Beliveau, PH.D., whose topic was "Preventing Cancer Through Diet, and b) Pamela Bowes, M.Ed., - "Money Concerns for People with Cancer: Navigating the Maze of Income Replacement Options", and Alison Chambers, BSW, RSW - "Drug Reimbursement Options and Cancer Treatment: What You Should Know.

*Dimensions of Cancer* took place at the Toronto Botanical Garden.

## Another Great Lineup of Speakers in 2009

**N**ext year’s Awareness Night list of speakers has been finalized, and we have another fabulous lineup for you to enjoy.

In January **Dr. Keith Jarvi** from Mount Sinai Hospital will talk about a variety of prostate issues: enlarged prostates, Prostatitis, and prostate cancer.

March will feature radiation, including External Beam Radiation Therapy and Brachytherapy, and **Dr. Juanita Crook** of Princess Margaret Hospital will enlighten everyone..

The importance of PSA testing will be discussed in May by **Dr. Gerard Morton** from the Odette Cancer Centre (Sunnybrook).

Robotic-Assisted Laparoscopic Surgery is the latest form of prostate surgery, and **Dr. Kenneth Pace** (St. Michael’s Hospital), the first surgeon in Toronto to use this method for the past year, will explain it all in great detail in July.

In October we will hear how prostate cancer can affect our Quality of Life, and we are very fortunate to have **Dr. Robert Buckman** speaking to us.

To close out our 2009 Awareness Night “series” in November will be a longtime friend of Man to Man - **Dr. John Trachtenberg** from Princess Margaret Hospital. Since he is always working on the latest forms of treatments, we are all looking forward to that meeting with great anticipation.

As we said, these are some great topics and speakers, and January 2009 is really not that far away! Make sure you mark your calendars now!

**Man to Man is very happy to welcome ROBERT ABELSON to our Board of Directors. We wish him the best of luck in his new position as DIRECTOR.**

### Man to Man is Supported By:

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

## 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](mailto:mantoman@rogers.com) to order yours today. Thank you.

## M2M Hosts Fourth Successful Meeting at 519 Church St.

**T**he fourth annual meeting at 519 Church Street, in the heart of Toronto’s gay community, took place on Saturday November 8, 2008 from 2 p.m. to 4 p.m.

It was organized again this year by Pearse Murray, a Man to Man survivor and board member. He invited Dr. Charles Hayter, a radiation oncologist and friend of M2M, to come and speak about prostate cancer. Dr. Hayter, who has attended all four meetings, talked about the importance of having a PSA blood test and a digital rectal examination (DRE).

The men who attended asked many questions and several had already been diagnosed with prostate cancer. Some had completed their treatment while others were trying to decide which treatment to have.

This meeting created a lot of very positive discussion, and Pearse thanked Dr. Hayter and all the men in attendance for coming and contributing to another excellent meeting.



December 2008

To Our Dedicated Volunteers:

Another great year of providing much-needed support to newly-diagnosed men and their families is coming to a close, and once again we have each and every one of you to thank for our success.

This year we moved our peer support meetings to Valleyview Residence, which has been a huge success. We currently volunteer at three major hospitals where our volunteers do a fantastic job counseling men and visiting surgical patients. We also hosted our first-ever M2M SPECIAL EVENT this year - a fabulous evening featuring Dr. Mark Moyad from Michigan.

Our peer support meetings and our Awareness Night meetings continue to be extremely successful.

Thank you all for donating your precious time this past year and we know that we can count on your continued support in 2009.

On behalf of the board of the Toronto Man to Man Prostate Cancer Support Group and Side by Side, we wish you and your families a very happy holiday season and a healthy and prosperous New Year.

Sincerely,

Aaron



## Dr. Mark Moyad “WOWS” Large Audience at First-ever Man to Man SPECIAL EVENT

**H**e told us that we were about to make research history in Canada! He said that, “this is going to be the most interesting support group meeting of my life”!

And that was just the beginning of what turned out to be one of the most informative and exciting meetings in Man to Man’s history!

Not only did guest speaker **Dr. Mark Moyad** of Ann Arbor Michigan deliver a terrific presentation on vitamins and dietary supplements, but he also arranged for everyone in the audience to have a



Dr. Mark Moyad with Chairman Aaron Bacher and the volunteers from KGK Synergize (London, Ontario) performing the Vitamin D blood tests.

**FREE** blood test to screen their vitamin D levels, right there at the meeting! Technicians were brought in from **KGK Synergize**, a clinical trial company, who came to Toronto by chartered bus from their office in London Ontario to draw the necessary blood for the test. Results of these tests were recently sent to Man to Man and were posted on the Man to Man web site at [www.mantoman.ca](http://www.mantoman.ca).

Dr. Moyad’s theme for the evening was “less is more”, meaning that when taking any vitamins or supplements, it is not a good idea to increase the suggested dosages

because doing so does not make what you are taking work more effectively. In fact, increasing these dosages can sometimes cause other medical problems. He told us that annual sales of nutritional supplements in the US last year totaled \$40 billion!

He also stressed that in order to be “prostate-healthy”, you have to also be “heart-healthy”, since cardiovascular disease (CVD) is the number one killer of both men and women. Since the goal of prostate cancer survivors is not only to beat prostate cancer but to live longer and better, the best way to do this is by reducing your chances of dying early from CVD, the number one cause of death. Therefore knowing your cholesterol and blood pressure numbers are as important as knowing your latest PSA number.

Dr. Moyad is very passionate about his research and it becomes obvious as soon as he begins his presentation. It’s hard to misunderstand what he is saying, as he uses layman terms throughout his talk, and you feel like he is talking directly to you!

Our meetings at the Botanical Garden are always scheduled to end around 9:30 p.m., as this one was as well. However, this particular audience was hanging on his every word, and, as 9:30 then 10 o’clock came and went, no one got up to leave, and they were all still there when he concluded his remarks at 10:30 p.m. Because of the late hour, he only answered a couple of questions from the audience, before being sincerely thanked for coming and the evening was officially closed. Only then did we learn that **189** people had taken advantage of the vitamin D test during the evening, “an absolutely amazing number” according to Dr. Moyad!

This fabulous evening will be fondly remembered for a long time by everyone who attended. Thank you very much again Dr. Mark Moyad.

# OUR ON-GOING PROJECTS FOR 2009

**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>   |
|-------------|--|--|
| Jan 28      | <b>Dr. Keith Jarvi</b><br><i>Mount Sinai Hospital</i>                | Prostate Issues<br><i>Enlarged prostates, Prostatitis, and Prostate Cancer</i>       |
| Mar 25      | <b>Dr. Juanita Crook</b><br><i>Princess Margaret Hospital</i>        | The Radiation Story<br><i>External Beam Radiation and Brachytherapy</i>              |
| May 27      | <b>Dr. Gerard Morton</b><br><i>Odette Cancer Centre (Sunnybrook)</i> | "Why is PSA testing still important?"  |
| Jul 29      | <b>Dr. Kenneth Pace</b><br><i>St. Michael's Hospital</i>             | Robotic-Assisted Laparoscopic Surgery<br><i>Using the Da Vinci machine</i>           |
| Oct 7       | <b>Dr. Robert Buckman</b><br><i>Princess Margaret Hospital</i>       | "Laughter, the Second Best Medicine . . .<br>. . .when dealing with prostate cancer" |
| Nov 25      | <b>Dr. John Trachtenberg</b><br><i>Princess Margaret Hospital</i>    | Treatments of the Future<br><i>Where we are headed</i>                               |



### 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 at **Toronto General Hospital** (Thu. & Sat.) and **Sunnybrook Hospital** (Thu.), bringing them messages of hope and support.

### Counseling

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

## Man to Man Board of Directors

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**Aaron Bacher**

Vice Chairmen

**Ron Benson**

**Sol Dennis**

Treasurer

**Robert Abelson**

Secretary

**Bernard Shoub**

Directors

**Winston Klass**

**Jim Moran**

**Pearse Murray**

**Ray St-Sauveur**

*Our 2008 "Awareness" Newsletters are being sponsored by an unconditional grant from AstraZeneca.*



In association  
with the



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du cancer