

Awareness

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

VISIT OUR NEW
WEB SITE

Dr. Michael Jewett Captivates Large Awareness Audience

It had been almost five years since he last addressed our Awareness Night audience.

Just under 200 people came to listen to him on Wednesday September 27th at the Toronto Botanical Garden, where he was scheduled to talk about prostate cancer, and he certainly didn't disappoint anyone!

He arrived without a laptop computer or a digital projector; just some notes to refer to. Part of his bio described him as: a cancer surgeon, a "treater" of prostate cancer, and a "thinker".

Dr. Michael A. Jewett opened his talk, by saying, "Thinkers don't need slides!"

He said that having an enlarged prostate or BPH (Benign prostatic hyperplasia) is an inevitable part of aging for men. It can lead to bothersome voiding symptoms (termed lower urinary tract symptoms or LUTS) which can trigger doctor visits and costly drugs or surgery. Also patients with BPH may develop elevations in their PSA levels, leading to concern and diagnostic procedures to exclude prostate cancer.

Two trials that he discussed were MTOPS (Medical Treatment of Prostatic Symptoms) and PCPT (Prostate Cancer Prevention Trial).

"I like clinical trials", he said, "as men seem to live longer when they take part in a trial." This is because they are seen regularly and tested often.

MTOPS was a long-term randomized trial that recruited over 3000 men in their 50's to assess the effectiveness of the drugs doxazosin (Cardura), finasteride (Proscar), a combination of each or a placebo to delay or prevent the clinical progression of BPH. Some men ran into trouble during the trial, such as kidney problems, bleeding, stones,

infections, and incontinence. The trial concluded that: a) BPH is a progressive disease, b) progression can be prevented by medical therapy, c) patients at risk can be identified by PSA levels, prostate volume, and symptom severity, and, d) the combination of finasteride and doxazosin is more effective than either alone in preventing progression.

PCPT was a study to determine if finasteride could prevent prostate cancer in men ages 55 and older. This study was stopped early when it was determined that finasteride did indeed reduce the incidence of prostate cancer by 25%. However, those men in the trial who did develop prostate cancer experienced high-grade disease, meaning that their tumors were more malignant. Researchers are trying to determine if the finasteride caused this high-grade disease.

Dr. Jewett covered many topics related to prostate cancer, touching on surgery, external beam radiation therapy, hormone therapy, and the newer options of Cryotherapy and HIFU (high-intensity focused ultrasound).

He also answered many, many questions from the audience, who completely surrounded him during our refreshment break, asking even more questions of him. The fact that he took so many questions was only half the story; the important part was that he answered in layman's terms, so that he was fully understood by the entire audience.

The relationship between Dr. Jewett and M2M goes back to when we were first founded, as he played a pivotal role in establishing M2M at Princess Margaret Hospital.

We sincerely thank him for taking time out of his busy schedule, and coming to make a most enlightening presentation that was enjoyed by everyone in attendance.



OCTOBER 2006

Man to Man

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Man to Man’s SURVIVOR FORUM II a Big Hit With “Awareness Night” Audience

Many men already had treatment for prostate cancer. Others had recently been diagnosed with the disease but they needed more information and wanted answers to their many questions.

They had all come to the Toronto Botanical Garden, where the Man to Man Prostate Cancer



Moderator Aaron Bacher with presenters Paul Gauthier, Ron Foreman, Marc Durocher, Frank Zoebelain, Ray Turner, and Gordon Burchill.

Support Group was hosting its Survivor Forum II. Here prostate cancer survivors were scheduled to tell their personal stories about how they were diagnosed with prostate cancer and what had led them to their particular choice of treatment.

Aaron Bacher, chairman of Man to Man, acted as moderator and introduced the large audience to six survivors from the support group. Each told his story to the appreciative, attentive audience.

Marc Durocher was the first speaker, telling how he had decided to have Laparoscopic Surgery, performed by Dr. Antonio Finelli at Princess Margaret Hospital (PMH). Marc explained how impressed he was when he first heard Dr. Finelli speak at the second annual Canadian Prostate Cancer Network conference in August 2005, hosted in Toronto by M2M.

Paul Gauthier followed Marc, detailing how after having 35 External Radiation Therapy treatments in 1997, the cancer returned and he had to have

additional treatment. He became a patient of Dr. John Trachtenberg (PMH) and was treated with Photo Dynamic Therapy in April 2004, and again in March 2006, as the cancer returned for a second time. He is now fully recovered and back at work.

Frank Zoebelain then told how he decided on HIFU (High Intensity Focused Ultrasound). He had researched all his options and decided to go with HIFU as he was an excellent candidate. This procedure is currently not covered by OHIP and carries a fairly hefty price tag.

Gordon Burchill attended our Awareness Night in March, where he heard Dr. Gerard Morton from the Toronto-Sunnybrook Regional Cancer Centre (TSRCC) discuss the history of radiation, including Brachytherapy. Gordon was intrigued by this treatment and liked Dr. Morton. Shortly after this meeting, he met with the doctor and decided to have HDR - High Dose Rate Brachytherapy - in May 2006. According to Gordon, it was, “A piece of cake!

Ray Turner described what led him to choose a radical prostatectomy, which was done by Dr. John Trachtenberg (PMH) in June 2005. Another doctor had recommended going on Active Surveillance, but Ray chose to have his prostate removed, and today is still very happy he made this decision.

Ron Foreman was the final speaker, and he too went to see Dr. Morton (TSRCC). But because his Gleason Score was 6, he was eligible for the Brachytherapy where radioactive seeds are implanted directly into the prostate gland. He received 88 such seeds during his procedure in April 2006 and is doing very well. *Continued on page 5.*

If you would rather receive this newsletter electronically, please send an e-mail to info@mantom.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 our final 2006
Prostate Cancer Awareness Night
at the
Toronto Botanical Garden
in the **Floral Hall**
777 Lawrence Ave. East at Leslie Street

Wednesday November 29, 2006

at 7:30 p.m.

guest speaker

Dr. John Trachtenberg
M.D. FRCS(C)

topic

**Image-guided Surgery for
Prostate Cancer**

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 | ✓ Flour |
| ✓ Canned vegetables | ✓ Brown pasta |
| ✓ Canned fruit | ✓ Powdered milk |
| ✓ Cooking oil | ✓ Dried beans |
| ✓ Sugar substitute
(Equal) | ✓ Brown rice |



www.northyorkharvestfoodbank.com

We thank you for your continued support.

Final RELAY Total

After our July newsletter was published we kept receiving money for the Canadian Cancer Society's Relay For Life.

Our final total for 2006 now stands at **\$37,657.24**, just **\$2,350.76** short of our amazing 2005 total of **\$40,008**. That's another unbelievable effort on behalf of everyone at M2M. Thank you.

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

Please call our hotline - 416-932-8820

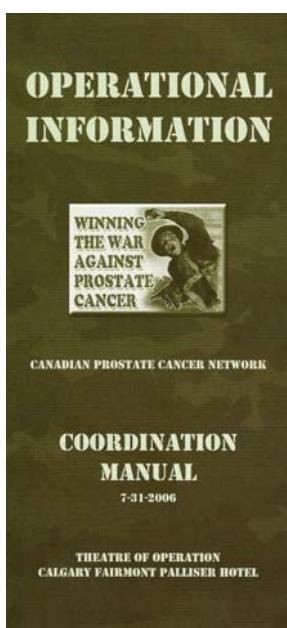
or

e-mail us at info@mantoman.ca

CPCN Hosts Another Very Successful Conference in Calgary

Yee-haw! You could probably hear those yells from Calgary all the way here in Toronto!

Western hospitality combined with the serious theme of “*Winning The War Against Prostate Cancer*”, in the Third Annual Canadian Prostate Cancer Network Conference in Calgary Alberta.



Over 50 prostate cancer support groups from across Canada were represented, with delegates from each province.

CPCN President and host **Bob Shiell** welcomed everyone and outlined the **Orders of the Day** for the conference.

Retired **General Paul Manson** was the keynote speaker after dinner on Sunday night, as he featured his Top Ten List of necessary items in order to “win the war”. Although this was a serious topic, David Letterman would have been proud!

Monday was the key day, as **Dr. Stephen Strum** from Oregon opened morning proceedings in the **Briefing Room** with an excellent talk.

A break followed, referred to as: **Mess Hall, Refuel and Refresh: Coffee, tea, latrine break.**

Dr. Larry Goldenberg, head of the Prostate Centre at Vancouver General Hospital, then spoke about where we are in the fight against prostate cancer in 2006. He referred to the fact that the PSA blood test is still not covered by all provinces as, “enough is enough!” He also said, referring to PCa, that we must stop saying, “Men die with it, not because of it.” His reason: “try telling that to the families of

the 35,000 men who do die from it each year!”

After a trip to the **Mess Hall** for **afternoon rations**, **Vivienne Parry** from England spoke about Breast Cancer vs Prostate Cancer and why one gets the media attention while the other usually does not.

Inge Christensen followed with a workshop teaching support groups how to develop and implement new ideas to help get the awareness and education message out to the target audience. Everyone worked on these ideas at their tables with members of other support groups in Canada.

Monday ended in the **Officers’ Mess**, with before dinner substance (liquid and solid rations) followed by the **Stage Door Canteen** dinner and entertainment by the Prime Time Big Band.

Tuesday morning had Inge wrapping up the results from Monday’s workshop by discussing some of the great ideas that were submitted. **Erika Brown** from the **Canadian Prostate Cancer Research Initiative** and **Len Gross** (CPCN Director) talked about the CPCRI Forum, scheduled for September 2007 in Toronto.

Following presentation of the **Commanding Officer’s Award of Merit** (President’s Award) by Bob Shiell to **Fred McHenry** of Prostaid Calgary, the **Disembarkation Rations** (farewell brunch) was served.

Bob thanked his committee for their hard work and all the delegates for coming and wished everyone a safe journey home.

Man to Man is supported by:

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

SURVIVOR FORUM II CONTINUED

Following a refreshment break including party sandwiches, coffee, tea, juice and cookies, the 6-man panel answered questions from the audience.

Aaron thanked all the Man to Man and Side by Side volunteers for helping throughout the evening. He also thanked the speakers for sharing their personal stories and the audience for attending, and adjourned the meeting just before 9:30 p.m.

This meeting was sponsored by **Associated Tube Industries** in Markham Ontario. Man to Man was invited to participate in a successful health fair held at their office in May 2006 and we thank president **Scott Sweatman** and everyone at ATI for making a very generous donation to M2M.

The comments from the audience following the meeting were very positive, and Survivor Forum II proved to be very successful. To read each speaker's complete presentation, please visit our web site at <http://mantoman.ca>

Former Chairman Morris (Moe) Wagman Resigns

Moe Wagman, a former chairman of our Man to Man support group, tendered his resignation at a recent board meeting.

Moe (a founding member) and his wife Roz have completely and unselfishly devoted their time to answering the phone, mailing out newsletters and other announcements for our support group, keeping our database up-to-date, etc.

Roz has been very active for years in our Side by Side group, while Moe has attended our peer support and Awareness Night meetings (with Roz) regularly. Probably no one will ever know how much work they both did behind the scenes.

Moe decided that it was time to leave the board, but he remains active providing support for Man to Man at Princess Margaret Hospital.

We sincerely thank them both for their total dedication throughout the years and wish them both continued good health.

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.

CPCRI & CPCN JOINT CONFERENCE IN 2007

The Canadian Prostate Cancer Research Initiative's (CPCRI) scientific Forum, "**Report to the Nation": A Decade of Progress in Prostate Cancer Research**", is scheduled for September 28-30, 2007 at the Westin Harbour Castle Hotel in Toronto. This Forum will also include the Canadian Prostate Cancer Network's (CPCN) 4th annual conference, aimed at prostate cancer support groups from across Canada.

You will learn about scientific strides that have been made in prostate cancer research as well as hearing about new ideas which you can incorporate in your own prostate cancer support group.

Keep watching for more information and plan to attend this interesting Forum/Conference next September 2007.

Here it is: Our Brand New Web Site

<http://mantoman.ca>

Who is Man to Man? How do I get in touch with them? When are their meetings and is there any charge to attend those meetings? Can I bring my partner?

Will I learn about the different treatments? Will I be able to speak to other men who have been diagnosed with prostate cancer?

Do you have some of these questions? Then go to our brand new web site and get some answers.

You will find information there about our bi-monthly Tuesday night meetings and our six annual Awareness Night meetings which take place at the Toronto Botanical Garden at Lawrence Avenue East at Leslie Street.

You will also learn about the meeting schedule of our sister support group called Side by Side.

There are links to other prostate cancer sites, including Princess Margaret Hospital and the Toronto-Sunnybrook Regional Cancer Centre.

You will also have access to our newsletter as well as other recommended reading material.

Our goal is to make our web site as helpful as possible to newly-diagnosed men as well as those who have already had their treatment, and continue to be interested in hearing about the latest developments in the treatment of prostate cancer.

Of course, we also strongly recommend that you attend our peer support meetings, as you will have opportunities to speak directly with the men who have already gone through the various treatments that you are now considering.

There is a tendency to feel isolated when you are first diagnosed. You wonder where you can go or who you can speak to about the many questions and concerns that are floating around in your head. And you also have no idea what you are going to do

regarding treatment.

But the truth is that you are **not** alone. Many men have been exactly where you now find yourself, and we are all ready and willing to answer your questions and support you in any way that we can to make this journey easier for you and your family.

This is your web site. If there is some additional information or topics that you feel should be available on our site, please feel free to send those ideas to us at info@mantoman.ca and we will look into each suggestion that we receive.

Prostate Cancer Awareness Week - Sep. 18-24, 2006

On Monday September 18, 2006, **CITY TV** news anchor **Anne Mroczkowski** met with **Mark Dailey**, also from CITY TV, and three survivors from Man to Man to discuss prostate cancer. This took place on the first day of **Prostate Cancer Awareness Week**, and the interviews were broadcast on CITY TV's 6 o'clock news that same night.



CITY TV Anchor Anne Mroczkowski, Ray St-Sauveur, Aaron Bacher, CITY TV Anchor Mark Dailey, and Ron Foreman.

Man to Man Launches Patient Visitation Program at Sunnybrook Hospital

After four years of meetings, internal hospital amalgamation, lots of telephone calls and planning, training sessions, and even an outbreak of SARS, radical prostatectomy survivors **Jerry Garshon** and **Ray St-Sauveur** became the first two M2M volunteers to visit patients in the C2 wing at Sunnybrook Hospital on Thursday Sept. 28, 2006.

Each of our volunteers had to attend an orientation program run by the hospital and then have a TB test done by their family doctor, with the paperwork sent to the hospital. Each will soon receive their new hospital identification badge and parking pass. It may sound simple, but each step took longer than originally planned.

We will be visiting patients of Dr. Laurence Klotz, Dr. Sharon Sharir and Dr. Robert Nam. Volunteers will call the hospital before going there to make sure that there are surgical patients to visit.



Jerry Garshon, Aaron Bacher, Ray St-Sauveur, Clinical Educator Elaine Avila, Team Leader Janet King, and Staff Nurse Muriel Griffith.

following their surgery. We sincerely thank **Katherine Alexopoulos** - Director, Volunteer Resources, **Beth Singleton** - Coordinator, Volunteer Resources, and **Mary Glavassevich** - Patient Care Manager, Surgical Oncology and Hearing Services, for sticking with us as we went through the process of getting these visitations organized and approved.

Offering patient visitations at two major hospitals (PMH & Sunnybrook) means that we are again

taxing our current volunteers, so our need for additional volunteers becomes even more important.

If you've had a radical prostatectomy, and you were visited by one of our volunteers (or not), "give something back" by joining us and visiting someone else after surgery. If you're interested, please email us at info@mantoman.ca.

You will need to have the same training and testing as our current volunteers, but we promise you that you will feel tremendous about helping someone with whom you can totally relate.



On September 26, 2006 Chairman Aaron Bacher represented Man to Man by taking part in a panel discussion at the Ontario Self-Help Resource Centre launching Self-Help Awareness Week. Pictured above are Aaron, coordinator Spencer Brennan, and other presenters Dena Lynn, Barry Shainbaum and Janet MacNeil.

Board Adds New Director

Winston Klass became the latest addition to the board of Man to Man at a recent board meeting. He has been attending peer support meetings and visiting surgical patients at TGH. Winston becomes a Director and has also agreed to replace **Jim Moran** as our Awareness Night Coordinator, effective January 1, 2007.

We all wish him the best of luck and thank Jim for his many years of facilitating our Awareness Night meetings. Jim will continue to volunteer with M2M at PMH and in other areas as well.

OUR 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. With the holiday season just around the corner, the need for this food is even more critical.

<u>DATE</u>	<u>SPEAKER</u>	<u>TOPIC</u>
Nov 29	Dr. John Trachtenberg	Image-guided Surgery for Prostate Cancer

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 women's support group also meets at 20 Holly Street, in Suite 200, on the first Tuesday of each month. These meetings provide an opportunity for conversation 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 Toronto General Hospital and Sunnybrook 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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