



# Awareness

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



SEE INSERT  
AFTER PAGE 8



## Dr. Trachtenberg Looks Into The Future With New Prostate Cancer Treatment

At 8:45 p.m., 10 minutes after he started speaking, people were still arriving and more chairs had to be set up in the Floral Hall of the Toronto Botanical Garden.

Of course, that's because our guest speaker at the November Awareness Night meeting was the head of The Prostate Centre at Princess Margaret Hospital - Dr. John Trachtenberg.



Dr. John Trachtenberg

His opening remarks had to do with the beginning of Man to Man, in which he played a major role. He not only organized the first meeting but helped in getting our support group really established by bringing us into Princess Margaret Hospital to talk to his patients. He was also the guest speaker at our very first Awareness Night meeting back in November 1994.

*"Life starts out as a fatal illness - it just depends on when it hits!"*

Dr. John Trachtenberg

Dr. Trachtenberg said that 25% of men 50 years of age and older develop prostate cancer; most with low risk cancer. He added that most men of course would prefer not to be diagnosed with prostate cancer! Very true!

Being able to find the tumor(s) is the key when dealing with prostate cancer treatments. Dr. Trachtenberg talked about a new way that they are doing just that. Image-Guided Robot-Assisted Focal Therapy is something that he is currently working on as an easier way of finding those tumors.

To date, this treatment has only been used on 25 patients, mostly younger men with low risk prostate cancer. Magnetic resonance (MR) imaging and ultrasounds are used to locate the tumors initially. Then a laser is used on the

"right spot" and, according to Dr. Trachtenberg, "we crank up the energy!" He showed one case study of a 62 year-old man which followed his test results from diagnosis to after his treatment.

Several short videos were shown, highlighting various steps in the process.

"Is Focal Therapy 'pie in the sky' or will this treatment become more main stream?" Dr. Trachtenberg asked. He obviously hopes that it is the latter but of course it is too early to tell at this point.

Following a refreshment break, which included two special birthday cakes celebrating Man to Man's 15th birthday, the doctor answered many questions from the large audience of 300 people who came to listen intently and learn.

When asked about erections and incontinence following this new Focal Therapy, he answered, "to date this treatment seems to have no effect on potency or continence! The results are different with other standard treatments such as surgery or radiation therapy; for example incontinence seems to improve over time, but erections are rarely the same, and, with several men, they don't come back." Then he added, "In cases like that, it's the price of removing the cancer!" Dr. Trachtenberg's return to our Awareness Night podium after a two-year absence was greeted, as stated above, by a very large audience who is always intrigued by the work that he does and very much into what he has to say about prostate cancer.

Thank you doctor for taking time out of your busy schedule and coming to inform us about one of the newest potential ways to treat prostate cancer. (Please see page 4)

DECEMBER 2009

### Toronto Man to Man Prostate Cancer Support Group

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

# Dr. Robert Buckman Wows Large Awareness Night Audience Discussing Humour as a Coping Tool

He said, “Sometimes, if you haven’t been able to sleep for a while, all you have to hear at a seminar is the speaker say ‘First slide please’, and you immediately fall asleep!” That’s how Dr.



Awareness Night Coordinator Winston Klass, Dr. Robert Buckman and M2M Chairman Aaron Bacher

**Robert Buckman** began his talk about humour at our Awareness Night meeting in October.

The official title of his talk was “Humour as a Coping Strategy.”

An example of what was to come could be seen in his

secondary title - “A *slightly serious take on Not taking everything seriously.*”

*“You cannot inflict humour on people, especially those who really don’t want it.”*

*Dr. Buckman*

He told us that, on a worldwide level, almost everyone has a sense of humour. Some, he said, are very intelligent, “but not the ones at Princess Margaret (where he works!)” Then he corrected himself by saying that he meant to say “those working at Sunnybrook Hospital!” Then he added that “the dim ones are in politics!” He did point out that “some have absolutely no sense of

humour at all - it seems that part of their brain has been removed. We call those people Scottish!”

He talked about the late famous performer Victor Borge, the tremendous sense of humour he had and how much he was loved by his audiences around the world. He said that Borge himself described his successful

Dr Robert Buckman  
Foreword by Dr Miriam Stoppard

career this way: “My parents made it possible, and my children made it necessary!”

He asked several “Buckman-ish” questions during the evening, such as “**If a man is alone in the forest and there is no woman around, is he still wrong?**”



“Humour”, he said, “as an activity of the mind, reduces anxiety, re-establishes a sense of perspective, and may enhance decision-making. It is therefore a coping mechanism.”

As a clinical application, Dr. Buckman said that “humour is OK after discussing the serious stuff and answering the patient’s serious questions (NOT before and NOT instead) but only **IF** there is some indication of a sense of humour from the patient.” He warned us however that this needs to be used with caution, like a strong spice!

He gave an example of one of his male patients questioning him about diet, exercise and alcohol. Then the patient asked, “what about sex?” Dr.



Buckman’s quick reply was “That’s the best offer I’ve had all day. But I want to be taken out for dinner first! On several subsequent visits, this patient kept referring back to Dr. Buckman’s funny answer, proving that the patient did in fact appreciate

the humour that was used in answering his very serious questions. The danger is not to trivialize, demean or belittle the serious nature of the visit in the first place.

*Continued on page 5 . . .*

*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 2010  
**Prostate Cancer Awareness Night**  
at the  
**Toronto Botanical Garden**  
in the **Floral Hall**  
777 Lawrence Ave. East at Leslie Street

on

**Wednesday**  
**January 27, 2010**

at 7:30 p.m.

guest speaker

**Dr. Jack Barkin**  
MD, FRCSC, FACS, DABU

topic

**HIFU vs. 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.

**2010 Meetings 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 will donate 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.



**W**e are very happy to announce that all of our 2010 Awareness Night meetings at the Toronto Botanical Garden and our peer support meetings at Valleyview Residence are being sponsored by Scotiabank.

Because of that, in 2010 our meetings at the Garden will be called the Scotiabank Awareness Night meetings.

We sincerely thank them for their very generous financial support.

## Dr. Trachtenberg

. . . . continued from page 1

Dr. Trachtenberg opened his remarks on Wednesday November 25, 2009 by telling us a "medical" joke, as follows (we're taking some liberties here and paraphrasing):

*A doctor became very well known as a motivational speaker, after making several speeches and getting well paid for them, so much so that he hired a chauffeur to drive him around to all his guest appearances.*

*On one occasion, realizing that his chauffeur had heard him give this same talk so many times, he told his chauffeur that they should play a trick on the audience and switch roles: let the doctor drive and have the chauffeur give the speech, and they agreed.*

*Well, the "new" speaker gave a great speech, and, after the moderator introduced the Q&A portion of the evening, the speaker continued answering everything correctly since he had heard it all before.*

*Then someone asked a question that he had never heard before, But he was very quick on his feet and calmly said to the audience, "the answer to this question is so obvious that even my chauffeur can answer it . . . and he will!"*

Thank you Dr. Trachtenberg for adding some humour to an already fabulous evening!

**W**e are very happy to announce that **Stan Mednick** has agreed to join the Board of Directors of Man to Man.

Stan will officially begin his "duty" as a Director at the December 8, 2009 regularly scheduled Man to Man board meeting at Valleyview Residence.

We all wish Stan much success in his new position.

## Man to Man Loses A Valuable Volunteer & Friend

**H**e loved attending our Tuesday night peer support meetings. He loved volunteering at Princess Margaret Hospital and Toronto General Hospital, and talking to other men with prostate cancer. He loved our Man to Man support group.

Sadly however, **PHILIP TAYLOR**, a long-time M2M volunteer and a true gentleman, passed away in Sunnybrook Hospital on Monday October 26, 2009 with his beloved spouse Lorraine Fairley and his children at his side.

Phil was buried in a private funeral, close to the farmhouse he transformed with Lorraine.

In his obituary, his family wrote "Among friends who will miss Philip are his fellow volunteers who meet the patients at Princess Margaret Hospital, newly diagnosed with prostate cancer. A strong yet sensitive and compassionate man, Philip was the epitome of self-reliance and courage". That he certainly was!

Everyone at Man to Man and the doctors and nurses at the two hospitals where Philip volunteered were deeply saddened by his loss, and offer their condolences to Lorraine and his family. He is sorely missed.

**O**n behalf of the Board of Directors of Man to Man and all our volunteers, we wish a speedy recovery to Ray St-Sauveur, who had surgery a short time ago at Toronto General Hospital.

He is doing very well recuperating at home, and we all send him our best wishes.

### Man to Man is Supported By:

Abbott Laboratories  
Associated Tube Industries  
AstraZeneca

Canadian Cancer Society  
MacGregors Meat & Seafood Ltd.  
Merck Frosst Canada Ltd.

Novartis Pharmaceuticals Canada  
Pfizer Canada  
Scotiabank



**Dr. Buckman’s talk on Humour  
 . . . . . continued from page 2**

Dr. Buckman then showed everyone this equation:

$$H = \frac{[(O - E) \times h] T}{C_j - Ca}$$

**H** = Humour **O** = Observed outcome **E** = Expected outcome **h** = Huggability **T** = Trust **C<sub>j</sub>** = Culture of joker **Ca** = Culture of audience

He called it **The Unifying Field Hypothesis (and Formula) of Humour**. Then he said “I’ve no idea why I made this equation! And the fact that I made it originally for a radio show I was to appear on makes it even more ridiculous!”

The good news and the bad news about **Humour** is that it is labour-intensive and it really requires **work**. He compared it to good table manners.

He ended his formal presentation by telling about having to take blood from a female patient on his third day as a medical student, when he was very nervous. He explained what he was about to do by saying to her, “It’s just a little prick with a needle!” And she replied, “I know **what** you are, but what are you going to do to me!” Did she have a sense of humour? Or not?

After the usual refreshment break Dr. Buckman answered questions from the audience for half an hour. He also had his book “**Cancer is a Word, Not a Sentence**” on sale at the meeting and many audience members purchased it and had him sign it for them as well.

During his answers, he mentioned that once patients are free from pain and suffering, they go on with their lives and get back to being themselves. He said the current riddle with prostate cancer is to find out which cancers are the “dangerous” ones. Once we find a method to detect this, we’ll be able to tell which cancers are most likely to metastasize and those can be treated sooner than those which don’t seem to pose the same threat.

**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.

He was asked if stress can cause cancer, and said emphatically that it does not! He did say that stress does indeed inhibit you to make correct decisions and you need to find a coping strategy for yourself.

Another question concerned the level of health care in Canada vs. the US, and Dr. Buckman told the audience that for most types of surgeries done here in Toronto, you **do not have to look elsewhere** to have that surgery performed. Just make sure to **trust** your doctor/surgeon.

Two more stories from our guest speaker:

As a parent lay dying at home, the daughter asked, “Do you want to be buried or cremated?” to which the parent replied, “**Surprise me!**”

A man who was sad said, “I want to die at age 93 from nothing serious!” When asked how, he added, “being stabbed by a jealous husband!” So why are you so sad, he was asked? “**Because I’m now 92!**”

Thank you Dr. Buckman for making us all laugh!

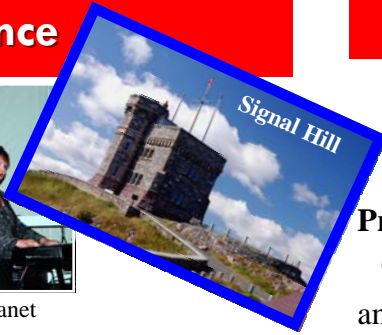
## Memories of the Newfoundland Conference



Cheryl Shiell and  
Ronnie Bacher



Lou Murphy and Janet  
Bradbury



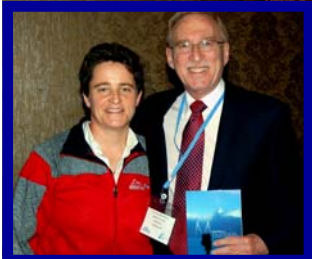
Signal Hill



Mayor Dennis O'Keefe



“The Screech-In”



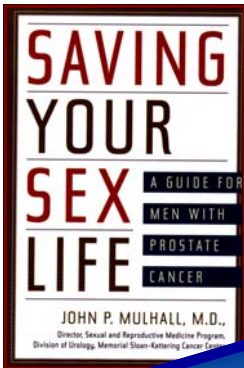
TA Loeffler and Aaron Bacher



A typical St. John's mailbox



The Battery



Myrle Vokey



Cape Spear

Shortly after the September 23rd meeting with the Canadian Cancer Society, they advised us that our 2009 Relay Team was, in fact, the top fundraising team in the province of Ontario!

**Congratulations to all our “team” members!**

## Man to Man Baseball/Golf Hats

**H**elp us raise prostate cancer awareness by purchasing one of our baseball and/or golf hats which advertise the **Toronto Man to Man Prostate Cancer Support Group**.

These hats will be on sale at all our peer support and Awareness Night meetings for **\$10** each, or you can have us put one (or more) aside for you by calling **416-414-4961**.



**Supply is limited!**

All proceeds from the sale of these hats go to Man to Man.

## Relay for Life Honours Man to Man



Pictured above (L to R) are Guy Laporte, Director, Toronto Revenue Development, CCS; Marc Durocher; and Aaron Bacher, Chairman of Man to Man.

**A**t their **Innovative Research in Cancer Event** on Wednesday September 23rd, the Canadian Cancer Society (CCS) honoured Man to Man for being the top fundraising team of all the teams who participated in the four Relay for Life events in Toronto.

Also honoured was **Marc Durocher** from Man to Man, who was the top individual fundraiser.

## Another Very Successful Prostate Cancer Canada Conference Takes Place in St. John's Newfoundland

**F**rom the moment you arrived on Wednesday September 9th until they wished you a safe trip home on Friday September 11th, the warmth and hospitality of the hosts was everywhere. It was everything you'd ever heard about the people of Newfoundland. And they also hosted a terrific conference at the same time.

By the time it "officially" began with a cocktail party, there had already been an afternoon session called "Support Group Dynamics" led by Dr. Rick Singleton. He discussed what support groups were all about and what it took to run a successful group. It was a terrific way to begin a national conference consisting of support group representatives from every province in Canada.



The cocktail party was followed by a delicious dinner, with welcoming speeches given by the **Honourable Paul Oram**, Newfoundland's Minister of

Health and Community Services, and **Bob Shiell**, Managing Director of the Prostate Cancer Canada Network. The keynote speaker was T.A. Loeffler, author of the book "**View From Up Here**" describing her trek up Mount Everest. Her basic message to everyone - "**Never give up!**"

Thursday morning featured an old friend of Man to Man - Dr. Mark Moyad - who spoke about "diets, supplements, and prescriptions, from A to Z". As usual, he was extremely well received by the appreciative audience.

A panel of doctors followed the Nutrition Break, discussing the importance of the PSA Blood Test. Included was a family physician (Dr. Randy Smith); a urologist (Dr. Chris French); a radiation oncologist (Dr. Jonathan Greenland); and a medical oncologist (Dr. Stuart Rorke). Then Steve Jones, President of Prostate Cancer

Canada (PCC) made a presentation to all of the support groups, talking about PCC's desire to become the national voice for prostate cancer.

During lunch, everyone was officially welcomed to "the Rock" by the Mayor of St. John's - the **Honorable Dennis O'Keefe**, and **Peter Dawe**, Exec. Director of the Canadian Cancer Society, NL Division. The afternoon included a play called "The Next Step" and "Partners and Prostate Cancer" featuring four partners of men diagnosed with the disease.

Thursday night it was time for **The Kitchen Party** at **The Majestic Theatre**. Dinner and all the evening's entertainment was pure Newfoundland, and everyone had a fabulous time. Myrle Vokey was fantastic as an MC, storyteller and host for the Screech-In Ceremony. (See photos on page 6)

Friday morning featured Dr. John Mulhall, Director, Sexual and Reproductive Medicine Program at Sloan-Kettering Hospital in New York City and author of the book "Saving Your Sex Life". His presentation was entitled, "The case for optimism about your sex life: what you need to know to save it." He alone was worth "the price of admission"!

The organizing committee should be extremely proud, as they put on a first-class conference and also gave every attendee a greater understanding about the people of Newfoundland.

The only thing we know about 2010 is that the conference will take place "somewhere" in Ontario. We hope to see many familiar faces at next year's conference wherever it will be held.

*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)*



# OUR ON-GOING PROJECTS FOR 2010



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 27	<b>Dr. Jack Barkin</b> <i>Humber River Regional Hospital</i>	<b>HIFU and Surgery</b>
Mar 31	<b>Dr. Robert Nam</b> <i>Odette Cancer Centre</i>	<b>Hormone Therapy</b>
May 12	<b>Dr. Danny Vesprini</b> <i>Odette Cancer Centre</i>	<b>Active Surveillance</b>
Jul 28	<b>Dr. Andrew Loblaw</b> <i>Odette Cancer Centre</i>	<b>Clinical Trials</b> <i>Who, Why, When, Where and How?</i>
Sep 29	<b>Leah Jamnicky - Facilitator</b> <i>Princess Margaret Hospital</i>	<b>Ladies' Forum - "Women and prostate cancer!"</b>
Nov 24	<b>Dr. Margaret Fitch</b> <i>Odette Cancer Centre</i>	<b>Psychosocial aspect of a cancer diagnosis</b>



### 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.

## Toronto Man to Man Board of Directors

Chairman  
**Aaron Bacher**

Vice Chairmen  
**Ron Benson**  
**Sol Dennis**

Treasurer  
**Robert Abelson**

Secretary  
**Bernard Shoub**

Directors  
**Winston Klass**  
**Stan Mednick**  
**Pearse Murray**

*Our 2009 "Awareness" Newsletters are being sponsored by an unconditional grant from AstraZeneca.*



In association with the



Canadian Cancer Society  
Société canadienne du cancer





HAPPY  
HOLIDAYS!



December 2009

To Our Wonderful Volunteers:

This past year we continued to raise the awareness level of prostate cancer, educate and provide support to newly-diagnosed men and their families who attended our meetings or who we spoke to at the clinics in the three hospitals where we volunteer. For that we have each and every one of you to thank.

Our peer support meetings at Valleyview Residence continue to be a great success, and our Awareness Night meetings still draw huge audiences eager to learn more about prostate cancer.

We unfortunately lost two terrific individuals in 2009 (neither one from prostate cancer) - Ray Turner and Phil Taylor - and they are both truly missed.

Thanks to each of you for donating your precious time to our support group. I'm sure you know that we are counting on your continued support in 2010.

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**  
Chairman

