

A w a r e n e s s

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

Irene Wows Them Again at our Opening Awareness Night Meeting

It was our first time back at the Toronto Botanical Garden in more than a year, but our audience returned as if we were never away. They came to hear Irene Lange-Mechlen, a Radiation Therapist at the Toronto-Sunnybrook Regional Cancer Centre, tell her very personal story about losing her husband to prostate cancer a few years ago. And they were all very moved by her. They heard her begin by stating that although statistics have shown that 1 in 8 men are diagnosed with prostate cancer, that figure is now 1 in 6!



Guest speaker Irene Lange-Mechlen with Man To Man host Jim Moran

She said that "because we don't really know what causes it, we can't fully tell men how to avoid getting it, although the incidence is higher if your father or brother has been diagnosed with it". She added, "We need change, because fathers have had a lot of influence over their sons for years as they were growing up, and many of them have been taught that 'big boys don't cry'. Sex education in the schools doesn't include anything about prostate cancer, and too many males go to doctors only when there are serious problems."

She described how her husband Rainer, recently retired as the Founding President of Mercedes Benz Canada, was diagnosed and how everything changed after that diagnosis. After missing his annual checkup in 1995, mainly because he disliked the digital rectal examination, he found out a year later that his PSA had risen to 10 and his Gleason

Score, which measures how aggressive the tumor is, was very high at 8/9. He chose to have radiation treatments in 1996. During regular checkups the following year (1997), his PSA was increasing at a rate of 1 point per week, until he developed bone metastasis, which Irene said, "was too much to bear!"

At that point (1998), she left work to be with Rainer fulltime at home as his caregiver. She told everyone how he took a very proactive role, speaking to every executive he had gotten to know over the years, strongly advising them to promote prostate cancer education within their companies. He did this as he wanted the time he had left to be productive by helping other men with prostate cancer.

By August 1999, Rainer was in great pain, and he was given a new drug which made him almost pain free after only two weeks. This lasted for about a year, at which time he began palliative treatment. *During this time, Irene had placed remote buttons all around the house, so that if Rainer found himself in trouble, he could call for help wherever he was.* Irene explained how he "got his house in order and arranged for a living will" during the moments when he felt better. She also told the very attentive audience how she would only go out of the house to do some quick grocery shopping when Rainer was asleep for a few moments, or she too would try to sleep while he was sleeping. "I moved out of our bed at one point, because I didn't want to accidentally bump his sore ribs during the night!"

By August 2000 he was tired almost all the time and couldn't walk very far at all. A month later, in September, he had to be admitted to hospital as his right lung had filled with fluid. *see Irene page 2*



MARCH 2006

MAN TO MAN

Prostate Cancer Support Group

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

Irene wows them again!

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"I slept on a cot beside him and we spent three days and nights just talking whenever he felt strong enough. Family came to be by his side, and on the third day Rainer died quietly in his sleep."

Irene said she tells her story to encourage other men to take better care of themselves when it comes to their overall health, specifically prostate cancer. Today many men are being diagnosed in their late 40's, and Irene says "prostate cancer affects the entire family! A woman is much more than her breast and a man is much more than his prostate." She encourages every man to talk about his diagnosis and "push all your male relatives and friends to be tested by having a PSA blood test."

Irene was numb for the first three months after losing Rainer. She would ask herself, "Why am I still here? Or "Why won't G_d take me now?" It's a very slow process you go through, until, one day, you start to try to get back to "living" and not feeling guilty about it. She got back to work slowly; part-time at first.

She explained how her husband had left her detailed instructions on how to do everyday household things that he used to do; things that she would now have to do for herself. It included simple things like doing the banking, taking care of the car when necessary, or knowing who to call when the furnace or water heater needed repair. "We call them all 'simple things', but they're really not that simple when you've never done them before! It can be overwhelming."

Irene noted that it felt strange approximately a year or so later when she actually caught herself "laughing" about something. She said that advocacy plays a role in healing. She talked about how women march on parliament hill when they feel that there are important issues to make the government aware of, such as breast cancer issues. She asked out loud, "Why don't men march the same way for better prostate cancer health care, such as covering the cost of the PSA blood tests?"

She told about the ongoing necessity of additional research dollars for prostate cancer, and how, by the year 2016, 1 in 4 men could be diagnosed with this disease.

Irene concluded by saying that "I share my story in the hope that we'll all be able to make constructive, positive changes in the future." She received a rousing reception following her presentation.

After a short refreshment break, Irene spent at least another half hour answering many questions from the enthusiastic audience.

As they were leaving, many of our audience members mentioned how much they had enjoyed the evening to our volunteers, and really praised Irene for being so honest about what she had gone through.

We sincerely thank Irene for coming to our Awareness Night meeting and sharing her very personal story with our large appreciative audience.

***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



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.

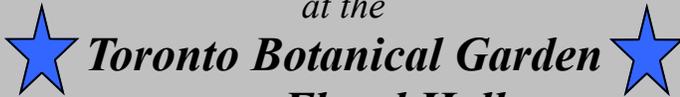
MAN TO MAN & SIDE BY SIDE

(Prostate Cancer Support Groups)

invite you to attend a

Prostate Cancer Awareness Night

at the



Toronto Botanical Garden

in the Floral Hall

777 Lawrence Ave. East at Leslie Street

on

Wednesday March 29, 2006

at 7:30 p.m.

Our guest speaker

Dr. Gerard Morton

MD, MRCPI, FRCPC

topic

**"Radiation Therapy
& Brachytherapy"**

(Seed implants & High Dose Rate)

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 the
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.

Man To Man Chairman **Aaron Bacher** kicks off the support group's drive to collect



food for the **North York Harvest Food Bank** by placing some food in the bin. Watching closely is **Kathryn Sim**, Manager of Agency and Community Relations with the food bank. Attendees at the first Awareness Night Meeting at the Toronto Botanical Garden completely filled the bin by the end of the evening.

A Chairman's Personal Note

Further to the recent presentation made by Irene Lange-Mechlen at our February Awareness Night Meeting:

My wife Ronnie and I will celebrate our 42nd wedding anniversary on March 15, 2006, and I can honestly say that during our marriage we have talked about every possible topic, including death. It's not a subject that many couples want to talk about, but one that, nonetheless, is very important.

Irene touched on the fact that she was totally unprepared when her husband passed away, as she had to take over the necessary household tasks, something that her husband previously took care of. She's not alone in this area, as many women find themselves in that same situation when they suddenly lose their partner. They find that they don't know very much about the family banking, insurance policies, or the proper people to contact such as lawyers, accountants, etc. Sometimes they don't know where their wills are located, or who they should speak to about their burial plots.

In our particular case, Ronnie has done most of these things since we first got married, meaning that I'm usually the one in the position of having to ask where things are. However, I believe that I am in the minority as far as this situation is concerned.

It's very important to talk about these things as a couple so that neither partner gets caught off-guard should something happen to one of them. Only three months ago, Ronnie and I had a lawyer update both of our wills, something we hadn't done for almost 20 years when our sons were much younger. Since one of my sons now has two sons of his own, we knew that we were overdue in getting this done, making everything much more relevant.

Of course, we have a natural tendency to put things off, as we did, because we all know that "nothing's going to happen to us!" We say

that, but, deep down we all know that there are no guarantees for any of us.

"Death" is not a subject many of us want to discuss, even with our partners; but we must. We must not allow things to get to the point where something happens to one of us, and the remaining partner has to fend for themselves at one of the most emotional times of their life. So, talk to each other: we don't know which one of us will be that "remaining partner", so it is very important that **both** partners are equally prepared well in advance.

As prostate cancer survivors, our mortality has already been tested. That should make us want to discuss all of these things, including items such as Living Wills and Powers of Attorney. Decisions should be agreed upon today, regarding our future health care, should one of us become incapacitated and unable to make important decisions concerning ourselves.

When we (M2M) counsel other men who have been diagnosed with prostate cancer, we quite often repeat to them what the doctors have told us; that "you'll probably die *with* prostate cancer rather than *because of* prostate cancer!" We certainly hope that this is true.

However, since none of us knows exactly what lies in store for us, we should follow our own advice ("make an informed decision about your treatment") and prepare ourselves properly so that we are never unprepared when a traumatic situation happens in any of our lives.

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

Other Support Groups Using Our Ribbons

Over the past many months, several support groups from across Canada have ordered our blue magnetic ribbons to help them raise awareness about prostate cancer and also to raise some funds for their group.

The two major hospitals that we (M2M) volunteer at - **Princess Margaret** and the **Toronto-Sunnybrook Regional Cancer Centre** - have both ordered a supply of these ribbons to include in the packages that they hand out to new patients who have been diagnosed with prostate cancer.

So our message of “increasing prostate cancer awareness” is slowly but surely getting out there!

How many other words can you make from the word:

P R O S T A T E

Let us know - mantoman@rogers.com

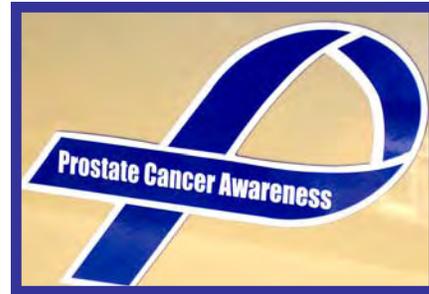
Buy a Magnetic Car Ribbon

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.

CUT HERE

CUT HERE

Honour Yourself as a Prostate Cancer Survivor and Help Us Raise Funds For *Relay for Life!* Buy a Luminary Candle With Your Name on it **TODAY!**

No. of Candles In Honour Of

YOUR NAME ON THE CANDLE:	_____	_____	X
OTHER PEOPLE TO HONOUR:	_____	_____	X
	_____	_____	X
	_____	_____	X
TOTAL NO OF CANDLES @ \$5 EACH:	_____	<i>Please note that receipts cannot be issued for these candles.</i>	
TOTAL MONEY ENCLOSED:	\$ _____		

“I would rather make a donation to the Canadian Cancer Society (through Man To Man) and receive a receipt.” Please send us your cheque and we’ll immediately mail you back a tax receipt.

Please make cheque(s) for Luminary Candles/Donations payable to: **THE CANADIAN CANCER SOCIETY**
And mail along with this form to: **Man To Man, 27 Lynch Road, North York, Ontario M2J 2V6**

CUT HERE

CUT HERE

Man To Man Volunteers Have Started Raising Money for This Year's Relay For Life

Yes, we have already started asking people to make their annual donations to the Canadian Cancer Society. Volunteers from Man To Man have received their Relay For Life kits, including an official tax receipt book for those making straight donations to the Canadian Cancer Society, and sheets listing their Luminary Candle sales.

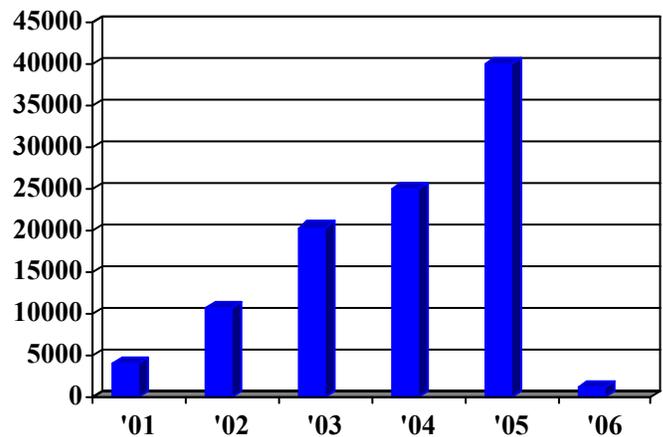
On page 5 you will find a form where you can either: a) make a donation to the Canadian Cancer Society through Man To Man and receive your tax receipt by return mail, or b) order 1 or more Luminary Candles honouring yourself as a prostate cancer survivor (and someone else who is also a cancer survivor) for only \$5 per candle. These candles will have your name on them, or any other names who you purchase candles for.

Please help us raise these important dollars, which Man To Man will have directed to prostate cancer research.

If you want to join "our team" to help us raise money for this important event and also participate at the Relay itself on Friday June 23, 2006 at E.T. Seaton Park in North York, please call us at 416-414-4961 or email mantoman@rogers.com.

We promise you a terrific evening of fun and camaraderie.

Money raised by Man To Man



**THANK YOU VERY MUCH FOR HELPING US
RAISE THESE MUCH-NEEDED FUNDS FOR
THE CANADIAN CANCER SOCIETY.**

**ALL THE MONEY THAT MAN TO MAN
RAISES IS BEING DIRECTED TOWARD
PROSTATE CANCER RESEARCH.**

When Sunnybrook & Women's College Hospital Personnel Meet Man To Man Volunteers

On Saturday morning February 25, 2006, current and future volunteers from Man To Man attended an orientation training session at Sunnybrook and Women's College Hospital (S&W).

This meeting was organized by Katherine Alexopoulos, Director of the Volunteer Resources Department at S&W, and Beth Singleton, Coordinator, Volunteer Resources Department, assisted by Ching Leung, Canadian Cancer Society, Toronto Region and Margaret Wolf, a Canadian Cancer Society volunteer.

Ching welcomed everyone to the meeting and outlined the agenda for the day.

Katherine explained the successful partnership between CCS and S&W. Beth explained S&W and Volunteer Resources' policies and regulations, including: Fire Safety, Infection Control, Occupational Health and Safety, and Privacy and Confidentiality.

Margaret talked about the Psychosocial aspects of cancer, the boundaries of peer support, and listening skills and self-care. She told us how it is very important to deal with the "whole person"; the mental, emotional, spiritual and physical sides of the patient.

Lunch was then served, during which time Katherine and Beth covered additional topics

including a draft outlining the role of the volunteer while in the hospital, a communication binder, and the hospital guidelines regarding the need to sign in and out of the hospital when you volunteer. The hospital always needs to know exactly who is in the

building at all times, which not only protects the hospital but all the Man To Man volunteers at the same time.

Our meeting ended with a quick tour of Inpatient Unit C2, where all the patients are taken following surgery, and where all our volunteers will

do their visitations. We were also shown the room where each volunteer will need to sign in and out of the hospital, using a simple touch-screen system.

This meeting may have taken what seems like a long time to take place, but it was well worth the wait. Many important items were covered and we are now one step closer to starting our post-surgical visitations.

Our sincere thanks go out to Katherine, Beth, Ching and Margaret for coming out on a Saturday morning and facilitating this important meeting.

We also thank the 17 Man To Man volunteers for being there as well, and for taking an active role in this very successful get-together.



Man To Man volunteers at the meeting. Standing: Moe Wagman, Lou Silver, Allan Lappin, Jim Moran, Ron Watterson, Ivan Samuels, Ron Benson, John Roth, Stan Sandler, Gerry Garshon, Jack Chisvin, Ray Turner, George Zadek, and Bob Elliott. Seated: Aaron Bacher and Dick Arai.

ON-GOING PROJECTS FOR 2006

Awareness Night Meetings

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.

Remember to bring some food with you for the Food Bank - please see the article on page 3.

<u>DATE</u>	<u>SPEAKER</u>	<u>TOPIC</u>
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	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 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.

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

"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.

Man To Man Board

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