

Awareness

The "MAN TO MAN" and "SIDE BY SIDE" Prostate Cancer Support Groups

HAPPY NEW YEAR!

Full House Hears Dr. Radomski Talk About "Incontinence and Impotence"

More chairs had to be set up, as people kept arriving even after the presentation had started. That's because this was the meeting where those two topics were going to be discussed!

Yes, it was time for Dr. Sidney Radomski's annual visit with this enthusiastic and receptive Man To Man audience who come to obtain the latest information about Incontinence and Impotence (Erectile Dysfunction - ED). And the doctor certainly didn't disappoint anyone! The causes of stress incontinence (loss of urine due to coughing, sneezing or lifting) were discussed, with Dr. Radomski listing several options to correct this situation.



Jim Moran with guest speaker Dr. Sidney Radomski

His conclusions were that: stress incontinence is common; urge leakage is often associated with it; diagnosis is easy to make by a simple history and physical exam; treatment can be initiated by the Primary Care Physician; and, conservative therapy may be helpful but surgical intervention generally has the highest success rate.

Dr. Radomski defined ED as: "the

consistent or recurrent inability of a man to attain and/or maintain a penile erection sufficient for sexual performance". He said ED impacts on relationships as follows: partners feel that they are to blame; marital distress and sexual dysfunction are related; it reduces intimacy and closeness in couples; and it increases depression, anger and anxiety which affects couples.

Men think: "I've lost my manhood"; "I can't cut it anymore"; and "I feel like the centre has been taken out of me!"

The organic causes of ED are: 40% vascular, 30% Diabetes, 15% medication, 6% pelvic surgery, 5% neurological, 3% endocrine, 1% other. Incidence is highest in older men with health problems, less in healthy young men; cause is nerve injury and decreased blood flow; results are best in bilateral nerve sparing surgery. First-line therapy includes drugs such as Viagra, Cialis and Levitra. Second-line therapy includes a Vacuum constrictive device, Intracavernosal injection, MUSE, and topical creams/gels.

The bottom line is that Dr. Radomski's positive message is one of hope and confidence that both Incontinence and Erectile Dysfunction can definitely be corrected over time.

As always, we thank Dr. Radomski for his unique style in covering these two very important topics, and for his continuing support of our Man To Man support group.



JANUARY 2006

MAN TO MAN

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"We're moving back 'home'!"



Please see page 4



"Raising the awareness level and educating men about prostate cancer"

Large Audience Hears About "Late Stage Prostate Cancer" from Specialist Dr. Ian Tannock

It was a subject that we had never covered before. That is, until someone asked us "why not?" at a previous Awareness Night meeting, and we didn't have a rational answer.

Since the topic was late-stage prostate cancer, we knew we had to contact an expert in that field, and that meant Dr. Ian Tannock from Princess Margaret Hospital.



Jim Moran (L) and guest speaker Dr. Ian Tannock (R)

Dr. Tannock presented us with a hypothetical case study of a man going through this process. We followed him along during the various stages of treatments and drug therapies that are currently available for men who are at this stage of their disease.

Since prostate cancer is stimulated by male hormones (androgens) such as testosterone, an initial step is to introduce hormonal treatment which would remove the stimulation by these male hormones. Dr. Tannock said that "about 80% of men will respond to this type of treatment with a reduction of pain and a decrease of serum PSA". The options that are available are: Orchiectomy: surgical removal of the testicles - the main source of testosterone; Estrogen: a female hormone that suppresses the production of male hormones; LHRH agonist: cuts off stimulation of the testicles to produce testosterone (Zoladex / Lupron); Antiandrogen: blocks action of male hormones in cells (Casodex / Androcur).

Hormonal therapy is no different than any other treatment, and carries with it several possible side effects, such as: Impotence; Gynecomastia (increased breast tissue, sometimes with tenderness); hot flashes (male menopause); loss of

muscle and bone; and anemia.

Should hormone therapy fail after a certain length of time, patients can be given secondary hormone therapy.

Eventually patients can become hormone-resistant and are considered as having hormone resistant prostate cancer. Dr. Tannock said the goal then is to "optimize the patient's pain control with regular dosing of narcotic medication, such as morphine". Two other forms of treatment of this hormone resistant prostate cancer are Strontium-89 and Chemotherapy.

Strontium-89 is a radioactive isotope that chemically is similar to calcium and, when injected, "fools" the body into thinking that it is indeed calcium. A Canadian trial established mitoxantrone and prednisone as the standard chemotherapy.

What we learned from Dr. Tannock's presentation is that there are many options available for doctors treating men with late-stage prostate cancer, and that life can definitely be extended.

As a prostate cancer support group, and after listening to Dr. Tannock, we feel even stronger that the best defense against finding yourself in this late-stage is a good offense. In our opinion, that means making sure to see your doctor regularly, and having your PSA blood tests done on a regular basis. This will go a long way to determine that even if you are diagnosed with prostate cancer some day, it would most likely be found to be in a very early stage and your chance for a complete recovery would be excellent.

We thank Dr. Ian Tannock for taking the time to come and talk to us about this very sobering topic.

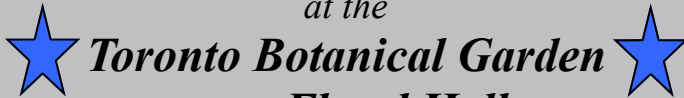
If you would rather receive this newsletter electronically, please send an e-mail to m2m@sympatico.ca and we'll remove you from our regular mailing list and add your name to our e-mail list. Thank you.

MAN TO MAN & SIDE BY SIDE
(Prostate Cancer Support Groups)

Invite you to our first 2006

Prostate Cancer Awareness Night

at the



Toronto Botanical Garden

in the Floral Hall

777 Lawrence Ave. East at Leslie Street

on

Wed. February 15, 2006

at 7:30 p.m.

Our guest speaker

Irene Lange-Mechlen

Radiation Therapist
Toronto-Sunnybrook
Regional Cancer Centre

topic

**"Prostate cancer is not just
a man's disease!"**

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.

**2006 Meetings To Benefit
North York Harvest Food Bank**

All of our speakers have been confirmed for this year's Awareness Night meetings at the Toronto Botanical Garden. (please see page 8)

Irene Lange-Mechlen, who was the hit of the 2nd Annual Canadian Prostate Cancer Network Conference in August (hosted by Man To Man) leads off our impressive list of speakers on **Wednesday February 15th, 2006.**

Irene, who is the head of the Prostate Cancer Resource Centre at the Toronto-Sunnybrook Regional Cancer Centre (TSRCC), will be followed by: **Dr. Gerard Morton**, who specializes in both types of Brachytherapy (seed implants & High Dose-Rate) also at the TSRCC; **Dr. Laurence Klotz**, the Chief of Urology at TRSCC; Man To Man survivors who will host our **Survivor Forum II**; **Dr. Michael Jewett** (PMH), a long-time friend of Man To Man; and **Dr. John Trachtenberg**, head of The Prostate Centre at Princess Margaret Hospital (PMH), who will bring to a close another exciting Awareness Night season.

Everyone attending our Awareness Night Meetings in 2006 is being asked to bring some food with them, which Man To Man will donate to the **North York Harvest Food Bank.**

Listed below are many of the items that are required for their specialized hampers for clients with special dietary needs. 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 and look forward to seeing you on February 15th.

Become a Man To Man Volunteer

Man To Man volunteers currently do "peer support" each week with men who have been diagnosed with prostate cancer, in prostate cancer clinics at Princess Margaret Hospital every Monday, Tuesday, and Thursday, and at the Toronto-Sunnybrook Regional Cancer Centre every Thursday.

Other volunteers who have had surgery visit patients at Toronto General Hospital, two days after they have had a radical prostatectomy. In 2006, we will start doing similar visitations at Sunnybrook Hospital.

This means that we will require additional volunteers to not only do these visitations, but also to expand our peer support program at both hospitals.

We are currently in the process of setting up an orientation training session at Sunnybrook Hospital (for men interested in volunteering there for peer support and/or to do visitations) on Saturday February 25, 2006, from 10 am to 1 pm (including lunch).

If you would like to attend this meeting or add your name to our list of volunteers at either/both hospitals, please contact Aaron Bacher at 416-414-4961 or aaronbacher@rogers.com

Please note that anyone who wants to volunteer at *any* hospital in the Greater Toronto Area must attend one of these orientation/training meetings, as outlined by the hospital's Volunteer Resources Department.

This is not only to protect the hospital, but for the safety of the individual volunteer and our Man To Man organization as well.

Volunteer:

a person who performs or offers to perform a service voluntarily

Awareness Nights moving back to the Toronto Botanical Garden!



When our first speaker of 2006 is introduced on **Wednesday February 15, 2006**, she will be addressing her audience in the Floral Hall, part of the beautiful newly-renovated **Toronto Botanical Garden** at the corner of Lawrence Avenue East and Leslie Street.

The Board of Man To Man has decided to return to the place that we have become associated with for many, many years. We look forward to seeing you all again at this very familiar location very soon. (See page 8 for our complete lineup of speakers and our 2006 meeting dates.)

On behalf of the entire Board of Directors of Man To Man, we want to sincerely thank everyone at **St. Bonaventure Parish Centre** on Leslie Street for their warm hospitality last year. When the Toronto Botanical Garden closed down for a year to undergo major renovations and we went looking for a new location to host our Awareness Night meetings last year, the people at St. Bonaventure were extremely friendly and welcoming to us.

We thoroughly enjoyed our time there, we sincerely thank them for making us feel very much at home, and we wish them all a very Happy, Healthy, and Peaceful New Year.



THANK YOU to all our Dedicated Volunteers

Another highly successful year has come to an end, thanks to our incredible volunteers who donate so much of their time to Man To Man and Side By Side.

2005 was a very special year for our two support groups, the highlight of course being when we hosted the 2nd Annual Canadian Prostate Cancer Network Conference in August. Support groups from across Canada attended and volunteers from M2M and SBS were definitely front and centre at the Delta Chelsea Hotel.

Our move to St. Bonaventure Parish Centre for our Awareness Night Meetings went very smoothly, thanks to the volunteers who help make those evenings so successful. Volunteers also made sure that our bi-monthly Tuesday night peer support meetings also ran very efficiently as well.

We are also thankful for the men who volunteered at Princess Margaret Hospital and the Toronto-Sunnybrook Regional Cancer Centre. We know that the medical staff truly values the work that we do there with the men who have been diagnosed with prostate cancer, and the patients at TGH appreciate meeting our volunteers, when they are visited in the hospital, following their surgery.

On behalf of the Board of Directors of Man To Man, I would like to thank each and every one of our dedicated volunteers, both male and female, for the many hours that they have selflessly given to M2M and SBS. The successes that we have enjoyed as a support group are a direct result of all your efforts, and the entire board appreciates everything that you do throughout the year.

We wish you and your families a very

Happy New Year!

IT WAS A SPECIAL RELAY FOR LIFE 2005

We would be remiss if we did not thank everyone involved with last year's Canadian Cancer Society "Relay" again for their tremendous effort in raising the amazing sum of \$40,008.00!

We had more men and their families involved last year than ever before, and the results speak for themselves.

It will take another superhuman effort if we want to continue increasing the amount of money we raise each year, and we'll definitely need your support again to achieve that.

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 call 416-932-8820 to order yours today.

Thank you.

Man To Man is supported by:

- * Abbott Laboratories
- * AstraZeneca
- * Canadian Cancer Society
- * Merck Frosst Canada Ltd.
- * Novartis Pharmaceuticals Canada
- * Pfizer Canada
- * The Dr. Jay Charitable Foundation

Piping and Drumming for Prostate Cancer Awareness

On Sunday September 18, 2005 more than 325 pipers and drummers marched from Nathan Phillips Square to Queen's Park to attract the media and raise awareness of prostate cancer at the outset of Prostate Cancer Awareness Week.

In addition to the Honourable James K. Bartleman, Lieutenant Governor of Ontario, TV personality Ken Shaw (CFTO) also took part in the march along with the Deputy Chief of Police, Kim Derry, and the Chief of Toronto Fire Services, William A. Stewart. Mark Dailey (CITY TV) led the parade as Grand Marshal.

In response to the invitation of the parade's organizer, Bob Murdoch (Executive Director of Community Centre 55), a dozen or so from Man To



(L to R) Event Co-Chair David Phillips, Senior Vice-President of Bell Canada Renato Discenza, Grand Marshal Mark Dailey, Event Chairman Bob Murdoch, and Volunteer Brett Snider

Man / Side By Side arrived at Nathan Phillips Square prior to the 1 pm start to listen to a roster of enthusiastic speakers talk from the outdoor stage about the importance of prostate cancer awareness and early detection.

In his remarks, Mark Dailey made several generous references to the support given to him by

Man To Man following his diagnosis.

And then, with the sun shining brightly, the marchers set out shortly after 1 pm, and we made our way along Queen Street to University Ave., and north on University Ave. to Queen's Park where the Lieutenant Governor and others spoke to bring the formal part of the day to a close.

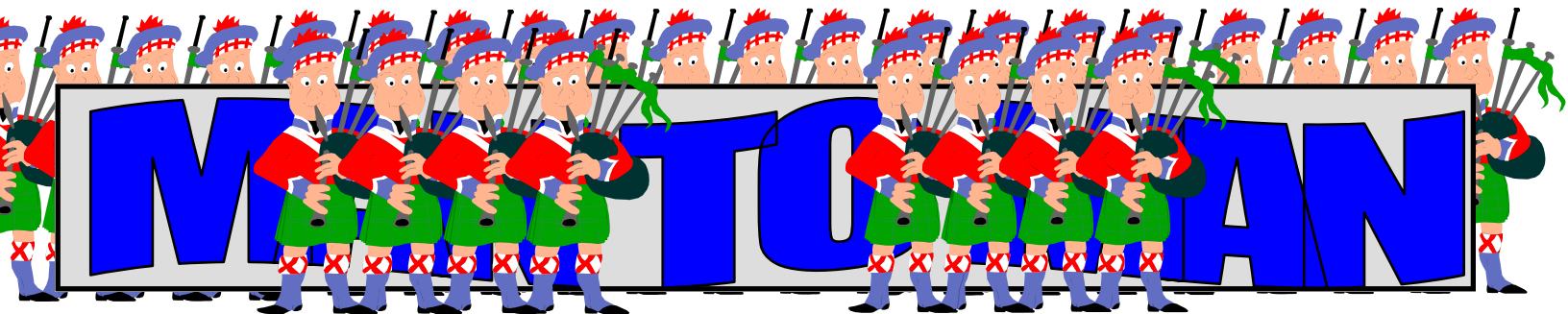


Man To Man Volunteers Ray St-Sauveur and Jim Moran

Following the march, several of us joined the pipers and drummers at the Moss Park Armouries where we were treated to pizza and beer. It was a perfect ending to a great day!

Everyone from Man To Man / Side By Side who participated agreed that it was a very worthwhile event and we were very happy to have been invited and to have taken part.

We're keeping our fingers crossed that we'll be invited again this year.



Join Our 2006 *Relay For Life* Team and Help Us Raise Money for Prostate Cancer Research

Please mark this date in your calendars now - **Friday June 23, 2006**. That's when Man To Man / Side By Side will be taking part in the Canadian Cancer Society's annual major fundraising event - *Relay For Life*. This will be the sixth consecutive year that Man To Man and Side By Side have taken part in this exciting event, but it will be the first time that we are participating in the North York *Relay* at **E. T. Seton Park**. (see photo page 4)

Ladies and gentlemen: our task this year is going to be a very tough one indeed. That's because last year's amazing *Relay* team went out and raised **\$40,008**, all of which was directed to prostate cancer research. Since our goal each year is to improve on the previous year's total, that's where the "tough" part comes in.

We need all of you and your families to work with us on this very important event to raise these much-needed dollars. This is the earliest that we have ever started talking about *Relay*, because we know how crucial it is to get everyone to start planning for this annual June event.

Funds are raised two ways: by obtaining donations, to which you can immediately issue a tax receipt, or by selling \$5.00 "Luminary Candles". Each candle carries the name of a cancer survivor like yourself ("in honour of") or someone who unfortunately lost their life to this disease ("in memory of").

Man To Man has been one of the leading teams in both dollars raised and candles sold for the past several years. These are very easy to sell, as we all know too many people who fit into both of these categories and very few people will refuse to buy a candle from you for \$5. All you have to do is **ask** your family and friends to purchase them from you. Start making a list now of all the people you want to

approach. You can also ask these people to sell more candles for you - *to their family/friends!*

To join our fantastic 2006 *Relay* team, (or for more information) please call 416-490-8236 or send an e-mail today to mantoman@rogers.com and tell us to "sign you up"! You'll feel terrific about doing some very important work, and we promise you a fantastic time!

On a personal note, I want to thank each of you who has previously participated in this event, helping us raise a lot of money for prostate cancer research. You all know how much fun we have on the night of the Relay, as we celebrate together following our hard work raising the funds.

*If you haven't yet experienced what being part of our Man To Man / Side By Side Relay team is like, 2006 is the time to find out. We know that you donate to many charities. We know that quite often there is only so much money available to go around. But I have been asking every man on our huge mailing list to do one particular thing now for many years, without much success to be honest. That is to purchase 1 candle "in honour of" **yourself** as a prostate cancer survivor. That would cost you \$5. We currently have more than 2400 men and their families on our mailing list. If every man on that list would buy **one candle** honouring himself as a survivor, we would immediately raise a minimum of \$12,000 **without really trying very hard!** And, if only some of you got one (or more) of your family members and/or friends to buy another \$5 candle with **your** name on it, where would that take us? Our potential is basically limitless.*

Yes, it is only January, but this "Relay" event cannot happen without some thought going into it, so it's really never too early to start thinking about joining us on June 23, 2006! Have you started making your list yet, and "checking it twice"?

ON-GOING PROJECTS FOR 2006

Awareness Night Meetings - We're moving back home!

These are held at the **Toronto Botanical Garden (Floral Hall)**, at the corner of Lawrence Avenue East and Leslie Street, where leading medical professionals cover a wide range of topics and answer your questions. Family members / friends are welcome to attend. If you are on our mailing list, a notice of each event will be sent to you. These meetings begin at 7:30 pm.

<u>DATE</u>	<u>SPEAKER</u>	<u>TOPIC</u>
Feb 15	Irene Lange-Mechlen	"Prostate cancer is not just a man's disease!" ← Note change
Mar 29	Dr. Gerard Morton	Radiation and Brachytherapy (Seeds & HDR)
May 31	Dr. Laurence Klotz	* TBA
Jul 26	Man To Man Survivors	Survivor Forum II
Sep 27	Dr. Michael Jewett	* TBA
Nov 29	Dr. John Trachtenberg	* TBA

** To be announced.*

"Man to Man" Peer Support Meetings - 7 p.m. to 9 p.m.

These are held on the first and third Tuesday evenings of each month at the first floor offices of The Canadian Cancer Society, 20 Holly Street (Yonge and Eglinton area), in suite 101. They are informal in nature and provide a chance to meet in a small intimate group to discuss coping with prostate cancer with others.

PLS. NOTE CHANGE!

"Side by Side" Peer Support Meetings

Starting in 2006, the ladies' support group will meet at the same time, on the second floor of the same building, in suite 200, but ***only on the first Tuesday of each month.*** These meetings provide an opportunity 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, 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.

Our 2006 "Awareness" Newsletters are being sponsored by an unconditional grant from The Dr. Jay Charitable Foundation.

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