

# Awareness

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

## PCCN-Toronto raises \$37,885 for Father's Day Walk/Run - TOP TEAM IN CANADA AGAIN!

**W**e were not the top team in Toronto, or even in Ontario. No, we were the top team **IN ALL OF CANADA!** Again!



PCC President Steve Jones, Stan Mednick, PCC Exec. V.P. Rebecca Von Goetz and Aaron Bacher.

That's right - **PCCN-Toronto** raised more money than any other team that participated in this year's Father's Day Walk/Run.

Co-captain Stan Mednick and I thank this year's team members and their families for not only working very hard to raise this amazing amount of money but also for joining us at Ashbridges Bay Park on Father's Day with their children and grandchildren, allowing us all to celebrate together!

The weather was fabulous, and everyone had a terrific time.

Although we don't like to single out specific individuals, since we are all part of the same team, we must mention three men for their superb efforts again this year: **Bill Sceviour**,

our top individual fundraiser, who raised **\$7,165.00**; **Stan Mednick** - **\$5,167.00**; and **Lawrie Kaplan** - **\$4,233.00**. Each year it becomes more difficult to raise money for charity, including this year, and that's why it's important to recognize the individual efforts of these men. Thank you all!

Ashbridges Bay Park itself was a star of this year's Walk, as this location proved once again to be very popular with everyone who attended.

Our congratulations go out to Prostate Cancer Canada's (PCC) Jennifer Gray and John Cowling, along with their superb "team", including several other members of PCC and many, many volunteers, for organizing this very successful event.

As we said on many occasions leading up to this special day, PCCN-Toronto's only "official" fundraising event of the year, this Walk/Run helps us sustain ourselves for our next year.

That is why we need your support: to make sure that we raise as much money as we can, allowing us to continue all of our current programs. Thank you again for being part of our 2012 team; if you couldn't be with us this year, please think about doing so in the future and joining us next **Father's Day on June 16, 2013.**

*Aaron Bacher*



SEPTEMBER 2012

### PCCN-TORONTO Prostate Cancer Support Group

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"Raising prostate cancer awareness" - [pccntoronto.ca](http://pccntoronto.ca)

## PCCN-Toronto Welcomes Dr. Patrick Lee from Halifax

October 2011: At the PCCN Leader's Conference in Halifax, this doctor was introduced to the large audience to give his presentation as part of a working lunch. After a very full morning, most of the audience members were really looking forward to that lunch.

But then this speaker began his presentation, and that highly anticipated lunch became almost secondary!

That's because **Dr. Patrick Lee** immediately captured everyone's attention, and after that as the saying goes, the audience was hanging on his every word! Needless to say he was a very big hit at the conference.

We are extremely happy to announce that **Dr. Lee** is coming to Toronto to speak at our next Scotiabank Awareness Night meeting at the Toronto Botanical Garden (see opposite page 3) on **Wednesday September 19th, 2012**.

*Come out and hear for yourself why he was such a big hit at the 2011 Halifax conference.*

## Two hospitals opening clinics - copying the Branson model

Sunnybrook Hospital and Toronto East General Hospital are opening prostate cancer clinics similar to the highly successful clinic at Branson hospital.

At Sunnybrook's Odette Cancer Centre, the **PREMIR** clinic will be open on Thursdays from noon until 3 p.m. Here newly-diagnosed patients will be seen by a urologist and a radiation oncologist on the same visit.

The Specialized Oncology Nurse, a vital part of the clinic's "team", will introduce the new patient (and his family) to the volunteer/survivor from PCCN-Toronto. This will allow them to ask him questions or discuss their recent diagnosis with someone who has been there before.

A similar clinic is also in the works at Toronto East General Hospital, and plans are to have it operating by this Fall.

Dr. Andrew Loblaw, one of the radiation oncologists involved with the Branson site since it began 5 years ago, has been the "champion" behind the opening of these two new clinics. He says that he definitely see the benefits of having newly-diagnosed men (and their families) talk to PCCN-Toronto survivors when he meets these new patients.

The other specialists involved with the clinics feel exactly the same way.

## Branson's Prostate Cancer Clinic Celebrates 5th Anniversary

On Wednesday June 27, 2012 the **Gale and Graham Wright Prostate Cancer Clinic** at North York General Hospital's Branson site celebrated its fifth successful year of treating prostate cancer patients.

This clinic was the first prostate cancer clinic of its type, where newly-diagnosed men (and their families) see a urologist and a radiation oncologist on the same afternoon to discuss their particular treatment options. As part of this multi-disciplinary clinic, patients also have the opportunity to meet and speak to a volunteer from PCCN-Toronto.

To celebrate the occasion, a reception was held in the clinic and several executives from North York General Hospital and the hospital Foundation were present, as was **Mr. Graham Wright**, for whom the clinic is named. **Mendel M. Green, Q.C.**, a very well-respected Toronto lawyer and prostate cancer survivor, was invited to speak on behalf of all the survivors who have been treated at the clinic.

The Odette Cancer Centre (Sunnybrook) and Toronto East General Hospital are currently planning to open similar clinics based on the success of this Branson model.

# Congratulations!



**Pictured above at the reception:**

**Dr. David Hajek (NY), Dr. Andrew Loblaw (OCC),  
Dr. Stanley Flax (NY), Dr. Roger Buckley (NY),  
Dr. Gerard Morton (OCC), and Aaron Bacher  
(Immediate past chairman, PCCN-Toronto)**

*If you would rather receive this newsletter electronically, please email [info@pcntoronto.ca](mailto:info@pcntoronto.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**

**September 19, 2012**

*at 7:30 p.m.*

*guest speaker*

**from Halifax**



**Dr. Patrick Lee M.D.**

*topic*

**“Using viruses to target 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**

**W**hen 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.

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



[www.northyorkharvestfoodbank.com](http://www.northyorkharvestfoodbank.com)



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

Therefore we've renamed 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.

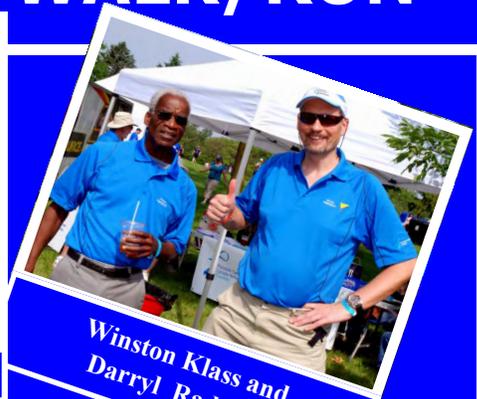
# MEMORIES OF OUR 2012 WALK/RUN



PCC's Rebecca Von Goetz



The Watterson Family



Winston Klass and Darryl Radstake.



Shannon



Riley



Part of our 2012 PCCN-Toronto team: Aaron Bacher, Bill Sceviour, Robert Abelson, Fred Cohen, Jerry Garshon, Darryl Radstake, Stan Mednick and Sam Sabat.



PCC President Steve Jones



The Garshon Clan



Sam and Jandark Sabat



Susan Graham-Walker (PCC) and Aaron Bacher



The Kaplan Family



The Kaduri Family

## Meet DENIS FARBSTEIN: a prostate cancer survivor.

**A**ugust 2001 . . . my doctor thought that because I was forty-eight years old, it would be a good idea for me to have a PSA test. He was convinced it would turn out negative since my digital rectal examination (DRE) seemed normal. The PSA score was 11. Biopsy #1 was negative for cancer. Hooray!

March 2003: eighteen months later - biopsy #2. My PSA had doubled to 22. A day after the biopsy I was admitted to North York General Hospital with a polysyllabic word for an ecoli-type infection. I survived and, fortunately, biopsy #2 showed negative for cancer. Hooray, once again!

After six more PSA tests my score had risen to 41. Time for another check, but this time my urologist took a different approach and I had a cystoscopy. You guessed it - no abnormalities in my prostate gland. Yet again . . . whew and hooray!

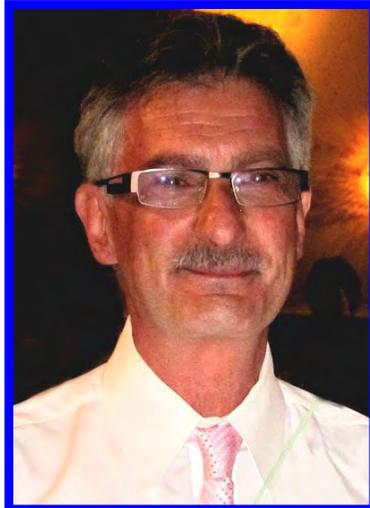
Fast forward another eighteen months - September 2007 and my PSA had risen to 55. For the first time I started to think that the big "C" word was to become my reality!

January 2008, just four months later, my PSA rose another eleven points to 66. Biopsy #3. The biopsy revealed cancer in two of ten needle samples. In the following two weeks, I had a bone scan and a CT scan to determine if my cancer had spread outside the prostate.

February 19, 2008: just before our appointment to discuss my options with a urologist and a radiation oncologist, my wife Laura and I were introduced to Jerry Garshon, a volunteer from the \*Man to Man prostate cancer support group. He gave us a plethora of current information on prostate cancer and informed us that there was a support group meeting in two hours in a nearby location. All I could focus on was Stage T1C cancer and a Gleason score of 7 (moderately aggressive). The bone scan was clear of cancer but the CT scan of my abdomen and pelvic area showed four spots on my liver.

I decided to go to the support group meeting, at least to ask some questions and maybe alleviate some fears.

Over the next few weeks I managed to schedule two appointments with surgeons from different hospitals. Both doctors agreed that given my age, health, PSA level, and



Gleason score that a radical prostatectomy was the way to go. Laura jotted down pages of notes and we had many questions answered.

In the next week, we selected Dr. Robert Nam, from Sunnybrook Hospital, as our urologic oncologist. Dr. Nam ordered an ultrasound for my liver to make sure the four spots were not cancerous. Whew - I dodged another challenge - I can live with cysts and haemangioma!

April 9, 2008 was a memorable and significant day. Maybe it was the confidence I had in Dr. Nam's surgical skills, or maybe it was the relief I felt from the anxiety of waiting for this day, but I felt surprisingly relaxed and optimistic. The anaesthetist put a mask over my nose and told me to take a deep breath. Four hours whizzed by and when I came to, Dr. Nam, though dressed to go home, made a point of coming into the recovery room to tell me that everything looked good.

At that point I felt as though a huge weight had been lifted from my groin. Within twenty-four hours I was walking with my dancing partner - my I.V. pole - fully equipped with my self-medicated P.C.A. (morphine) button, my blood drip tube, and my catheter bag - all the while sporting the latest in hospital gown attire. My three-day sentence soon passed and I was homeward bound with twenty-three staples under my navel, a catheter strapped to my leg, and a pillow under my butt to cushion all of the potholes on Bayview Avenue.

My GP removed the staples the following week, and five days later the catheter was removed. Dr. Nam also gave me the good news from the pathology report that the cancer was encapsulated and the lymph nodes were cancer-free.

It is now the summer of 2012 - more than four years since my prostatectomy. My PSA is still undetectable and I have made the commitment to be a \*PCCN-Toronto (formerly Man to Man) volunteer at the Odette Cancer Centre (Sunnybrook) starting this fall.

I wish this had all been a dream. But the reality is that I have incredible support from my family, friends, colleagues, and members of the PCCN-Toronto prostate cancer support group.

And I have a positive outlook that doesn't allow me to worry about the things I cannot control, but rather, to act on the things I can.

*Denis Farbstein*



**PCCN-Toronto is supported by:**

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

## MARK MOYAD heads speakers at Regina 2012 conference.

You may remember him at our first-ever Special Event in 2008 at the Toronto Botanical Garden, where he surprised everyone by offering **FREE** Vitamin D testing! Well, **Dr. Mark Moyad** from Michigan will be headlining a list of highly respected speakers from October 3rd - 6th, 2012 at the PCCN Leader's Conference in Regina Saskatchewan. Also confirmed is Toronto's own **Dr. Gerard Morton** from the Odette Cancer Centre (Sunnybrook).

Other speakers include: Dr. Stuart Edmonds, PhD, Senior VP Research - PCC; Dr. Joyce Davison, PhD, Assoc. Prof., College of Nursing, University of Saskatchewan; Dr. Don Sawatsky, Psychologist and prostate cancer survivor; and Dr. Bev Sawatsky, Psychologist and partner of a survivor.

An Information Booth Fair is planned, which will include: Breast Friends Cookbook - "For The Men in Our Lives", Marketing and Web Resources, CRA Regulations, PCCN Support Services & Programs, PCC Research Strategy, Boost, and Safeway.

For all information regarding travel costs, hotel and conference reservations, please contact **Prostate Cancer Canada** at **416-441-2131**, and ask for **Ada Keon**.

## PCCN-Toronto hosts successful Annual Information Meeting

The goal of our AIM meeting is to update our volunteers on the many activities involving our support group. Our second annual meeting took place on Tuesday August 28th, with 34 people in attendance.

Reports were given on: our constitution, communications (our website, newsletter, flyers and brochures, speakers bureau), meetings (peer support, warriors group and awareness nights), financial matters, our Father's Day Walk/Run, our Side by Side support group, our hospital involvement, new potential initiatives, our involvement with PCC/PCCN, and the annual PCCN Conference. This year we decided to send two non-board members to the conference in Regina. The two lucky names that were drawn are **Jim Moran** and **John Roth**.

The on-going need for additional volunteers was discussed, as we can only expand our activities or look to new initiatives if we are able to increase the number of our volunteers.

This was another very successful meeting and we are already looking forward to our next **AIM** meeting in **2013**.

## PCCN-Toronto Welcomes Dr. Uri Lindner

Our esteemed Awareness Night speakers' list had another name added to it at our July meeting, when **Dr. Uri Lindner** spoke to our audience about Image-Guided Focal Therapy.



Guest speaker **Dr. Uri Lindner** standing next to our brand new Scotiabank Awareness Night sign.

He is part of the Focal Therapy team, headed up by Dr. John Trachtenberg, at The Princess Margaret.

Dr. Lindner said that Focal Therapy may be new to prostate cancer but it has been used in other areas. He explained how the technology of focal therapy allows them to **detect** the cancer, **navigate** and **destroy** the cancer using **real-time monitoring**, with **minimal** or **no side effects**.

We sincerely thank Dr. Lindner for coming to talk to us about this very interesting topic.

To watch his entire presentation, please go to [pccntoronto.ca/videos](http://pccntoronto.ca/videos).

**Are you interested in becoming  
a PCCN-Toronto Volunteer?  
Please call our hotline - 416-932-8820  
or email us at [info@pccntoronto.ca](mailto:info@pccntoronto.ca)**

# PCCN-Toronto Volunteers at their Annual June Dinner!



**Celebrate  
Prostate Cancer  
Awareness Week  
September 15th  
to  
September 21st**

**Tell all your male  
family members and  
friends to get a PSA  
blood test and a  
digital rectal exam.  
It might just  
save their life!**

# 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>
Sep 19	<b>Dr. Patrick Lee, PhD</b> <i>Professor and Cameron Chair in Cancer Research Dalhousie University - Halifax</i>	<b>Using viruses to target prostate cancer.</b>
Nov 28	<b>Dr. Padraig Warde</b> <i>The Princess Margaret Cancer Centre</i>	<b>The Radiation Story</b>

**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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Ron Benson**

**Vice Chairman  
Winston Klass**

**Immediate Past Chairman  
Aaron Bacher**

**Treasurer  
Phillip Segal**

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Bill Sceviour**

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

