

Awareness

The "PCCN-Toronto" and "Side by Side" Prostate Cancer Support Groups

Dr. Tony Finelli wows another Scotiabank Awareness Night audience!

In our December 2007 newsletter, we wrote about Dr. Finelli's first appearance in front of our awareness night audience.

We said that what becomes very obvious to everyone as soon as he begins talking about performing Radical Prostatectomies - his



Vice-chairman of PCCN-Toronto Winston Klass, guest speaker Dr. Tony Finelli and Scotiabank Awareness Night facilitator Allan Lappin.

specialty - is his absolute PASSION for what he does! We're very happy to report that none of that passion has waned since then.

On Wednesday night January 25th he was back in front of another very enthusiastic large audience. He discussed the differences between open, laparoscopic, and robotic-assisted laparoscopic surgery, while explaining "which option is best for you".

And he certainly didn't disappoint anyone who was there!

As part of his presentation, he showed short videos of each of the three different types of surgeries, explaining the differences to the audience.

At the end of the evening, many attendees were overheard saying how much they enjoyed being there and how simple Dr. Finelli made everything sound.

That's because he knew his audience and spoke in very-easy-to-understand layman's terms.

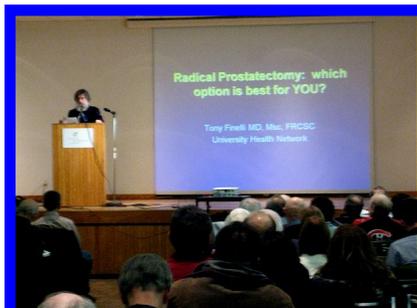
"You think he looks young now? You should have been here 5 years ago in September 2007, the first time he came here to speak!"

After the formal part of his presentation and our usual refreshment break, Dr. Finelli patiently answered many questions that were posed to him by members of our audience.

Allan Lappin, a member of the PCCN-Toronto Board of Directors, hosted the evening on behalf of our support group.

He welcomed everyone to our meeting, introduced our guest speaker, and then thanked Dr. Finelli on everyone's behalf at the end of the evening. He also announced that a donation had been made to the Princess Margaret Hospital Foundation in Dr. Finelli's name as a token of our appreciation of him coming to talk at our Scotiabank Awareness Night meeting.

A video of Dr. Finelli's entire presentation will be available shortly on our website - pccntoronto.ca - under "POSTS" on our home page.



Our January guest speaker being introduced by Allan Lappin.



MARCH 2012

PCCN-TORONTO Prostate Cancer Support Group

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"Raising prostate cancer awareness" - pccntoronto.ca

Join our PCCN-Toronto team for the 2012 Father's Day Walk/Run

Since it is never too early to start planning for a major event, we're asking you to keep the following date open: **Sunday June 17, 2012.**

That's not only **Father's Day** - a very important day on its own - but it is also the same day as Prostate Cancer Canada's (PCC) **Father's Day Walk/Run** at Ashbridges Bay Park on the waterfront in downtown Toronto.

This Walk/Run is PCCN-Toronto's only "official" fundraising event* each year, and last year we raised **\$36,839** - quite an amazing achievement!

You'll be hearing a lot more about this important event in the next few weeks and months, but our "team" - **PCCN-Toronto** - is already registered. Please join us by going to fathersdayrun.ca select "Toronto", then "register"; "individual and team search"; "team search"; type in "PCCN-Toronto"; click on our team name when it appears at the bottom of the page. On our team page, click on "**Join this team**" and follow the instructions.

Then help us raise funds for research, education, and to raise awareness about prostate cancer. And celebrate **Father's Day** morning by participating in the **Walk/Run** with the rest of our team, your children, grandchildren, and friends by walking together along the boardwalk.

Stay tuned for more important information! PCCN-Toronto's co-captains for the Walk/Run are:

Aaron Bacher aaronbacher@rogers.com or 416-414-4961
and

Stan Mednick sb.mednick@rogers.com or 416-756-0571

* several of our volunteers/survivors also choose to participate in PCC's highly successful Movember event each year by growing their moustaches.



Walking along the boardwalk last year.

PCCN's Task Force meets in Toronto

The nine current members of Prostate Cancer Canada Network's Task Force: Eric Huffey (BC); Bob Shiell (AB); Steve Pillipow (SK); Winston Isaac, Marilyn Junnilla, Derek Lawrence, Bill Vantour, and Aaron Bacher (ON); and Bill Kennedy (NL) all got together for a meeting on Thursday January 19, 2012 at the PCC office in Toronto.

PCC & PCCN's Steve Jones, Helene Vassos, Ada Keon, and Susan Graham-Walker joined them for an informal dinner on Wednesday night, where everyone previewed the agenda for the following day's meeting.

The first order of business was to elect a Task Force chair and vice-chair, and Steve Pillipow was elected chair with Bob Shiell taking on the vice-chair position.

Each Task Force member had been given a list of support groups from various regions in Canada to contact before the meeting in regards to a survey that PCCN was conducting with all affiliated groups. Part of the meeting's agenda covered the results of that survey, where each group was asked how PCCN could help them have more impact within their communities, and whether or not their members felt there were any pressing gaps in service or support that impact their quality of life.

The members of the task force were able to contact almost all of the groups that they were assigned, and many of the answers were quite interesting and will be followed up with each group. Each Task Force member will continue taking part in future surveys, contacting the same groups they did with this initial survey.

The current Task Force has a one-year mandate to come up with ideas and suggestions to ensure a strong network and develop strategies to form a representative PCCN Advisory Council, with mechanisms in place for strong relationships to be able to move forward. This council will be formed by representatives who will be nominated by support groups across Canada.

The Task Force will have another face-to-face meeting in Toronto in early April, which will most likely include attending the Toronto Wake-Up Call Breakfast on the morning of April 4th at the Toronto Hilton Hotel.

A teleconference-call meeting will be scheduled sometime before their final face-to-face meeting at this year's PCCN Leader's Conference at the Saskatchewan Hotel in Regina in October.

If you would rather receive this newsletter electronically, please email info@pccntoronto.ca and we'll remove you from our regular mailing list and add your name to our email list. Thank you.

PCCN-Toronto & Side by Side

invite you to attend a

Scotiabank Awareness Night

at the

Toronto Botanical Garden

in the Floral Hall

777 Lawrence Ave. East at Leslie Street

on

Wednesday

March 28, 2012

at 7:30 p.m.

guest speakers

Eileen Fauster

&

Morwenna Given

topic

Holistic and Herbal:

**two approaches to diet, nutrition,
and the treatment of 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.

**2012 Meetings to Benefit
North York Harvest Food Bank**

When you attend our 2012 Scotiabank Awareness Night Meetings at the Toronto Botanical Garden, please bring some non-perishable food with you, which PCCN-Toronto will donate to the *North York Harvest Food Bank*.

Here is a list of their much-needed items. Please note that all expiration dates must be valid and canned goods cannot be damaged (dented). Thank you very much.

- | | |
|---|--------------------------|
| √ Canned fish & meat | √ Flour |
| √ Canned vegetables | √ Brown pasta |
| √ Canned fruit | √ Powdered milk |
| √ Cooking oil - canola or olive oil | √ Canned or dried beans |
| √ Cereals - high fibre | √ Rice - white & brown |
| √ Peanut/almond butter | √ Baby formula & diapers |
| √ Cookies (arrowroot, digestive, oatmeal) | √ Baby food & cereals |
| | √ Fruit juice - 100% |



www.northyorkharvestfoodbank.com



All of our 2012 Awareness Night meetings at The Toronto Botanical Garden and our *Man to Man Peer Support Group meetings* at Valleyview Residence are being sponsored by Scotiabank.

Therefore we've named our meetings at the Garden "The Scotiabank Awareness Night" meetings.

We sincerely thank Janet Slasor and all the people at Scotiabank for their very generous on-going financial support.

The Board of PCCN-Toronto

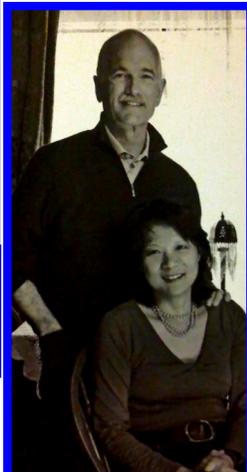
TIEd Together Photo Exhibit Travelling across Canada

Prostate cancer survivors from across Canada are part of a photo exhibit called **TIEd Together**, which was on display at Brookfield Place in Toronto from January 10 - 21, 2012.

This exhibit was launched in October 2011 at Prostate Cancer Canada Network's Leader's Conference in Halifax, and, has now moved on to Winnipeg, Edmonton, Calgary and Vancouver.



Aaron Bacher, whose photo appears in the exhibit, Pauline Chan (CTV) and Rebecca von Goetz from Prostate Cancer Canada.



Jack Layton and Olivia Chow



John Roth



Brett Wilson



Aaron Bacher



Ron Watterson



Jerry Garshon

Board of Directors Welcomes new member and Treasurer

The PCCN-Toronto Board of Directors has added a new member: **Phillip Segal**, who joined the board, effective January 1, 2012, as a director and also as the new treasurer of our support group.

Phil is a long time member of our group who has been a regular attendee at our peer support and Scotiabank Awareness Night meetings. He was diagnosed with prostate cancer in 2007 and has been on Active Surveillance ever since.

Phil has been married to Tanny since 1967 and they have two daughters and two grandchildren.

We all wish Phil the best of luck in his new position. Welcome aboard!

PCCN-Toronto is supported by:

**AstraZeneca/Harmony Printing/Macgregors Meat & Seafood Ltd.
Prostate Cancer Canada/Scotiabank**

Meet BILL SCEVIOUR: a prostate cancer survivor, volunteer, and director on the PCCN-Toronto Board of Directors.

I am a Professional Engineer and ran my own printing company for 35 years. My wife and two children were also surprised at my diagnosis but have been very supportive through my prostate cancer journey.



My dad had lung cancer, so maybe I should have expected cancer, but he was a heavy smoker whereas I never did smoke.

I began to have urinary problems late Fall of 2008 at age 65: slow stream, urgency, and up 3 - 4 times at night. A subsequent visit to my family doctor in December 2008 revealed a PSA of 15 and he felt something during the digital rectal examination (DRE). I felt fine and headed to Florida over the Christmas and New Year holidays, with an appointment booked early in January 2009 with a urologist.

He ordered another PSA blood test and biopsy, which came back with a PSA of 30, a Gleason Score of 10 and prostate cancer stage T3. I felt terrific and had no idea that I had prostate cancer. My PSA had been low for a number of years and I did not know what these numbers really meant. A bone scan and pelvic scan could not find any cancer in my body but he felt it may have metastasized microscopically outside the prostate capsule to my body.

I immediately started to read everything I could about prostate cancer in books and on the Internet. I decided to contact the men's support group, then known as the Toronto Man to Man Prostate Cancer Support Group, for support and advice on my condition.

The urologist and a radiation oncologist both recommended that I start on Hormone Therapy immediately and prescribed Casodex initially. They suggested I investigate a clinical trial being done at Princess Margaret Hospital (PMH) under Dr. Andrew Bayley, whereby half the men received chemotherapy followed by External Beam Radiation Therapy, and the other half received radiation only.

Part of the treatment was 3 years on Eligard to eliminate my Testosterone. I ended up in the half that received the full treatment.

My chemotherapy started in March 2009 through June. I received Taxotere (Docetaxel) every 3 weeks with 4 repeats. July was a rest month for my body. I lost my hair but truly enjoyed boating, swimming and sailing at my cottage that summer while completely bald! External Beam Radiation Therapy at PMH took place during August and September 2009, with a total of 38 sessions. I return now every 4 months for an Eligard booster, a checkup by Dr. Bayley and another PSA blood test. My treatment has been successful and my PSA is currently undetectable. I continue on Eligard until early 2012, then Active Surveillance. My full head of hair has come back!

In January of 2010, bone X-Rays and bone density tests revealed some developing Osteoporosis, which is a possible side effect of the Hormone Therapy. I was placed on a monthly dosage of the drug Actonel, along with extra Calcium and Vitamin D to help my body restore normal bone density.

Reading about prostate cancer is something I continue to do, particularly ways of prevention through better nutrition, organic foods, exercise and proper rest. I attend the PCCN-Toronto support group meetings to try and help other recently diagnosed men. I have always maintained a very positive attitude towards my healing.

I was invited to join the Board of PCCN-Toronto and have enjoyed volunteering at Prostate Cancer Canada functions and being involved with the Father's Day Walk/Run. I remain optimistic that prostate cancer will not return to my body.

Bill

Bill is an Account Manager at Harmony Printing Ltd., and he recently chaired the committee that designed the new, colour PCCN-Toronto 2012 brochures. These are distributed at the three Toronto hospitals where the men of PCCN-Toronto volunteer, and they are also made available at all the peer support group and Scotiabank Awareness Night meetings. (Please see page 6)

PCCN Leader's Conference heading out west to Regina in 2012.

St. John's, Newfoundland (2009); Toronto, Ontario (2010); Halifax, Nova Scotia (2011); and next - Regina, Saskatchewan.

That's where the Prostate Cancer Canada Network's Leader's Conference will take place: at Regina's Saskatchewan Hotel, from October 3-6, 2012.

No planning meetings have taken place yet, but the location and dates have been confirmed. Plan on attending the conference and taking a vacation out in western Canada.

More details will follow as soon as they are finalized.

TINO COTARAS retiring from volunteering after many years!

For eleven years, **Tino Cotaras** has been a valued member of our Man to Man and, more recently, our PCCN-Toronto support group.

As an attendee at our Holly Street meetings, a regular volunteer in the prostate cancer support room at Princess Margaret Hospital, and "the man on the desk" who welcomed and gathered mailing addresses from all the new men and their families attending a Scotiabank Awareness Night meeting for the first time, Tino has become a well-known voice and face to many.

In December, Tino announced - much to our regret - that he had decided to "retire" from his volunteer position with PCCN-Toronto so he would have more time for family, friends, travel, and many other interests of his life.

And so, on behalf of the PCCN-Toronto volunteers and all the families he's supported and assisted over the years, may I offer my sincere thanks and appreciation to Tino for his many contributions, and wish him great happiness and wonderful health in the years to come.

Ron Benson - Chairman, PCCN-Toronto



Immediate Past Chairman **Aaron Bacher** recently met at Scotiabank Plaza with **Janet Slasor** of Scotiabank, to thank her, on behalf of PCCN-Toronto, for Scotiabank's very generous on-going financial support.



New PCCN-Toronto brochure now available in colour!

Our new 2012 brochures have been printed in colour for the first time ever.

They have been distributed to the three hospitals where we volunteer: Princess Margaret, the Odette Cancer Centre (Sunnybrook), and at the Gale and Graham Wright Prostate Cancer Centre at the Branson site of North York General Hospital.

We will also have them available at all peer support and Scotiabank Awareness Night meetings.



Please pick one up when you attend one of our meetings, and we hope that you like our new look!

Are you interested in becoming a PCCN-Toronto Volunteer?
Please call our hotline - 416-932-8820
or email us at info@pccntoronto.ca

The PEARL opens at the Odette Cancer Centre

Sunnybrook's Odette Cancer Centre recently opened the **PEARL** - the Patient Education and Research Learning centre, located on the first floor near the main reception area.

It is basically a mini-library, stocked with pamphlets, brochures, books and DVDs containing information on all types of cancers. Volunteers are also there to help you find what you are looking for.

Computers can also be found there, which allow you to go online to search for information. Classes are being given at the **PEARL** on a variety of topics, such as: Nutrition Tips; Radiation Therapy Information for prostate cancer patients; Feeling Tired? Tips to help you feel your best; Lymphedema; and one called Breathe

Easy.

These classes are provided **FREE** of charge, but you must drop by or call/email to register. Please see the two-sided promotional card shown here for all contact information.

Patient Education and Research Learning Centre (PEARL)

**Do You Have Questions?
Come visit the PEARL!**

Phone: (416) 480 - 4534 Email: patienteducation@sunnybrook.ca Location: Odette Cancer Centre (T-wing) 1 st floor beside main reception (T1 -156)		Please drop by for more information! Open: Monday – Friday 9:00am – 4:00pm 
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The **PEARL** is open Monday to Friday from 9:00 a.m. until 4:00 p.m.

Their direct phone number is **416-480-4534**.

Their email address is: patienteducation@sunnybrook.ca

At the PEARL:

Services: <ul style="list-style-type: none"> ▪ Trained volunteers to help you find the information you need ▪ Links to Patient and Family Support services ▪ Links to cancer services in your community ▪ Phone or email us with your information requests 	Classes: <ul style="list-style-type: none"> ▪ Feeling Tired? Tips To Help You Feel Your Best Class ▪ Nutrition Tips During Cancer Treatment Class ▪ Lymphedema Class ▪ Breathe Easy Class ▪ Call or Email us to register 	Resources: <ul style="list-style-type: none"> ▪ Pamphlets ▪ Books ▪ DVDs ▪ Computers to search on your own ▪ Links to trusted websites about cancer ▪ Register for My Chart
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Your Book/DVD is due on: _____

WARRIORS MEETING

The next meeting of the Toronto Warriors Support Group (advanced prostate cancer) will take place on Tuesday night March 20, 2012 at Valleyview Residence, 541 Finch Avenue West at 7:00 p.m.

There will be a discussion on hormone therapy, led by a urology specialist.

We'll see you there.

WOULD YOU LIKE TO MEET AND CHAT WITH OTHER PROSTATE CANCER SURVIVORS FROM ALL ACROSS CANADA?

PLEASE GO TO:

prostatecancercanada.ning.com

AND SIGN UP!

It's FREE!

OUR ON-GOING PROJECTS FOR 2012



Scotiabank Awareness Night Meetings

These meetings are held at the **Toronto Botanical Garden (Floral Hall)**, at the corner of Lawrence Avenue East and Leslie Street, from 7:30 - 9:30 p.m. 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 meeting will be sent to you. **PARKING IS FREE.**

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>
Mar 28	Eileen Fauster & Morwenna Given	Holistic and Herbal: two approaches to diet, nutrition, and the treatment of prostate cancer
May 30	Dr. Rajiv Kumar Singal <i>Toronto East General Hospital</i>	Prostate Cancer Diagnostics: the past, present, future - and the PSA controversy
Jul 25	Dr. Uri Lindner <i>Princess Margaret Hospital</i>	Focal Therapy
Sep 19	Dr. Patrick Lee, PhD <i>Professor and Cameron Chair in Cancer Research Dalhousie University - Halifax</i>	Using viruses to target prostate cancer.
Nov 28	Dr. Padraig Warde <i>Princess Margaret Hospital</i>	The Radiation Story

**SPECIAL PRESENTATION
IN CELEBRATION OF
PROSTATE CANCER
AWARENESS WEEK**

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 **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 also meets at Valleyview Residence (see above) 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** (Thursday & Saturday) and **Sunnybrook Hospital** (Thursday), bringing them messages of hope and support.

Counseling

Our volunteers counsel men in prostate cancer clinics at **Princess Margaret Hospital** (Monday through Friday), the **Odette Cancer Centre** (on Thursday), and **The Gale & Graham Wright Prostate Centre** at North York General's Branson site (on Tuesday afternoon).

PCCN - Toronto Board of Directors

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Winston Klass**

**Immediate Past Chairman
Aaron Bacher**

**Treasurer
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**Secretary
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**Our 2012 "Awareness" Newsletters are
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