

Awareness

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

Man to Man Survivors Tell Their Inspiring Stories At "Survivor Forum III"

AMANTOMAN SPECIAL EVENT
SEE PAGE 7 FOR DETAILS



Two Radical Prostatectomies (RP) - one in 1993 and one in 2008; two External Beam Radiation Therapy (EBRT) stories, in one case followed by a Salvage RP; and HIFU (High Intensity Focused Ultrasound).

We heard it all on Wednesday July 30th at the Toronto Botanical Garden.

And we heard it from the men who had actually gone through each of these particular treatments!

Michel LeBel told the audience about his experiences while going through External Beam Radiation Therapy.

Denis Farbstein and **Sol Dennis** each told how they chose to have a Radical Prostatectomy: Denis this past April 2008, and Sol in September 1993! Listening to them made you realize the improvements/changes that have occurred with surgery. For example, today's operation (2 - 2 1/2 hours) used to take between 5 and 6 hours, and instead of going home today after 2 to 3 days, you were kept in hospital for a minimum of 10 days.

Gunter Lauterbach's story included having EBRT in 2003 and a Salvage Radical Prostatectomy in 2006 because Gunter's PSA started to climb, indicating that his earlier radiation treatment had actually failed.

Forum host **Aaron Bacher** talked briefly about four other treatment options available to most men today: **Brachytherapy** - either Seed Implants or High Dose Rate Brachytherapy; **Active Surveillance**, something that many men who are diagnosed with very low PSAs and Gleason Scores of 6 are now choosing, even if as a short-term solution; **Hormone Therapy**; and **Robotic-Assisted Radical Prostatectomy**, which is now available at St. Mike's Hospital in Toronto.

Robert Abelson then talked about why he chose to have HIFU - High Intensity Focused Ultrasound - one of the latest treatments to be introduced in Canada. It is not currently covered by OHIP however.

Our speakers shared with our audience some personal moments that they incurred during their "journeys", explaining how their diagnosis of prostate cancer impacted on them and their families.

Following a refreshment break, the audience asked several questions of our panel which included all of our speakers.

Survivor Forum III was helpful to the newly-diagnosed men in our audience and proved once again to be a very successful evening overall .

SEPTEMBER 2008

Man to Man

Prostate Cancer
Support Group

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

We asked you to "Do it for Rudy" at *Relay 2008* And you certainly did "it" in great numbers!

Rudy would have been so happy! He would have been "kvelling", a terrific Jewish word that means "to be extraordinarily proud". He would have been feeling that way because of the amazing work that so many people did *in his name!* Of course, *he* never would have asked you to do that - *we* were the ones who asked!

Another reason that he would have been kvelling was because his entire family, led by his wife Eva, was at Forest Hill Memorial Park on Friday night June 20th participating in the event that he really enjoyed - the Canadian Cancer Society's *Relay for Life*. Not only did they participate but they pitched their tents and slept there overnight with their children. Eva did not!

Thank you all very much for answering our call to "**Do it for Rudy**". When the evening was over and all the donations and Luminary candle sales were added up, our 2008 Relay Team had once again done an amazing job and set yet another Man to Man record by raising **\$46,719**, surpassing by **\$1437** our unbelievable total last year (**\$45,282**)!

We also thank **Lou Silver** for supplying M2M "team members" with their very own blue "**Do it For Rudy**" ribbon to pin on their Relay t-shirts.



Eva Philipp with Man to Man Chairman Aaron Bacher

Our top three individual fundraisers were Marc Durocher for the second successive year (\$14,385), Alex Richman (\$5180), and Ted Berman (\$4,318).

The Luminary Ceremony at 10:00 p.m., when hundreds of personalized candles were lit by family members and friends, proved once again to be the emotional highlight of the evening.

Forest Hill Memorial Park was, in fact, a terrific venue for the Relay. And the weatherman, after threatening us with thunder storms/showers all day long, provided us with a beautiful, warm evening to celebrate our "**Do it For Rudy**" Relay for Life 2008. We sincerely thank him too!



Our Man to Man 2008 Relay Team



"Do it For Rudy" candles



"Do it for Rudy!"

*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 Sept. 24, 2008

at 7:30 P.M.

Dr. Andrew Matthew

Ph.D., C. Psych

topic

*"Couples' Perspectives:
Dealing with 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.

**2008 Meetings 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 will donate to the *North York Harvest Food Bank* again this 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).

- √ *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.

SPECIAL ANNOUNCEMENT



We are very happy to announce that all of our 2008 Awareness Night meetings at the Toronto Botanical Garden are being sponsored by Scotia Bank.

We sincerely thank them for their very generous financial support.

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

Please call our hotline - 416-932-8820

or email us at info@mantoman.ca

Dr. Joseph Chin Explains Robotic Surgery and HIFU to Another Awareness Night Full House

This was the first time that we had ever had a guest speaker from outside the Greater Toronto Area. Arrangements had even been made to have him driven to Toronto and returned to his home in London Ontario following his presentation.

And Dr. Joseph Chin, from the London Health Sciences Centre, certainly didn't disappoint the large audience that had come to hear about one of the latest treatment options for men who are diagnosed with prostate cancer.

Its name is **da Vinci**; and it's actually a surgical



M2M Chairman Aaron Bacher and Awareness Night guest speaker Dr. Joseph Chin

robot. Robotic surgery is the newest form of minimally invasive surgery, allowing surgeons to perform operations with less blood loss, less pain and quicker recovery times. When it is used for prostate surgery, it is referred to as a

Robotic Assisted Laparoscopic Radical Prostatectomy.

A small camera is inserted into the surgery site through a small incision. The surgeon then performs the surgery, using specially designed instruments which are also inserted into the body through small incisions. Dr. Chin showed a picture of him sitting in front of a three-dimensional display console where he controls the robot, and which, he said, allows him to manipulate these instruments with great precision. He referred to these instruments as having "six degrees of freedom" - as much flexibility as the human wrist. Benefits include much better visualization (because of the camera) and the ability to perform more precise surgery. One "slight disadvantage" was what he called "No Haptic"; you don't get the same "feel" for the

instruments as you do when you are actually holding the surgical instruments in your hands. Part of an operation was shown to the audience with Dr. Chin providing detailed "play-by-play". He highlighted the advantages to both the surgeon and the patient. The "down-side" included the expensive cost and what he called "being at the mercy of high-tech equipment failure" which fortunately is uncommon.

Although robotic surgery is being used extensively in the US, there are only 6 machines in Canada. (St. Michael's hospital in Toronto recently purchased a da Vinci.) The patients not suited for this type of RP are those who are extremely heavy, have previously had extensive abdominal surgery, have very large prostates or have advanced cancer.

Dr. Chin also discussed another option that he is involved with in London - High Intensity Focused Ultrasound, also known as HIFU. He described it as a "non-invasive acoustic technique using intersecting, precision focused ultrasound waves". Further, it "raises the temperature of the target tissue to more than 80-90 degrees C in 2-3 seconds, destroying the targeted cancerous cells". Right now HIFU is not covered by OHIP and costs patients thousands of dollars. There are two private HIFU clinics in Toronto.

He mentioned that there is currently a study underway in London called "Salvage HIFU", for patients following failed radiation treatment, which is more complicated because of the higher risk of complications.

Following his formal presentation, Dr. Chin answered many questions from the audience. He was sincerely thanked for coming and giving us this very informative talk by Awareness Coordinator Winston Klass, and then whisked away to his "driver" to be safely returned to London. A donation to the London Health Sciences Centre has also been made in his name by Man to Man .

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.



"If you remember, I did mention 'possible' side-effects!"

We need some legal help! Are you that person?

Man to Man is interested in checking into the possibility of obtaining Registered Charity status, so that we could accept donations from individuals and/or corporations and be able to issue official tax receipts.

There are costs involved in doing so, and, since we are a non-profit, volunteer based organization, we do not have the necessary funds in our budget to allocate for such an endeavor.

That's where we urgently need your help.

We need to hear from a lawyer who is interested in offering his/her services **pro bono** so that we can acquire this status. If we helped you through your diagnosis and treatment, we now need **your help!**

We see this as a viable way to sustain our yearly budget, and this would allow us to continue offering all the services that we have become known for in the Greater Toronto Area.

If you feel that you can help us, please contact our chairman **Aaron Bacher** at 416-414-4961 at your earliest convenience.

We thank you very much in advance.

Man to Man is Supported By:

- | | |
|--------------------------------|---------------------------------|
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VICE-CHAIRMAN RON BENSON REPORTS ON CPCN CONFERENCE IN CALGARY - AUGUST 3 - 5, 2008

The 2008 version of the Canadian Prostate Cancer Network happened in Calgary, Alberta from Sunday evening, August 3 to Tuesday noon, August 6. The theme was **"Staying Alive: You Go Boy!"**

Bob Shiell, President of CPCN, chaired the conference that began with a keynote address by The Honourable Ron Liepert, Minister of Health and Wellness for Alberta and closed with an audio-visual invitation by representatives from Newfoundland, hosts of the next conference in St. John's, September 9 – 11, 2009.

The presentations of **Dr. Steven Strum** (Oregon), **Dr. Larry Goldenberg** (Director of the Prostate Centre at the Vancouver General Hospital), **Dr. S. Nicole Culos-Reed** Ph.D. (University of Alberta), and **Dr. Mark Moyad** (University of Michigan) informed and inspired the 120+ delegates who, representing all provinces of Canada, gathered together at the Palliser Hotel.

A highlight of the sessions was the panel: **"Women with Prostate Cancer"**. Five women talked openly and candidly about their experiences, perspectives, and perceptions as wives or partners of men diagnosed with prostate cancer. A range of emotion was evident in their words . . . compassion, sadness, grief, depression, despondency, bewilderment, joy, fear, optimism, and anger! Without question, each woman wore her heart on her sleeve and the men and women in the audience were captured by their candor. The standing ovation that brought closure to this session attested to the fact that their contribution to the conference was significant, appreciated, and needed!

All sessions were videotaped and will be available for viewing at the CPCN website, www.cpcn.org.

Some points to ponder:

- ◆ there will be more diagnoses of prostate cancer made in 2008 than any other cancer: 24,700 diagnoses of prostate cancer compared to lung cancer, 23,900; breast cancer, 22,400; 21,500 colorectal cancer (The Honourable Ron Liepert)
- ◆ encourage young men to get an early baseline PSA number because prostate cancer begins when men are in their 30s (Dr. Steven Strum)
- ◆ get involved in clinical trials because it's through these studies that the medical community learns for the next generation (Dr. Larry Goldenberg)
- ◆ if you choose to participate in only one physical activity, that activity should be stretching exercises (Dr. Nicole Culos-Reed)
- ◆ the more you can do in moderation (diet), the bigger the payoff (Dr. Mark Moyad)

Although the 5th annual conference is now a memory, the 6th annual in Newfoundland is only 12 months away! And if the enthusiasm and energy of that planning committee is any indication, it's going to be a wonderful occasion.

Reserve the date – September 9 – 11, 2009!



THE SPEAKERS OF SURVIVOR FORUM III

L to R:

Host Aaron Bacher with Man to Man speakers: Sol Dennis, Gunter Lauterbach, Michel LeBel, Denis Farbstein, and Robert Abelson.

Photo by Ronnie Bacher

To read the complete presentation of each of our speakers (above), please go to www.mantoman.ca and click on the Survivor Forum tab. Once there, you will be able to read each presentation from Survivor Forum III as well as all the presentations from the original Survivor Forum (2004) and Survivor Forum II (2006).

**Author of "Promoting Wellness for Prostate Cancer Patients"
Coming to Toronto on Wednesday November 5, 2008**

MAN TO MAN SPECIAL EVENT

He occupies an endowed position created and funded entirely by his patients. He is the Jenkins/Pokempner Director of Preventative and Alternative Medicine at the University of Michigan Medical Center (Dept. of Urology). He is the primary author of over 100 medical articles and he is the editor-in-chief of the medical journal "*Seminars in Preventive and Alternative Medicine*" by Elsevier. In addition to his writing, he has maintained a consulting practice in Preventative and Alternative medicine for the last 15 years. He is also in great demand as a speaker and has probably educated the largest number of health care professionals on the topic of diet and dietary supplements in the world. He is also a very nice guy and loves water sports, his wife, his 14-year old son and the family dog, but not necessarily in that order!

His name is **DR. MARK MOYAD**, and he has graciously accepted an invitation from Man to Man to come to Toronto and speak to us!

"Mark" your calendars now to attend this first-ever **MAN TO MAN SPECIAL EVENT**, scheduled for Wednesday November 5th, 2008 at the Toronto Botanical Garden from 7:30 to 9:30 p.m.

Dr. Moyad's presentation is entitled:

**"Fad Diets and Dietary Supplements from A to Z;
What the Heck Works and What is Worthless!"**

You do not want to miss this presentation. His message is aimed at both men and women, so please bring your spouse/partner with you! He also has some special surprises planned, so be sure to arrive early to guarantee your seat!

One more thing: he is also one of the biggest University of Michigan fans anywhere!

But you might have already guessed that!

Since we support The North York Harvest Food Bank, please bring some non-perishable food with you. Thank you.



OUR ON-GOING PROJECTS FOR 2008

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>
Sep 24	Dr. Andrew Matthew <i>Princess Margaret Hospital</i>		Couples Perspectives: Dealing with prostate cancer
Nov 26	Dr. Sidney Radomski <i>Toronto Western</i>		Incontinence & Impotence

Nov 5 Dr. Mark Moyad

A MAN TO MAN SPECIAL EVENT
(please see page 7)

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 in the Toronto General Hospital and Sunnybrook Hospital, bringing them messages of hope and support.

Man to Man Board of Directors

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