

Awareness

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

Man To Man Celebrates North York's *Relay For Life* in E.T Seton Park

The location may have been new, but the results were the same. Our 2006 Man To Man Relay team once again raised a huge amount of money for the Canadian Cancer Society, which will be directed to prostate cancer research.

The park was E.T. Seton Park in North York, and the layout was quite different from Birchmount Stadium. But the weather cooperated, we had a beautiful evening as we walked around in a circle on a makeshift "track", and everyone had another terrific evening as we celebrated another *Relay* together. Approximately 30 men from Man To Man attended, many of whom brought along with them their partners, children and grandchildren.

The evening began with a Survivor's Reception from 6 pm to 7 pm, where everyone first gathered for some food and drink. Then it was on to the opening ceremonies including the singing of "Oh Canada", followed by the first official lap of the *Relay*, appropriately called the **Survivor**

Lap. Each survivor who walked that opening lap had their name read out over the loudspeakers, while friends and family members lined the track applauding.

For the rest of the evening, the members of our team ate, walked, drank, ate again, and just had a lot of fun.

At 10 o'clock volunteers were invited to light the Luminary candles that lined the entire track. This is always an emotional time and a highlight of the *Relay*, as these candles, each representing a life, are lit in total darkness and end up lighting the track for the rest of the night.

Our team was at a distinct disadvantage this year as two of our major fund-raisers of the past could not take part, but it only slightly affected the amount of money we raised. We can be extremely proud of our entire "team" effort, as we once again raised a substantial amount of money for prostate cancer research. Thanks to everyone who participated. Please see page 6.



JULY 2006

MAN TO MAN

Prostate Cancer
Support Group

20 Holly Street, Suite 200,

Toronto Ont. M4S 3B1

Phone: 416-932-8820

Fax: 416- 633-0095

E-mail:

m2m@sympatico.ca

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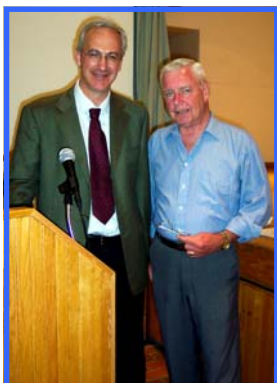
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"Raising prostate cancer awareness"

Dr. Laurence Klotz Explains Active Surveillance and Other Topics

The thunderstorm began over North York at seven o'clock. The rain was pretty hard at times. People could have decided to stay home. But the speaker was going to be Dr. Laurence Klotz of the Toronto-Sunnybrook Regional Cancer Centre, so they did come. And they came in large numbers.



Dr. Laurence Klotz and facilitator Jim Moran

Dr. Klotz talked about who should be treated and discussed the Selective Treatment Approach to Prostate Cancer (PCa). He told the audience that 30% of all male cancers are now PCa and 11% of all male cancer deaths are from PCa. Many more patients are being diagnosed at a younger age, due mainly to the PSA blood test. The most

common clinical stage is now T1c, and fewer patients are presenting with metastasis. Patients are also being diagnosed at lower PSA levels and are more likely to be cured! The "good risk" patient will have a Gleason Score of <6, PSA <10, and a grade of T1c to T2a.

Studies have shown that a radical prostatectomy reduces PCa mortality by 50% in the intermediate to high-risk population, "so surgery saves lives!" Other studies involving diet also show that Lycopene and Soy help prevent men from getting PCa. He said that, "PSA readings seem to be seasonal, as vitamin D often lowers PSA readings during our sunny summers, acting as an inhibitor of PCa."

Dr. Klotz spent some time talking about Active Surveillance as a viable option for many men who fall into the "good risk" category outlined above, mentioning a study involving 500 patients. Men choosing this option are monitored every three months with a PSA blood test and have a biopsy every year or so to make sure that the Gleason Score

hasn't changed.

"When all their numbers are low", said Dr. Klotz, "they don't have life-threatening disease so we feel that they can simply be watched!" He added that 10% of the men who are offered this option can't live with it and want treatment instead, but to date the study has shown an 85% survival rate after 10 years.

Dr. Klotz pointed out that there is also a psychological effect when dealing with cancer, any cancer, as just the diagnosis itself creates anxiety in the patient. He said that just hearing the word "cancer" promotes aggressive treatment decisions, as many men just want to get the cancer out of their body/system.

"Drink more beer, then you'll stop worrying about it!"

He said it can become a communication challenge and was of the opinion that support groups such as ours could be a big help and play a key role.

After a refreshment break, Dr. Klotz answered many questions from the grateful audience. When asked about any concerns caused by drinking wine or beer, he replied, "drink more beer, then you'll stop worrying about it!"

It may have been raining outside the Floral Hall, but inside the sun was shining as the large audience showed their appreciation of Dr. Klotz with their very generous applause at the conclusion of another successful Awareness Night evening.

We sincerely thank him as well for coming out and sharing some of his vast knowledge with us.

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

Wednesday July 26, 2006

at 7:30 p.m.

Join us for

"Survivor Forum II"
featuring
Man To Man Survivors

sponsored by
Associated Tube Industries

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 Benefit
North York Harvest Food Bank**

Everyone attending our Awareness Night Meetings this year is asked to bring some food with them, which Man To Man is donating to the *North York Harvest Food Bank*.

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.

Chairman Joins CPCRI Board

Man To Man Chairman Aaron Bacher recently joined the board of the Canadian Prostate Cancer Research Initiative. Dr. Padraig Warde from Princess Margaret Hospital and Chairman of the Management Committee of the CPCRI, made the proposal to Aaron when the two recently met at PMH. The position is a two-year term.

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

Please call our hotline - 416-932-8820

or

e-mail us at mantoman@rogers.com

July Awareness Night Meeting to Feature Man To Man Survivors in "Survivor Forum II"

Do you know someone who has recently been diagnosed with prostate cancer and is now trying to decide which treatment to choose?

Are you yourself trying to decide what treatment to have following your own diagnosis?

Would hearing how and why other men decided on their treatment and finding out how well they are now doing help you with this decision?

Well then, you should attend our next Awareness Meeting on **Wednesday July 26, 2006**, when prostate cancer survivors from the **Toronto Man To Man Prostate Cancer Support Group** will tell their own personal stories: how and when they were diagnosed; why they chose their particular treatment; how and where they researched these treatment options, how long it took them to make their decision; and how they are all doing today, months or years after their treatment.

Come and listen to them tell why they chose to have: a **Radical Prostatectomy** or **Laparoscopic Surgery**; **Brachytherapy** - either **Seed Implants** or **High Dose Rate (HDR)**; **External Beam Radiation**; **High Intensity Focused Ultrasound (HIFU)**; or **Cryotherapy**.

If you have recently been diagnosed with prostate cancer, this evening will be invaluable for you, as you will have the opportunity to hear about all the treatment options that are currently available to you. This will allow you to obtain a great deal of information which will make it much easier for you to decide which treatment is best for you.

After these survivors make their formal presentations, there will be ample time for you to ask whatever questions you might have to any of these individuals.

Those of you who have already had treatment will have the opportunity to share

the knowledge that you have acquired from your own journey by talking to these newly-diagnosed men during the evening and by participating in the answers to their many questions.

This evening is all about surviving. It is about learning how to deal with the diagnosis of prostate cancer, finding out as much as you can about the treatment options that are available to you, making that sometimes tough treatment decision, and then going forward with the rest of your life and not letting this disease slow you down in any way.

Our survivors will also tell you what you can expect following your treatment as well, and any possible side effects that you might encounter along the way.

We realize that you get much of your information from your doctor, but at our initial **Survivor Forum** in **2004** many men told us that they had acquired more information from that particular meeting than they had learned from many previous appointments with their doctor. That is because sitting in our audience that night were many prostate cancer survivors who had successfully undergone many, if not all, of the treatments that men want to hear about. And they came there to share their experiences with others.

Our audience on July 26, 2006 will also consist of survivors who have successfully been treated, and they too will share their experiences with you.

We look forward to seeing you there.

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

CPCN Conference Scheduled For Calgary

The third annual Canadian Prostate Cancer Network Conference is scheduled for July 30 - August 1, 2006 at the Palliser Hotel in Calgary. The roster of speakers includes: Dr. Stephen Strum from Ashland, Oregon; Dr. Larry Goldenberg, Director of The Prostate Centre at Vancouver General Hospital; Vivienne Parry from England, a scientist by training and “an enthusiast to her bones”, who started the first and largest Prostate Cancer Charity in Great Britain; and General Paul Manson (retired).

Registration is \$150 per person which covers all activities including meals. The cost per night at the hotel is \$139 plus tax. To book your room at the Palliser please call 1-800-441-1414.

To register for the conference online, go to www.cpcn.org and click on the **2006 CPCN National Conference**. Follow the instructions under: “Here is how to register”.

We look forward to seeing you in Calgary.

M2M Launches Brand New Web Site

We are currently in the process of designing our very own web site, which we hope will be helpful to you and especially to newly-diagnosed men and their families. Ron Foreman, a fellow prostate cancer survivor who has attended several of our meetings, has very generously offered his professional services to help us develop and maintain this web site.

Some basic information has already been uploaded but our site is far from being complete. We hope to have it up and running in the very near future.

CONDOLENCES

The Board of Directors sends its condolences to board member Dick Arai and his wife Aki on the recent death of Dick’s brother Thomas.

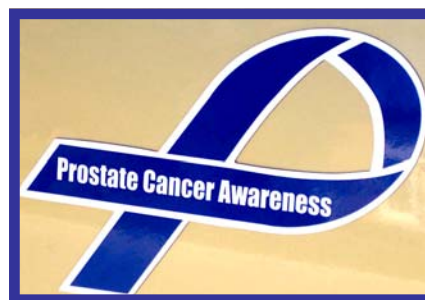
Buy a Magnetic Car Ribbon and Support Man To Man

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.

M2M Board Elects New Vice-Chairman

At a meeting held on Tuesday May 9, 2006, we added another vice-chairman to the board.

Ron Benson, a board director for the past 2 years accepted the position of first vice-chairman. He joins Sol Dennis who is second vice-chairman.

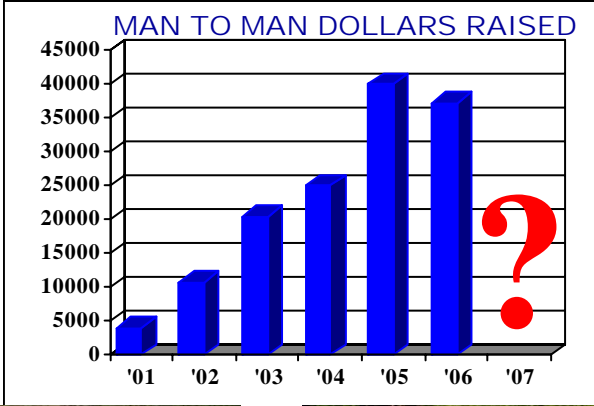
We are looking for other men who are interested in joining our board as Directors.

If you feel you might be interested in finding out more about this position, please contact Chairman Aaron Bacher at 416-414-4961 or email him at aaronbacher@rogers.com.

We all congratulate Ron on his new position and wish him well.



Relay For Life Raises \$37,217



Man To Man Celebrates Pride Week 2006



Some men wore pants; others did not. The Man To Man volunteers all wore pants! It was sunny and gorgeous as M2M once again took part in Pride Toronto 2006. We answered many questions about prostate cancer and handed out many brochures. Everyone had a great time.



Chairman Aaron Bacher with Fran Walsh, Regional Director, Toronto, CCS.



Thank you to everyone for another great effort!



How many other words did you make from the word:
PROSTATE - We made 187
Let us know - mantoman@rogers.com

Man To Man Hosts Another Very Successful Forum at 519 Church Street



They came to hear about prostate cancer, a disease/topic that is not talked about a lot in their community. Some brought their partners; others were there alone. Some had been diagnosed with the disease and had been treated, while others just came to hear about the importance of being tested.

It was the second annual Prostate Cancer Forum at 519 Church Street on Saturday June 3, 2006, hosted by our Man To Man prostate cancer support group.

Chairman Aaron Bacher welcomed everyone and made some introductory remarks. Then Steve Weiss, who underwent a radical prostatectomy earlier this year, was introduced to tell his story, along with his life partner Richard Durk, who shared the entire process with him as his caregiver.

Steve told how he was diagnosed and how he went through the process of deciding on his treatment, while Richard was with him every step of the way. He explained the biopsy process and what was involved in preparing both mentally and physically for major surgery and also for what followed both in the hospital and when he got home. He talked about the value in having someone close to you who can share in the experience and who you can turn to for support. As far as support is concerned, he also told about attending Man To Man meetings and how helpful he found them in obtaining valuable information from other men who had gone through similar surgery before him.

Richard also spoke, telling his story from the standpoint from the caregiver, and how he had to prepare as well for the entire ordeal. He had also attended one of our meetings and found it to be very helpful, although he did mention that it was a bit strange when he was referred to as the "partner" who could sit in on the Man To Man meeting, rather than go upstairs to attend the Side By Side meeting, where the female partners of the men with prostate cancer meet. Both Steve and Richard spoke very openly and personally about what happens to the "couple" when one of them is diagnosed with

prostate cancer, and they were both very well received by the men in attendance.

Dr. Charles Hayter, a radiation oncologist who used to be at the Toronto-Sunnybrook Regional Cancer Centre and who is now in private practice still specializing in prostate cancer, spoke next.

He talked about the importance of men getting screened by having a PSA blood test, which has proven to save lives. He mentioned how, since the PSA test came into being, two things have happened: the number of men being diagnosed with prostate cancer has increased dramatically, but the number of deaths from the disease has decreased substantially. He said most men used to be diagnosed by the DRE (digital rectal examination) before the PSA was available, but since then the blood test has become the primary way that men are diagnosed.

He did another terrific job at providing important information for the men in attendance and they were all very appreciative of him being there again for them.

Many questions followed the presentations by Steve, Richard, and Dr. Hayter, and an excellent discussion took place with everyone participating.

The men who attended all agreed on the importance of organizing this kind of forum, where men can get together to discuss mens' health issues. Man To Man committed to continue hosting these kinds of meetings as long as there is a need to do so.

Our sincere thanks go out to Pearse Murray, who helped to organize this event for the second consecutive year, and to Ray St-Sauveur who also showed his support by attending again this year.

* * * * *

Statistics say that one in seven men in Canada are diagnosed with prostate cancer.

Not "heterosexual" men or "gay" men.

It just says "men".

ON-GOING PROJECTS FOR 2006

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>
Jul 26	Man To Man Survivors	Survivor Forum II
Sep 27	Dr. Michael Jewett	Should we change the way we manage prostate disease in aging men?
Nov 29	Dr. John Trachtenberg	* TBA

** To be announced.*

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.

**For security reasons the building's doors are locked at 7 p.m.
Please try to arrive a few minutes early!*

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, 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

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Sol Dennis

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