

A w a r e n e s s

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

First Two 2009 Awareness Night Meetings Prove Very Successful Because of Two Powerful Speakers

It was January 28th 2009: it was very cold and it was snowing. The snow was supposed to stop sometime that afternoon, but it still kept coming down. We were receiving phone calls all day, asking if the meeting that night, our first Awareness Night meeting of 2009, was going to be cancelled.

But we've never cancelled any of our meetings, as it is impossible for us to contact the people who are planning to attend. So the meeting went on as scheduled, even as we continued to hope that our guest speaker would be able to get to the Botanical Garden from Mount Sinai Hospital, which is a long drive especially in bad weather.

Well, thankfully he did, as did approximately 40 other hearty souls, who came to hear information about prostate cancer.

Once everyone had settled in and warmed up a bit, Dr. Keith Jarvi certainly didn't disappoint anyone!

He introduced everyone to the prostate gland itself, explaining what it is, where it is and what it does, and he also described its journey in our bodies from a young age. He talked about prostate "wellness" and about his area of expertise - male reproduction - an area that has led him to explore and

research the connection between semen and the prostate - very interesting work.

Discussions took place about the various choices of treatments and a lively questions and answer session followed the refreshment break.

The adventurous people who braved the bad weather thoroughly enjoyed the evening, and we sincerely thank Dr. Jarvi for making his first (but not his last) appearance at one of our Awareness Night meetings a very memorable one indeed!



March guest speaker Dr. Juanita Crook with M2M Chairman Aaron Bacher

March marked the fourth time this lady had spoken to an Awareness Night audience. And, unfortunately, it also was the last time, as she and husband Dr. Robert MacMillan, a urologist at Toronto East General Hospital, are heading west this May! Please see article on page 5.

(continued on page 2)



MAY 2009

Toronto Man to Man Prostate Cancer Support Group

541 Finch Avenue West

Toronto, Ont. M2R 3Y3

Phone: 416-932-8820

Fax: 416-490-8236

Email:

info@mantoman.ca

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

Dr. Jarvi and Dr. Crook (continued)

Because of that, a large welcoming audience was on hand at the Toronto Botanical Garden in March, including many of her patients, to hear her talk about her specialty - Radiation therapy.

The first part of her talk covered the importance of PSA testing, as she showed slides outlining its

"Today, finding it (prostate cancer) does not necessarily mean treating it!"

Juanita Crook

tremendous impact on all aspects of PCa management, and how PCa mortality has decreased. She also showed how new cases of late-stage PCa have fallen since the early 1990's due to PSA screening.

She compared low, intermediate and high-risk cases and the various choices of treatment.

Then the differences between Seeds and High Dose-Rate Brachytherapy were discussed, along with External Beam Radiation Therapy, comparing the potential side effects attributed to each treatment. She spent some time on IMRT, explaining why it was a terrific option for prostate cancer.

Sexual function after radiation therapy was also discussed at length, as she showed that a high number of men claimed success in this area following treatment. She mentioned that, at times, Viagra and/or Cialis are required by men at least some of the time.

Following the traditional refreshment break, the audience had many questions for Dr. Crook and she took her time answering them all in great detail. We had promised her that she would be out of our meeting by a certain time, as she was meeting her husband for a late-night dinner, but she continued answering questions and we eventually had to "rescue her" from her questioners.

Our sincere thanks go out to her again for another tremendous evening and for her support of our group for the past many years.

Board of Directors Announcements

The board has announced that Robert Abelson has accepted the position of treasurer effective immediately, replacing Ray Turner. We all wish Robert the best of luck in his new position and we thank Ray for his very successful term as treasurer for the past two years.

The board also announces that Jim Moran and Ray St-Sauveur, both long-standing members of our Board of Directors, have resigned from the board for personal reasons effective May 1, 2009.

Jim noted that he has served Man to Man under four different chairmen during the past 11 years. Aside from being a board member, Jim was also our Awareness Night Coordinator for many years, placing him front and centre at numerous awareness night meetings where he introduced many of our guest speakers. Jim also represented M2M at many health fairs and other special events, continuing to increase the awareness of prostate cancer.

Ray was not always as "visible" as Jim, preferring to remain in the background performing some very important duties for M2M also over many years, which involved countless hours of his personal time. This includes maintaining our vast mailing lists and sending out all our flyers/newsletters, whether by email or "snail mail". He also accompanied Jim to many of the health fairs mentioned above as well as attending other important events, all to get our message out about the importance of early screening. Jim and Ray also attended most of our peer support and awareness night meetings, counseling newly-diagnosed men for years.

We sincerely thank them for their tremendous service on our board and look forward to seeing them at many more M2M functions in the future.

If you would rather receive this newsletter electronically, please email 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 a
Prostate Cancer Awareness Night
at the
Toronto Botanical Garden
in the **Floral Hall**
777 Lawrence Ave. East at Leslie Street*

on

Wednesday May 27, 2009

at 7:30 p.m.

guest speaker

Dr. Gerard Morton

MD, FRCSC

Odette Cancer Centre

topic

**"Why is PSA Testing
Still Important?"**

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**

When 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).

- | | |
|---------------------------------------|------------------------|
| √ <i>Canned fish & meat</i> | √ <i>Flour</i> |
| √ <i>Canned vegetables</i> | √ <i>Brown pasta</i> |
| √ <i>Canned fruit</i> | √ <i>Powdered milk</i> |
| √ <i>Cooking oil</i> | √ <i>Dried beans</i> |
| √ <i>Sugar substitute
(Equal)</i> | √ <i>Brown rice</i> |



www.northyorkharvestfoodbank.com

We thank you for your continued support.

SPECIAL ANNOUNCEMENT



We are very happy to announce that all of our 2009 Awareness Night meetings at the Toronto Botanical Garden and our peer support meetings at Valleyview Residence will be sponsored by Scotiabank.

We sincerely thank them for their very generous financial support.

Man to Man Taking Part in 9th Annual Relay For Life Event on Friday June 12, 2009 at Forest Hill Memorial Park

June is not that far away. Volunteers from Man to Man and Side by Side will gather at Forest Hill Memorial Park on Friday June 12th, along with their children and grandchildren, to take part in the Canadian Cancer Society's (CCS) annual **Relay for Life** fundraising event. That night promises to be a lot of fun for everyone attending.

However, before we can all celebrate another Relay together, many of our volunteers are out raising money by obtaining donations from their family members, friends and colleagues or selling them Luminary Candles. With less than three weeks to go until June 12th, it is time for a big, final "push" to see how much money our support group can raise for prostate cancer research again this year. There is still time for each of you to help us achieve our goal to surpass last year's total (\$46,719), even if only by \$1, but **you must act now** for us to succeed.

The easiest way to help us is to make your personal donation to the Canadian Cancer Society *through us* by mailing a cheque, payable to THE CANADIAN CANCER SOCIETY, to **Man to Man 2009 Relay Team, 27 Lynch Road, North York ON M2J 2V6**. We will have an official tax receipt mailed out to you. If you ask your family and friends to make their annual donation to CCS through you and also mail those cheques to the same address above, receipts will also be sent to them as well.

You can also sell \$5 Luminary Candles, with each candle containing the name of a cancer survivor or someone who unfortunately lost their battle to cancer. **Go to www.mantoman.ca and click on the Relay button. Then click on the Luminary Candle Order Form.** If you cannot go online simply make a list.

Complete the form (or your list), showing the name, exactly as you want it to appear on the candle, how many candles you want in that name, and whether those candles are "in honour of" or "in memory of" that person. Of course, you must collect \$5 per candle and submit the money with your completed

form or list.

These candles will line the walking track at the park on the night of the Relay. At ten p.m. each of these candles will be lit during the very moving and emotional Luminary Candle Ceremony.

If you plan to join us at this year's Relay event with your family, please register by calling **Aaron Bacher - 416-414-4961** - or by going online and joining our **Man to Man 1** or **Man to Man 2** teams, as follows:

Go to: **www.mantoman.ca**

Click on: the coloured **Relay** Button

Click on: **a) Relay for Life in Toronto Central**

Click on: **Join an existing team (on left side)**

Type in: **Man to Man 1** or **Man to Man 2**

Click on: **JOIN** in bottom right corner

Complete the registration form and follow the simple instructions. You will be asked to pay your **\$10 REGISTRATION FEE** which includes a t-shirt and your invitation to the Survivors' Reception at 6 p.m.

Please email aaronbacher@rogers.com or phone **416-414-4961** if you have any further questions at all.

If you've never been part of our Relay Teams before, 2009 is a great time for you to start, and then you'll realize why we look forward to this very special event each year!

Please call or go online **TODAY** to let us know that you and your family are planning to join us on Friday June 12th at Forest Hill Memorial Park. The opening Survivors' Victory Lap is scheduled for 7 p.m.

Thank you.

We first started participating in the Canadian Cancer Society's Relay for Life fundraising event in 2001. This month we reached the amazing amount of \$250,000 raised by our dedicated volunteers! That's quite a feat! Congratulations to all!

Dr. Juanita Crook Leaving Toronto for Kelowna, BC

Wagons HO! A famous quote reads “Go West Young Man” and, although it was credited to Horace Greeley, it was actually made by a man named John B.L. Soule.

That said, it obviously included “young women” who headed west as well!

Which brings us to Dr. Juanita Crook who will, at the end of May, pack up her belongings, gather up her “man” Dr. Robert MacMillan, and join the next wagon train heading out to British Columbia.

OK, so she won’t be travelling by wagon train; it seems that we now have jet airplanes that can get you to your desired destination a lot faster!

And her final destination is Kelowna BC, where this particular “medicine woman” will be setting up shop at the BC Cancer Agency Centre for the Southern Interior.

Kelowna will never be the same! People who have never heard of the word “Brachytherapy” before will soon know all about this excellent prostate cancer treatment, and many men will also get to say “Howdy” to “the doctor from the east” who brought her specialty out west to benefit them.

Everyone at Man to Man and Side by Side wishes Drs. Crook and MacMillan the very best in their new home and thanks her for her many years of support.

We also want to wish Dr. Saibish, Dr. Crook’s replacement, the best of luck in his new position at Princess Margaret Hospital. His actual name is Dr. Saibishkumar Elantholi Parameswaran - and yes, that’s exactly why he is known as Dr. Saibish!

Our volunteers are looking forward to working with him and his radiation patients at PMH.

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 to order yours today. Thank you.

Former Man to Man Treasurer Given Special ALS Award

Ray Turner is a prostate cancer survivor who served on the M2M Board of Directors as Treasurer for a couple of years. During that time, he was diagnosed with ALS, otherwise known as Lou Gehrig’s Disease, which is incurable.

Since then he has become an advocate for the ALS Society of Canada, volunteering for them and speaking to other people with ALS. He was recently awarded the Myra Rosenfeld Volunteer Award, in recognition of his dedicated volunteer work. “I was completely shocked and pleasantly surprised,” Ray said about winning the award. We congratulate Ray for receiving this prestigious award.

Are you interested in becoming a Man to Man Volunteer?

Please call our hotline - 416-932-8820 or email us at info@mantoman.ca

Man to Man Meets With Canadian Cancer Society

On April 16, 2009 a meeting took place between representatives of the Canadian Cancer Society (CCS) and Man to Man (M2M) to discuss CCS's position on PSA blood testing.

M2M has for a long time felt that CCS's stand on the importance of PSA testing has not been very strong and/or supportive. And with the results of two major screening studies being made public recently, their position didn't change and may even look worse today.

Here is what CCS published:

"The Canadian Cancer Society has concluded that for men with symptoms of prostate cancer, PSA testing can be an important tool in diagnosing the disease. But for those who do not have symptoms, PSA screening does not appear to save lives."

M2M disagrees with this statement. And, as one well-known radiation oncologist told us, "their statement may in fact be worse than you think."

That's because research data shows that most men who develop symptoms merely have enlarged prostates (BPH), with only a small percentage developing into prostate cancer. On the other hand, the majority of the men who **are** diagnosed with prostate cancer normally **don't** have any symptoms. So, according to the statement from CCS, they are suggesting the use of the PSA test for men who aren't normally diagnosed with prostate cancer (those **with** symptoms), while they aren't suggesting that it be used for the vast majority of men who **are** diagnosed (those **without** symptoms).

The concerns that we raised were discussed with other individuals within the CCS family, and a follow-up meeting with M2M is scheduled to take place on June 30th to discuss this very important topic further.

New Man to Man Baseball/Golf Hats for Sale

Help us raise prostate cancer awareness even more by purchasing one of our brand new royal blue baseball and/or golf hats which advertise the **Toronto Man to Man Prostate Cancer Support Group**.



The idea for these hats came from **Bill Lifchus**, one of our regular Tuesday night peer support meeting survivors, who also shared the cost of the hats with Man to Man.

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 will go to Man to Man.

Each member of our 2009 Relay for Life team is encouraged to purchase one (or more) and wear them to Relay on Friday June 12, 2009. This way it will be very obvious to everyone else attending Relay that we all belong to **TEAM MAN TO MAN**.

Man to Man Strongly Urges Men to Be Screened with the PSA Blood Test Even After Controversial Studies Published

In March two major screening studies published partial results, after which a cloud was still left hanging over the importance of the PSA blood test.

The European Randomized Study of Screening for Prostate Cancer (ERSPC) concluded that the mortality rate decreased by 20% when men were screened, but the American Study, the Prostate, Lung, Colorectal and Ovarian (PLCO) Cancer Screening Trial said that they found "no significant" mortality changes. Thus, the on-going controversy over whether men should or should not be screened for prostate cancer continues.

Having said that, we at the Toronto Man to Man Prostate Cancer Support Group still feel strongly that having an initial PSA blood test, simply to have a "baseline" number entered into your medical file, is extremely important. Subsequent PSA readings give the family doctors something to compare to and make it easier to monitor and note any changes.

Our policy is to advise men without any family history to start getting PSA tests at age 50. Those men with family history of prostate cancer should start earlier at age 40. African Canadian men, because they are at higher risk for prostate cancer, should start at age 40 without any family

history and at age 30 with history of prostate cancer in their family.

At our most recent Awareness Night meeting (March), the men in the audience were asked if they felt that the PSA blood test "saved their life", and as a response, most, if not all of them raised their hands!

Yes, the PSA blood test is controversial. Yes, this blood test sometimes yields false positives. And yes, at times certain PSA readings even lead men to have what some refer to as unnecessary prostate biopsies. However, since the PSA blood test is the only current screening tool for prostate cancer, we strongly urge all men to use this tool, as imperfect as it is, until something far better comes along.

We still encounter many men who were not screened when they should have been, whether it was a decision they made on their own or with their family physician's "help". Too many of these men are diagnosed with advanced or late-stage prostate cancer!

We are not so naïve as to believe that some of these men wouldn't have gotten prostate cancer anyway, but surely several of them would have received much earlier treatable and/or curable diagnoses.

Please encourage your male friends and family members to go get tested.

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>
May 27	Dr. Gerard Morton <i>Odette Cancer Centre (Sunnybrook)</i>	"Why is PSA testing still important?"
Jul 29	Dr. Kenneth Pace <i>St. Michael's Hospital</i>	Robotic-Assisted Laparoscopic Surgery <i>Using the Da Vinci machine</i>
Oct 7	Dr. Robert Buckman <i>Princess Margaret Hospital</i>	"Laughter, the Second Best Medicinewhen dealing with prostate cancer"
Nov 25	Dr. John Trachtenberg <i>Princess Margaret Hospital</i>	Treatments of the Future <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.

Toronto Man to Man Board of Directors

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