

A w a r e n e s s

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

Join us for our Father's Day Walk/Run on
Sunday June 16, 2013

It is our biggest fundraising event of the year! It is also our *only* (official) fundraising event of the year, so we need everyone's help so that we can maximize our efforts!

Father's Day on its own is a very important day for all fathers, grandfathers and sons, and it is also a very important family time.

But it can be so much more than that. It can be a celebration of helping other families, whose fathers, grandfathers, and/or sons have been diagnosed with prostate cancer. You can help raise the funds which could ultimately find a cure for this disease, and help our support group continue to raise awareness and educate men and women in the GTA about this disease.

"How can I do that?" you ask.

It's very simple.

Just join our PCCN-Toronto Father's Day Walk/Run team and help us raise much-needed funds for research, education and awareness, which Prostate Cancer Canada will actually share with our support group.

Go online and join our team. Set up your own page and include a personal message, explaining to everyone why you've become part of our team.

Then email family members, friends and business associates, giving them a

"link" where they can make a personal donation to you, supporting your effort in this major fundraising event.

After helping our team raise these funds, bring your family to **Ashbridges Bay Park** on the beautiful Toronto waterfront on Father's Day morning. Then we will all walk along the boardwalk together for 5 or 10 kilometers as we build up our appetites for the barbecue lunch which will follow.

Father's Day will be a celebration for all the participants who worked so hard to raise those important dollars which will allow Prostate Cancer Canada to continue funding their important research projects. It is a special time to let loose a little and enjoy each other's company, as we all celebrate part of Father's Day *together*, knowing that we did our best trying to find that cure for prostate cancer.

This event will end early enough for you all to be able to spend the rest of Father's Day with your family. We hope that one day soon we can just enjoy getting together on Father's Day without having to raise any more money, but until then we really do need your help!

Please see page 7 for instructions on how to join our team or sponsor our team. Thank you in advance.



MARCH 2013

PCCN-TORONTO
Prostate Cancer
Support Group

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"Raising prostate cancer awareness" - pccntoronto.ca

Dr. Laurence Klotz Addresses Large Awareness Night Audience

March 2002 - that was the last time our speaker had appeared before one of our Awareness Night audiences - and his subject that night was the radical prostatectomy. This time his topic was "Navigating treatment options for localized prostate cancer".



Dr. Laurence Klotz with Awareness Night host Fred Cohen

Photo by Allan Lappin

Although I was unable to attend his most recent talk on Wednesday January 30, 2013, I did hear from many who were there about how terrific he was!

One thing I kept hearing was how he spoke in plain, simple English and not, as one man put it, in "doctorese"!

When discussing active surveillance, **Dr. Laurence Klotz** said "sometimes the word 'cancer' leads people down the garden path for over-treatment ." When he is discussing treatment options with patients, he knows that occasionally some are thinking "Why is this guy asking me? *He's* the doctor!"

We sincerely thank Dr. Klotz for agreeing to come and speak at another Scotiabank Awareness Night, and we know that we won't allow so many years to go by before inviting him back again!

As with all our Awareness Night meetings, Dr. Klotz's entire presentation can be seen on our website in its entirety.

Simply go to pccntoronto.ca and click on the "videos" tab.

PCCN -Toronto Welcomes New Board Member

You've seen him at many of our Tuesday night peer support meetings, and you might also have seen him at our awareness night meetings. He participated in our Relay For Life events for years, and has more recently joined our Father's Day Walk/Run team.

Our website has been in his capable hands for the past couple of years, and he recently joined the Board of Directors of PCCN-Toronto as a Director, immediately making our board "much taller".

His name is **John Roth**, and we truly welcome him to our board. He will surely prove to be a valuable addition, and we all look forward to working with him.

WELCOME ABOARD JOHN!

Bill Sceviour steps down from Board of Directors

Bill Sceviour, wanting to spend more time with his family and to work on other projects, resigned from our PCCN-Toronto Board effective December 31, 2012.

Bill was very involved on our board and was instrumental in arranging for our PCCN-Toronto materials to be professionally printed. He was also a strong supporter of our Father's Day Walk/Run annual event, helped launch our Toronto Warriors group, and took part in many other PCCN-Toronto activities. We thank him for his service to our board and wish him continued good health. Our group really isn't losing him; he's just stepping away from his board responsibilities.

Here's an example of Bill "hard at work" at the recent



Toronto International Boat Show, with the very attractive cheerleaders from the Toronto Rock! Yes, we can always count on Bill to volunteer for those very difficult assignments.

Thank you Bill!

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 27, 2013

at 7:30 p.m.

guest speaker

Dr. Keith Jarvi

Mount Sinai Hospital

topic

***“So I’ve survived prostate cancer! What next?”
Survivorship issues in men 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.

**2013 Meetings Benefit
North York Harvest Food Bank**

When you attend our 2013 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 2013 Awareness Night Meetings at The Toronto Botanical Garden and our PCCN-Toronto Man to Man Peer Support Group meetings at Valleyview Residence are again being sponsored by Scotiabank.

We are very proud to continue calling 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.

Our Voice Magazine

Our Voice - Living with Prostate Disease in Canada, is a national periodical featuring medical articles related to prostate cancer. It also includes a feature called "One Man's Story" which highlights a man's journey with the disease.

Our Voice is published by Parkhurst Publishing based in Montreal Quebec and they provide clinical, medical news and travel publications to physicians and their patients and maintain a variety of related websites.

Link to Our Voice magazine:

www.ourvoiceinprostatehealth.com

Did a PCCN -Toronto volunteer help you when you were first diagnosed?

How would you like to help another man who was just diagnosed?

We need volunteers in our hospital clinics at Princess Margaret and the Odette Cancer Centre.

Talk to men and help them, as they try to decide which treatment to have. Answer their questions and make it easier for them and their families.

Does this interest you? If so, please call our hotline - 416-932-8820 - and leave a message for our chairman Ron Benson to call you back to discuss this further.

Thank you.

"I went on a diet, swore off drinking and heavy eating, and, in only fourteen days, I had lost exactly two weeks!"

Comedian Joe E. Lewis

BREAKING NEWS

March 26, 2013

The 2013 Leader's Conference was being planned for Calgary this September.

However, after input from the Prostate Cancer Canada Network Advisory Council (PCCNAC) at a meeting just held in Toronto on March 24th & 25th, the conference has been postponed until 2014! Watch for further details.

THANK YOU.



What happens when Old Car Guys get sent to the Nursing Home

Meet JOHN ROTH: PCCN -Toronto survivor/volunteer and our newest board member!

I was diagnosed with prostate cancer in November 1999. It was not totally unexpected, given a family history and rising PSA. It still hit me fairly hard. The original biopsy showed cancer, but not enough to grade. The original urologist, whose specialty was not cancer, recommended surgery.



John playing with his grandchildren.

Not wanting to jump into that right away, I started doing research and asked for referrals to at least two oncologists.

After appointments, neither wanted to do anything without a second biopsy to better assess my situation, and I agreed.

Meanwhile, my wife Irene used her network to find a friend of a

friend who I subsequently met in a pub. He had had surgery with Dr. Klotz and was doing fine. As luck would have it, Dr. Klotz, our January Awareness Night speaker, was one of the doctors I was referred to! The second biopsy showed a Gleason of 7 (4+3), so active surveillance was not a viable option. I elected to have surgery with Dr. Klotz in March of 2000. Since then, my PSA has been undetectable and Dr. Klotz has 'graduated' me, so I no longer have annual follow-ups with him. I just get a PSA blood test with my regular physical. I feel very lucky.

I attended my first Man to Man (PCCN-Toronto predecessor) meeting probably in early 2000. By

then I had more or less made my decision, but met a congenial group of men who still managed to give me good practical information. By going to subsequent meetings, I found that I was able to contribute more to the meetings and help other men deal with their journeys with this disease.

The big change probably came when I was able to retire from an IT career in 2004. As well as travelling, including visits to widely dispersed grandkids, basketball, canoe trips and our cottage in the Near North, I now have time to give at least a day or two a month to volunteering at the Odette Cancer Centre during their Thursday prostate cancer clinics. It always feels good at the end of the day to know that I've helped at least one man/couple deal with their journey. The positive feedback from the clinic's staff also helps!

Over a period of time working on our support group's website, I became the webmaster and I have very recently become a Director on PCCN-Toronto's Board of Directors.

I enjoy attending our Tuesday night peer support meetings, my volunteering, and participating in the annual Father's Day Walk/Run fundraising event always proves to be a good time for Irene and me.

I look forward to continuing to contribute to the efforts of PCCN-Toronto to promote awareness and education, and to help others on their personal journeys with prostate cancer.

John Roth

Please note: John's photo courtesy of PhotoSensitive's TIEd Together photo exhibit www.photosensitive.com/pc/
Please click on "Gallery" to see the exhibit of survivors.

PCCN-Toronto is supported by:

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

Prostate Cancer Canada Appoints Rocco Rossi CEO

On February 1st, 2013 Prostate Cancer Canada issued the following press release:

Prostate Cancer Canada (PCC) is pleased to announce the appointment of **Rocco Rossi** as its President and CEO.



Mr. Rossi is a passionate leader with strong experience in both the not-for-profit and private sectors. He was recently awarded the Queen's Diamond Jubilee medal in recognition of his community contributions and philanthropic work. Mr. Rossi is a past CEO of the Heart & Stroke Foundation of Ontario where he significantly grew annual revenues, enabling record investments to be made in research and mission programs.

"We are delighted to have Rocco Rossi join Prostate Cancer Canada in this important leadership role. His creative approach to fundraising will greatly increase the capacity of Prostate Cancer Canada to be a truly national organization devoted to the mission of eliminating the disease that will effect one in seven Canadian men in their lifetime," said Donald McInnes, Board Chair of Prostate Cancer Canada. *"Mr. Rossi is a highly successful, motivated and committed leader who is the right person to help take the fight against prostate cancer to a new level."*

"It is a tremendous honour to become part of this vital cause focused on the health of fathers, brothers, sons and husbands everywhere. I look forward to working with an incredible team of volunteers, donors, researchers, employees and our partners to end prostate cancer", said Rocco Rossi following acceptance of the position of President and CEO.



New Prostate Cancer Canada Network Advisory Council (PCCNAC) meets

Thanks to a piece of modern technology called Skype, which allows businesses and family members to stay in touch with one another, I was able to participate in the first official meeting of the PCCNAC on Tuesday January 8, 2013, even while vacationing in Boynton Beach Florida.

Chairman **Bill Kennedy** welcomed everyone to the meeting and introductions were made around the table, including the Chair of the PCC Board **Donald McInnes**, who joined us for part of the meeting.

The PCCNAC is a national council that will serve the regions throughout the country and the local support groups.

It has the opportunity to become a driver of change for support groups, and it will also have a voice on the PCC Board of Directors, as the Chair of the PCCNAC is a member of the PCC board and he will bring forward our PCCN concerns and recommendations.

Anne Breakey Hart made a presentation which included a PCC organizational chart, and showed how PCCN fits within PCC and listed the roles of PCCNAC members.

A group discussion followed, including assessing where we are now and where we need to be in the future.

Areas of current strength included: health education materials, advocacy and public awareness, and our national conference. Areas of opportunities for growth include: national identity, regional representation, national conference development, communication, development and dissemination of resources, and outreach to diverse and underserved groups.

PCCNAC will focus on areas that are part of the support mandate of the PCC mission. Within that support mandate, we identified 4 key strategic areas to work on this year, which are: communication, resources, outreach/diversity, national/regional conferences & workshops.

We created 4 working groups to develop concrete plans to address each of the key strategic areas:

1) **Communication:** George Main (chair), Val Strijack, Steve Belway; 2) **Resources:** Doug McIntyre (chair), David Brittain, George Main; 3) **Outreach/diversity:** Eric Huffey (co-chair), Marilyn Junnila (co-chair), Len Bueckert, Wayne Morris; 4) **Conferences:** Aaron Bacher (chair), Steve Pillipow, Monty Newborn.

This was a terrific first meeting and we are all looking forward to our next meeting on March 24-25, 2013.

Aaron Bacher (PCCNAC member)

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

Follow these instructions to join our 2013 Father's Day Walk/Run PCCN-Toronto team or sponsor us!

1. Go to <http://pccntoronto.ca>
2. Click on: "Activity" - then - "2013 Father's Day Walk/Run"
3. Then "click here" to go to our team page
4. Click on: "Sponsor this team" or "Join this team"
5. Follow the instructions.
6. Call Aaron - 416-414-4961 - if you have any questions.

If you prefer NOT to make your donation online, you can simply mail a cheque, payable to Father's Day Walk/Run, to:

Aaron Bacher, 27 Lynch Road, North York ON M2J 2V6.

Thank you very much.

PCCN-TORONTO WORD SEARCH

U	L	T	R	A	S	O	U	N	D	A	A	T	O	G	L	E	G	E	K
D	Y	S	F	U	N	C	T	I	O	N	B	B	I	I	A	M	P	A	R
O	S	S	N	N	E	A	R	E	T	E	H	T	A	C	T	L	M	G	F
N	U	E	V	B	D	I	A	G	N	O	S	I	S	J	I	H	H	R	O
C	P	N	N	O	R	A	A	B	V	I	A	G	R	A	G	G	G	A	E
O	P	E	T	T	E	D	O	E	G	A	T	S	X	H	I	F	U	D	I
L	O	R	W	E	E	Y	A	O	N	O	I	T	A	I	D	A	R	E	D
O	R	A	M	I	V	E	L	I	T	C	E	R	E	S	D	B	O	D	S
G	T	W	L	P	S	O	R	T	Y	U	N	O	S	N	A	R	B	J	Y
I	L	A	P	A	R	O	S	C	O	P	I	C	O	Y	S	P	O	I	B
S	D	B	Q	U	Y	U	C	P	C	C	N	T	O	R	O	N	T	O	D
T	B	R	A	C	H	Y	T	H	E	R	A	P	Y	S	E	L	I	P	I
E	W	E	I	V	Y	E	L	L	A	V	I	K	M	U	N	P	C	D	S
P	R	O	S	T	A	T	E	C	T	O	M	Y	O	R	E	S	X	R	A
D	N	O	S	A	E	L	G	R	A	S	I	S	A	T	S	A	T	E	M

AWARENESS	PCCNTORONTO
BIOPSY	PMH
BRACHYTHERAPY	PROSTATECTOMY
BRANSON	PSA
CATHETER	RADIATION
DIAGNOSIS	ROBOTIC
DIGITAL	SIDE BY SIDE
DRE	STAGE
DYSFUNCTION	SUPPORT
ERECTILE	TRUS
GLEASON	TURP
GRADE	ULTRASOUND
HIFU	UROLOGIST
KEGEL	VALLEYVIEW
LAPAROSCOPIC	VIAGRA
METASTASIS	
ODETTE	
ONCOLOGIST	

HOW MANY WORDS CAN YOU FIND?

Ladies: If a man says he will fix it, he will. There is absolutely no need to remind him about it every 6 months!

OUR ON-GOING PROJECTS FOR 2013



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 27	Dr. Keith Jarvi <i>Mount Sinai Hospital</i>	"So I've survived prostate cancer! What next? Survivorship issues in men with prostate cancer."
May 29	Dr. Saibish <i>Princess Margaret Cancer Centre</i>	Prostate cancer treatment: Current role of Brachytherapy
Jul 31	Dr. Rob Hamilton <i>Princess Margaret Cancer Centre</i>	Hormone Therapy - The Landscape
Sep 18	Dr. Danny Vesprini <i>Odette Cancer Centre</i> Ken Shaw <i>CTV News</i>	TBD My personal journey
Nov 27	Dr. Sidney Radomski <i>Toronto Western Hospital</i>	Incontinence & Erectile Dysfunction

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 the **Princess Margaret Cancer Centre** (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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Our 2013 "Awareness" newsletters are being sponsored by an unconditional grant from AstraZeneca.

