Awareness

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

Father's Day Walk/Run will raise thousands of dollars in the GTA

It's still not too late! There is still enough time for you to help us raise funds which will be used for prostate cancer research and to educate people and raise the overall awareness of this disease.

Our support group - **PCCN-Toronto** - has entered a team in this year's Prostate Cancer Canada Walk/Run, which takes place on Father's Day (June 17th) at Ashbridges Bay Park. We will be walking alongside hundreds of others, representing various teams from all across Toronto.

Since this Walk/Run is our group's only "official" fundraising event of the year, our team is trying very hard to raise as much money as we possibly can. Last year we were the top fundraising team in Canada by raising just over $36,000, so we are attempting to at least match that amazing total.

We are currently in first place amongst all of the teams in Canada who have entered this year's Father's Day Walk/Run, but we are still behind the amount that we raised last year.

That's where you come in! You can help us with our "final push to the finish line"!

Simply copy and paste this link into your browser.

http://my.e2rm.com/teamPage.aspx?teamID=270679&langPref=enCA&Referrer=https%3a%2f%2fsecure.e2rm.com%2fregistrant%2fsessionExpired.aspx%3feID%3d85578

Then it is very simple to click on **SPONSOR THIS TEAM** and make that much-needed donation to help our team. Or you can mail a cheque, payable to **PROSTATE CANCER CANADA**, to **27 Lynch Road, North York Ontario M2J 2V6**

All the members of this year's PCCN-Toronto team thank you in advance for your continued support. We appreciate it very much.

Prostate Cancer Canada Network Toronto

JUNE 2012

PCCN-TORONTO
Prostate Cancer Support Group

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Two hundred Torontonians attend early Wake Up Call Breakfast at the Toronto Hilton Hotel benefitting Prostate Cancer Canada

The breakfast had been delicious and consumed, as the stacks of empty plates indicated, and this major annual event hosted by Prostate Cancer Canada (PCC) was over by 8:50 a.m., as everyone in attendance had to get to their own office and start another business day.

This was the Toronto edition of the annual Wake Up Call Breakfast, which attracts corporate donors from across the city to a fundraising breakfast which promotes education and awareness about prostate cancer.

Approximately 200 people, representing some major corporations throughout the GTA, attended this annual event. These PCC Breakfasts take place in several major cities across Canada each year.

Canadian singing legend and prostate cancer survivor **Dan Hill** was the guest speaker, and he told the story of his own personal journey.

PCC also presents special awards each year. The national award is **The John Ferguson Memorial Award**, which is given annually to an individual who exemplifies the late John Ferguson's qualities of courage, determination and integrity, and whose outstanding impact in the fight against this disease is an inspiration to others. The 2012 recipient was **Dr. Robert Bristow,** from Princess Margaret Hospital.

At each Wake Up Call Breakfast across the country, a "local" award is handed out as well, called **The Local Hero Award.**

These awards are given annually to an individual in each "breakfast city", recognizing exemplary leadership for PCC's cause by a volunteer, a donor, or a researcher. This individual then becomes a candidate for the **John Ferguson Memorial Award** the following year.

We are happy to announce that the 2012 Local Hero Award recipient in **Toronto**, where the award was renamed **The Mark Dailey Award** last year, was our own immediate past chairman **Aaron Bacher**.

The winners in the other cities were:

Edmonton:	**Irv Kipnes**
Calgary:	**Bob Shiell**
Vancouver:	**Len Gross & Dr. Larry Goldenberg**
Halifax:	**Valerie Corkum**
Moncton:	**Jeff Garcia**

Congratulations to all award winners!

This year's Toronto breakfast also featured a video created by Dr. Laurence Klotz from Sunnybrook Hospital.

Before the actual breakfast began, PCCN-Toronto hosted an "information table", for attendees to drop by and find out about the services provided to newly -diagnosed men and their families by our support group.

We thank board member **Bill Sceviour** for getting up very early and "staffing" our table.

Recipient of the 2012 Mark Dailey Award Aaron Bacher with two high-ranking executives of Prostate Cancer Canada: Helene Vassos (COO) and Steve Jones (President).

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

July 25, 2012

at 7:30 p.m.

guest speaker

Dr. Uri Lindner M.D.

topic

FOCAL THERAPY

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

NORTH YORK HARVEST FOOD BANK

www.northyorkharvestfoodbank.com

Scotiabank

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

March Awareness Night meeting is a "Ladies' Night" big hit!

It was a "ladies' night" of sorts at the Toronto Botanical Garden, a first for PCCN-Toronto and Side by Side. Not only was it the first time that two ladies had shared the

Eileen Fauster (guest speaker), Awareness Night facilitator Linda Garshon, and Morwenna Given (guest speaker).

podium, but the evening's facilitator was **Linda Garshon**, a longtime member of our "sister" support group **Side by Side**, and the first woman to ever host a Scotiabank Awareness Night meeting.

Our two guest speakers, **Eileen Fauster** and **Morwenna Given,** discussed diet, nutrition, and the treatment of prostate cancer, from two different approaches - Holistic and Herbal.

Another large audience greeted them, and, after each of their formal presentations and our usual refreshment break, they both answered many questions that were asked of them.

Diet and Nutrition have historically always been very popular topics at our meetings, and this "woman's touch" added even more to the evening!

Linda officially thanked both our speakers, announcing that donations would be made in their names to the charities of their choice.

We thank those who attended for coming and if you were unable to attend you can watch the presentations in their entirety at **pccntoronto.ca.**

Dr. Singal has a terrific debut . . . and brings a friend with him!

If "first impressions" are important, then **Dr. Rajiv Kumar Singal** truly passed the test with our Awareness Night audience. He was very well received and spoke in language that everyone in attendance easily understood.

He discussed the PSA blood test, including the on-going controversy about this screening tool. He mentioned that, here in Canada, we have "shared decision-making" regarding the PSA test, between the patient and the doctor. He called the PSA test "the best tumor marker out there", and then added, "but we still don't have a 'best' treatment!"

***Jill Davies**, Genetics Program Director at the Medcan Clinic, and **Dr. Rajiv Kumar Singal**.*

A bonus for our audience was that he brought with him **Jill Davies**, an expert in genetics at the Medcan Clinic. She spoke for several minutes on the genetics of prostate cancer, which is a relatively new field but very interesting to hear about.

After our refreshment break, both speakers answered many written questions from the audience. Then Awareness Night Coordinator and Vice-Chairman of PCCN-Toronto Winston Klass thanked our speakers for coming and closed the evening.

If you weren't able to attend this presentation or wish to see and hear it again, please go to our website - pccntoronto.ca - and click on "videos".

PCCN-Toronto is supported by:

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

Meet PHILLIP NG: a prostate cancer survivor.

Transurethral Hyperthermia treatment in Germany is one of the least invasive procedures to treat prostate cancer. This treatment does not remove one's prostate, hence there is no side effect of incontinence or ED.

My name is Philip Ng; I discovered I had prostate cancer in January 2010. My PSA was 15 and the biopsy revealed a Gleason score of 7 (4+3). I saw a number of doctors in Ontario; they all suggested to me that I should have surgery to remove my prostate. And so, I decided to give that option careful consideration.

I was fortunate to meet a gentleman named Phil at one of our Tuesday night Peer Support Group meetings and he told me about a procedure being used in Germany called HYPERTHERMIA. So I searched the Internet, did a lot of research, and after much thought, decided to go over to Germany to have the treatment. I figured if it doesn't work, there is always plan B and that is to have the prostate removed.

I flew over to Munich on a Sunday evening, and I was back in Toronto the following Saturday. There were two sessions of hyperthermia treatment with a day off in between. The science behind this hyperthermia treatment is that the cancerous cells die when exposed to a temperature of 43C, while healthy cells will only die at higher temperatures. The concept is similar to a fever, our body's natural way of getting rid of "the bad stuff". To treat the prostate, a catheter is used to heat the prostate to around 47C for about two hours. It was uncomfortable but not unbearable. Nevertheless, during the procedure, I was wishing it were over!

On the upside, however, during my "day off" I was well enough to visit the BMW factory in Munich, and then, after completion of the second session, to tour Salzburg. This was in April, 2010.

The hospital I went to for my treatment is called Klinik St. Georg. It's located in the spa town of Bad Aibling just outside Munich. The procedure cost was 6000 Euro, including room and board for five days. Of course OHIP does not cover the treatment cost! Furthermore, after the hyperthermia procedure, one has to be on hormone blockage treatment for an additional six months.

In my opinion, the six months of hormone blockage treatment is tougher than the two sessions of hyperthermia. The hormone blockage treatment is necessary to starve any remnants of cancerous cells by choking off the supply of testosterone. This is done by taking prescription medications and injections. During those six months, I lost muscle mass and gained weight even though I had continued to go to the gym to do weight training. The worst of it had to be the hot flashes that were waking me every couple of hours during the night. Now I have a much better appreciation and understanding of what women suffer with those hot flashes!

In August 2011, approximately sixteen months after my initial hyperthermia treatment, I had another biopsy to confirm the successfulness of the procedure. The pathology report revealed benign prostatic tissue with atrophy. In other words, the hyperthermia treatment was successful in killing off all the cells that were malignant.

Based on the success of my treatment, Edward, Sam, and Peter who are members of our Tuesday night support group, and another gentleman named Delbert, have received the same hyperthermia treatment at Klinik St. Georg**.** In fact, John is flying over to Munich this week as I'm writing this article.

We also learned that a gentleman from Michigan named Ted had his prostate treated successfully twelve years ago at the same facility, and he was back for a second treatment recently because his PSA went up. Ted continued to praise the hyperthermia treatment versus other more invasive treatments his friends had received. For him, it was the right decision.

Now our small group pools our knowledge to support one another and we pass along and share our experiences with newcomers to the group. This is something we learned from the peer support group – to help each other.

If you have been diagnosed with prostate cancer, I encourage you to please come to the Tuesday night peer support meetings. The support you will receive there is invaluable.

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

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

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

Once again, PCCN will be covering the costs of two delegates from each support group across Canada to attend the conference. That includes airfare, hotel for three nights, all meals and participation in all the sessions/workshops.

If you would also like to attend the conference and perhaps spend a little extra time in Western Canada as part of a vacation, please email Aaron Bacher at aaronbacher@rogers.com or call him 416-414-4961 for more information.

The conference registration website will be up and running soon as well.

PCCN-TORONTO Board of Directors:

Back row: Ron Benson (Chairman), Phil Segal (Treasurer), Fred Cohen, Winston Klass (Vice-Chairman) Bill Sceviour, and Allan Lappin.

Front row: Aaron Bacher (Immediate Past-Chairman), Bill Lifchus, Stan Mednick, and Bernard Shoub (Secretary).

Some words from a longtime PCCN-Toronto volunteer . . . . . .

Fifteen years ago I was diagnosed with prostate cancer and was going through the typical shock, anxiety, and turmoil associated with the experience.

My treatment centre was the Princess Margaret Hospital and on one of our visits, my wife picked up the Man to Man (now Prostate Cancer Canada Network-Toronto) brochure.

I read the information and I phoned Moe Wagman who was listed as a contact person. He invited me to attend the next peer support group meeting at their meeting location on Holly Street.

Having no idea what to expect, I approached the meeting with considerable uneasiness. My discomfort soon dissipated when we began to tell our stories. The respect and thoughtful questions and comments directed to the speakers were the essence of the meeting.

After two hours, my knowledge of the disease had increased ten times, my anxiety level had decreased seventy-five percent, and I promised myself I would volunteer when I retired.

As I am out of the city a considerable amount, volunteering at Princess Margaret Hospital on Tuesdays corresponds with our peer support group meetings and allows me to volunteer at the hospital and then go north to Valleyview to participate in the evening support meetings. It's a perfect match!

The Tuesday evening sessions are always a rewarding experience as we get to exchange experiences with both the newly-diagnosed and with those who have had treatment. And volunteering at PMH gives me the opportunity to offer support and encouragement to the men and families I meet. As well, I get to make them aware of our support group and to invite them to attend - just as Moe Wagman did for me fifteen years ago!

I also like volunteering because, as Jim Moran – one of our volunteer group – always says, "It's a job you can't get fired from!"

Ken Hunter

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

PCCN-Toronto donates funds to three Toronto Hospitals

In early March, PCCN-Toronto made donations to the three GTA hospitals where we volunteer: Princess Margaret Hospital, the Odette Cancer Centre (Sunnybrook), and The Gale and Graham Wright Prostate Centre, on the Branson site of North York General Hospital.

Each hospital will use these funds to fill prostate cancer/educational needs within the hospital/clinic.

PCCN-Toronto is very proud to be able to make these donations to institutions who have welcomed us and allowed us to make a difference to their prostate cancer patients. We genuinely appreciate being included as part of their "team".

Aaron Bacher and Dr. Stanley Flax (Director, The Gale and Graham Wright Prostate Centre.)

Heather Hardie (Manager, Volunteer Resources at Princess Margaret Hospital) and Ron Benson, Chairman of PCCN-Toronto.

Tamara Harth (Program Manager, Patient Education, Sunnybrook Health Sciences Cancer Program) and Aaron Bacher.

"Not tonight dear!

Didn't you get my email?"

We are very happy to inform you that the construction of the new parking lot at the Toronto Botanical Garden has now been completed!

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.

DATE	SPEAKER	TOPIC
Jul 25	**Dr. Uri Lindner** *Princess Margaret Hospital*	**Focal Therapy**
Sep 19	**Dr. Patrick Lee, PhD** *Professor and Cameron Chair in Cancer Research* *Dalhousie University - Halifax*	**Using viruses to target prostate cancer.**
Nov 28	**Dr. Padraig Warde** *Princess Margaret Hospital*	**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).

Our 2012 "Awareness" Newsletters are being sponsored by an unconditional grant from AstraZeneca.

AstraZeneca

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