THE PROSTRATE

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

THIS YEAR'S "DO IT FOR DADS WALK/RUN" IS DEDICATED TO THE PGA'S U.S. OPEN - FINALLY!

If this year's Walk Run ends up looking a little different to you, there's a very simple reason for it!

All the men who have ever been diagnosed with prostate cancer have asked the women in their lives to participate in the Walk *for them* this year! That means that their mothers, mothers-in-law, daughters, sisters, wives, partners, ex-wives, nieces, girlfriends, or any other ladies in their lives!

This request has been made on their behalf so that they can all devote the *entire day* to preparing for, ordering take-out, having the couch all to themselves, and watching the entire final round of the **P.G.A U.S. OPEN CHAMPIONSHIP** from **Shinnecock Hills** in Southampton NY, *without* being interrupted at all!

The men have been arguing for years about the obviously ridiculous scheduling-policy of ***PROSTATE CANCER CANADA*** to actually plan this or *any other event*, on the same day as *any* golf tournament - let alone the **U.S. OPEN**!

The men all feel terrible and ashamed for not participating in the Walk this year, but they simply had no choice, and sincerely thank you for your tremendous understanding!

For gosh sakes ladies - ***it is*** called **FATHER'S DAY** after all - does that not speak for itself?

And, to make things even more intense this year, if case you haven't heard - **the TIGER is once again roaming the fairways!**

Mark Moyad is packing his bags to come to Toronto later this year. He says that he'll be due for another "nutritious" meal at **Five Guys Burgers and Fries!**

PCCN-TORONTO SURVIVOR GETS 4-HOUR ERECTION

When it happened, he had to go to the hospital emergency room eventually because it really did hurt, just like the commercial had warned!

But then, once he returned home, he emailed and/or called **every single person he knew** to tell them all exactly what had happened to him!

He certainly was not going to miss this opportunity of making sure that *everyone* knew what he had just experienced!

After all, he really didn't know if this would *ever* come to pass again!

This space should have been filled with some very important article or controversial statement that would have had people talking about our group for at least the next couple of days, but, the truth is that we actually ran out of things to say on this front page!

EDITORIAL NOTE

Even though you just read my note (above) about me not participating in this year's Walk Run, I am still looking forward to seeing your generous donation on my personal page - I'm sure that the ladies *who will actually* be walking this year would also appreciate that very much!

Please see page 4.

April fools!

2018

Prostate Cancer Canada Network Toronto

APRIL

PCCN-Toronto Prostrate Cancer Support Group

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GIAMPAOLO (PAUL) FIASCHI - 1933-2018

On Sunday, February 25, 2018, **Giampaolo Fiaschi,** a longtime member of Man to Man/ PCCN-Toronto, passed away in the hospital after a brief battle with esophageal cancer.

He is survived by his wife Anna, his two daughters Simona and Paola and their families, and his granddaughter Alessandra.

The visitation and funeral were held at the G.H. Hogle Funeral Home Limited on Wednesday February 28, 2018.

Paul was an avid golfer, always up-to-date on current global affairs, and he and Anna loved to dance. During the past 20 years, they spent most winters in Florida.

He was diagnosed with prostate cancer around 2001 and was treated with radiation therapy at the Princess Margaret Cancer Centre.

In what turned out to be my last telephone conversation with him, Paul was looking for information for his friend in Italy who had recently been diagnosed with prostate cancer. He was doing what our group always does - helping other men who have been diagnosed with this disease. This true gentleman is greatly missed by his own family and his PCCN-Toronto family.

"Ask the Health Care Team"

A new title - see page 6

Welcome to this newly-titled column! We've replaced the "Ask The Doctor" banner because we want to expand our sphere of resources beyond the MD community to include those who have prostate cancer expertise in a variety of areas and invite them to share their knowledge and inspiration with us.

And so, we begin our newly-refreshed column with the expertise of Daniel Santa Mina (PhD) and Efthymios Papadopoulos (MSc) who, with the support of Drs. Rob. Hamilton, Sharon Sharir, and Danny Vesprini very willingly accepted the invitation to share their thoughts about prostate cancer and exercise.

I hope you will enjoy and learn from their practical information and suggestions.

Remember that if you have a question about prostate cancer you think would be of general interest to our readership, please let me know at:

ronbenson@rogers.com

Our 2018 newsletter sponsor!

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PCCN-Toronto & Side by Side

invite you to attend our

Awareness Night Meeting

at the

Toronto Botanical Garden
In The Garden Hall
777 Lawrence Ave. East at Leslie Street

on **Wednesday**

May 30, 2018

at 7:30 p.m.

our guest speaker

Carrie Poteck

Masters of Teaching

An evening on exercise, diet and well-being!

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.

2018 Meetings Benefit North York Harvest Food Bank

Please bring some non-perishable food with you to our Awareness Night Meetings, which PCCN-Toronto donates 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 fiber
- √ 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

All of our *PCCN-Toronto Man to Man Peer Support Group* meetings at Valleyview Residence, including our refreshments, are being supported by a grant from Janssen Pharmaceuticals.

We sincerely thank *Stacey Silverberg* and all the people at Janssen for their generous financial support.

For information regarding a brand new sponsor for 2018, please see page seven.

The Board of PCCN-Toronto.

JUNE 17th, 2018 is FATHER'S DAY and our "DO IT FOR DADS" WALK RUN at ASHBRIDGES BAY PARK!

Our prostate cancer support group, PCCN-Toronto, has raised thousands of dollars for Prostate Cancer Canada since we got involved with the "Do it for Dads" Walk Run.

Our team members are very grateful to all the people who have sponsored us during this time.

But, guess what?

This very important fundraising event is approaching once again. The snow is now gone (let's hope it stays that way), and we have just started the month of April, but Father's Day and June are really not that far away!

Our 2018 PCCN-Toronto team has been registered for a while, and you can now join us and come walk with us on Father's Day morning down at Ashbridges Bay Park on the Toronto water front. Oh yes, you can also help us raise funds to help find a cure for prostate cancer!

Our mailing list contains over 2,000 families, all of whom are directly involved with prostate cancer by having one or more survivors in their family. For all of us, finding a cure so that other men never have to hear the words - "You have prostate cancer" - is a high priority!

And you can help us make that happen, by joining us this year at the event itself or simply making this event your own personal "annual cancer donation" - a generous donation to one of our survivors/walkers on their personal page. If you would prefer to make your donation to our "team" instead of a particular individual, that's okay too!

Go to prostatecancer.ca; put you cursor on the button **GET INVOLVED** and drag it down and left to **Do it For Dads Walk Run**; scroll down to **FIND A PARTICIPANT/TEAM** - you'll see many participants that you can click on and then go to **DONATE NOW**; or click on **TEAM SEARCH** - we are PCCN-Toronto; then you can click on **DONATE NOW/JOIN THE TEAM**. And you're done!

Have your family picture in our 2018 summer newsletter following our Walk Run!

Sign up today! Come walk with us! Please make a donation to our team effort!

This is a very important event for **Prostate Cancer Canada** *and* **PCCN-Toronto**!

Have a question? Email aaronbacher@rogers.com or call 416-414-4961.

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.

Dr. Stanley Flax and Dr. Adam Tunis - Transperineal prostate biopsies and the importance of imaging in the process.

The first thing **Dr. Flax** said to his audience had nothing to do with biopsies. He thanked the PCCN-Toronto men who volunteer at the Gale and Graham Wright Prostate Centre at Branson Hospital. This type of recognition of all our volunteers is always reassuring to hear and very much appreciated!

He introduced three ladies who he called *invaluable* to the success of their clinic: **Bev Persaud, Jana Ailenberg**, and **Colleen Andersen**. One of the main goals of the clinic was to shorten the waiting time from "suspicion" to treatment, and they have done that - from almost 35 weeks to about 12 weeks!

Dr. Adam Tunis and Dr. Stanley Flax.

The clinic combines oncology, surgery, radiation and pathology. It also crosses organizational boundaries between NYGH and Sunnybrook's Odette Cancer Centre.

He mentioned that infections from the transrectal biopsies were too high, compared to the fact that there have been no such infections using the Transperineal biopsies. He did say that this new method *does* take a bit longer to perform, as additional specialists are required.

He then turned things over to **Dr. Tunis**, who talked abut the importance of using the MRI in prostate cancer detection. MRIs use powerful magnets and radio-frequency waves. The PROS are they use no radiation, are non-invasive and provide exquisite soft tissue contrast and resolution. The CONS are it uses a tunnel (2 to 3 ft. in diameter) which could cause claustrophobia for some patients, there's a very small risk of an allergic reaction to the contrast (dye), and the scan time could be long for some people, sometimes up to 45 minutes in the tunnel! For sharper images, scan times are increased.

Dr. Tunis talked about **PIRADS** (**P**rostate **I**nformation **R**eporting **A**nd **D**iagnostics **S**ystem) which standardizes reporting of prostate MRIs across all practices, and is designed for clinical applications. Scoring is 1-5: 1-2 = benign; 3 = indeterminate; and 4-5 = malignant.

We were told that MRIs can pick up small lesions that other equipment usually cannot detect.

The two doctors then took many questions from the audience before **Ari Katz** closed the meeting.

Soon you will be able to see their entire presentation at pccntoronto.ca/videos.

Thank you doctors for coming to our meeting and making us much more aware about prostate biopsies.

"The best diet to be on is the one that you really don't want to be on!"
Dr. Stanley Flax

Dr. Andrew Loblaw discusses how clinical trials have changed prostate cancer care.

Pictures of he world's classiest and fastest cars swept across the screen once gain! That could only mean that **Dr. Andrew Loblaw** from the Odette Cancer Centre was the guest speaker at our March Awareness Night meeting.

He talked quite excitedly about the latest statistics involving his favourite subject - Brachytherapy - whether seed implants or High Dose Rate Brachy.

Earlier, he spoke about the differences between a *clinical study* and a *clinical trial*. The studies observe people in normal settings, while trials are research studies performed in people that are aimed at evaluating a medical, surgical or behavioral intervention. He also discussed the various phases of both.

Many programs that they are currently involved with at the Odette Cancer Centre were mentioned in detail.

Dr. Loblaw supported his very positive statistics with several charts and graphs; too numerous to discuss in this article.

When we post his complete presentation on our website very soon, please be sure to look it up - pccntoronto.ca/videos - where you'll be able to follow along with him as he explains everything in great detail.

We sincerely thank **Dr. Andrew Loblaw** - a longtime friends of our support group - for once again speaking to an awareness night audience and increasing our overall knowledge about prostate cancer. We also thank him for allowing us to see those great cars - that's what most of us can only do - look at *pictures* of them!

If God wanted me to touch my toes, he would have put them on my knees!

ASK THE HEALTH CARE TEAM

PROSTATE CANCER AND EXERCISE

by Efthymios Papadopoulos, MSc
& Daniel Santa Mina, PhD

Faculty of Kinesiology and Physical Education, University of Toronto

Department of Supportive Care, Princess Margaret Cancer Centre

Introduction

It is well-recognized that a sedentary lifestyle (i.e. being physically inactive) is a potential risk factor for many chronic diseases, including prostate cancer. For men who have been diagnosed with prostate cancer, recent guidelines from agencies such as Cancer Care Ontario and the American College of Sports Medicine encourage minimizing sedentary behavior and striving for 150 minutes of moderate to vigorous intensity exercise every week for health benefits that may influence quality and quantity of life [1].

The importance of exercise following a prostate cancer diagnosis

Research has shown that exercise is safe and provides many important health-related benefits for men undergoing different forms of treatment for prostate cancer. For men with low-risk prostate cancer who are on active surveillance, vigorous aerobic exercise or moderate-intensity aerobic exercise combined with a dietary intervention may reduce the risk of disease progression. For men undergoing surgery (radical prostatectomy), a growing number of studies have shown that pre- and postoperative physical activity is associated with improved urinary incontinence and/or sexual dysfunction. For men receiving radiation therapy, exercise appears to lessen fatigue, and to improve quality of life, muscular strength, and cardiovascular function compared to non-exercising men.

Androgen deprivation therapy (ADT) is a very common treatment for prostate cancer and is unfortunately associated with several adverse changes to physical and psychosocial well-being, including a loss of muscle and bone density, increases in fat mass, and worsening fatigue. Some of the side effects of ADT can increase the risk of osteoporosis, diabetes, and cardiovascular disease. Exercise has been shown to help manage ADT-related side effects via improvements in cardiorespiratory fitness, lean body mass, muscular strength, fatigue, and overall quality of life. It should also be noted that both aerobic and resistance exercise reduce the risk of cardio-metabolic disease in men on ADT.

Physical activity and survival

In addition to improving many quality of life outcomes for men with prostate cancer, several studies have found that physical activity may also increase *quantity* of life in these men [2-3]. For example, in a study of 2705 men with prostate cancer, those who engaged in more than 3 hours per week of vigorous exercise (defined as activities of 6 METS or greater) had a 61% reduction in prostate cancer mortality compared to those who engaged in vigorous activity for less than 1 hour per week of vigorous activity. While the mechanisms of improved survival among more active men with prostate cancer remain unclear, a growing body of research describes changes in the availability of biomarkers with exercise that can influence tumour progression.

Conclusion

Many studies have shown exercise to be safe and to offer numerous relevant health benefits that significantly improve quality of life after a prostate cancer diagnosis. Prostate cancer survivors are encouraged to engage in both 150 minutes of aerobic and at least two resistance exercise training sessions per week given their unique and complementary benefits. Men with prostate cancer should discuss exercise with their doctor before starting a program, and if necessary, work with a qualified exercise professional (such as a kinesiologist or exercise physiologist) for additional assistance.

Helpful Resources

Movember and Prostate Cancer Canada have supported the development of a useful online resource for men with prostate cancer interested in starting or adapting exercise. The **TrueNTH** Lifestyle Management portal is available at https://lifestyle.truenth.ca and is a great place to get started.

References

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3. Wang Y, Jacobs EJ, Gapstur SM, Maliniak ML, Gansler T, McCullough ML, et al. Recreational Physical Activity in Relation to Prostate Cancer–specific Mortality Among Men with Nonmetastatic Prostate Cancer. Eur Urol. 2017;72(6):931–9.

Efthymios Papadopoulos

Daniel Santa Mina

I stopped calling the bathroom "John" and started calling it "Jim". It feels much better, saying that I went to the Jim this morning!

Sponsors for PCCN-Toronto

We are very happy to welcome **Astellas Pharma Canada, Inc.** as our latest sponsor.

We truly thank **Karen Frantzke**, Senior Oncology Product Specialist at Astellas, for her instrumental help in obtaining this very generous financial sponsorship of our prostate cancer support group through an Astellas Commercial Grant.

This grant will cover our six 2018 Awareness Night Meetings including all refreshment costs. Since these meetings at Edwards Gardens are currently our group's largest annual expense, this grant from Astellas is extremely important to everyone at PCCN-Toronto.

We hope to introduce Karen to one of our Awareness Night audiences soon.

astellas

We are also delighted to welcome **Janssen Pharmaceuticals** back this year, another very important sponsor of our support group.

Thanks to Stacey Silverberg and everyone at Janssen for their ongoing support. It is very much appreciated.

janssen

Just as this edition of our newsletter was going to press, we were made aware of the recent passing of another longtime regular of our support group - RAY KOSAN. Sad news indeed. Our sincere condolences go out to his family.

Looking for new hospital volunteers!

Here's a question for you. When you were first diagnosed, was our support group helpful to you, either by you attending one of our **P**eer **S**upport **G**roup/**A**wareness **N**ight meetings, or by having one of our volunteers speak to you in a hospital prostate clinic?

If you were helped at one of the hospital clinics, *you* can now be the one helping some other newly-diagnosed man (or couple/family).

Something you should know about our group; we are still the only prostate cancer support group in Canada that has been given hospital privileges, which allow us to volunteer in clinics speaking directly to patients.

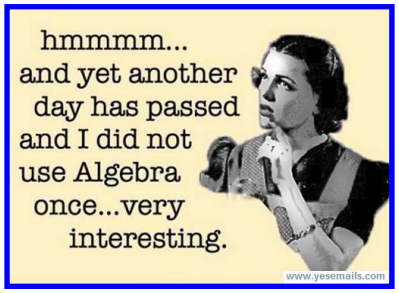
And we could use your help. We need some new volunteers at The Princess Margaret Cancer Centre, and we can also use a few volunteers at Sunnybrook's Odette Cancer Centre.

Are you interested in helping other men? Are you interested in helping out the group that helped you when you were first diagnosed?

Let us know by calling our support line today - **416-932-8820** - and telling us that you are interested in getting additional information about becoming a hospital volunteer. We will get back to you as soon as we can and speak to you at length about what it will take for you to officially join us as a volunteer.

Make no mistake - we can use you and you will feel something very special when you help another man and his family.

Call us and we'll make it happen.



Are you interested in becoming a PCCN-Toronto volunteer?

Please call our support line - 416-932-8820
or email us at info@pccntoronto.ca

"Awareness" newsletter - written and edited by Aaron Bacher unless otherwise noted.

Our on-going projects for 2018

AWARENESS NIGHT MEETINGS

These meetings are held at the **Toronto Botanical Garden (in the *Floral* or *Garden* 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		RM	SPEAKER	TOPIC
Jan	31	G	Dr. Stanley Flax Dr. Adam Tunis *North York General Hospital*	Perineal biopsies and the importance of imaging.
Mar	28	G	Dr. Andrew Loblaw *Sunnybrook Odette Centre*	The role of clinical trials.
May	**30**	**G**	**Carrie Poteck, *M.T.**	**An evening on exercise, diet and well-being.**
Jul	25	G	Survivor Forum	PCCN-Toronto survivors/volunteers share their personal prostate cancer journeys.
Sep	26	F	Dr. Mark Moyad *University of Michigan*	TBD
Nov	28	G	Dr. Sidney Radomski *Toronto Western Hospital*	Erectile dysfunction, incontinence, and sexual "toys"!

* Masters of Teaching

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
This program has undergone some recent changes. Our ladies' support group, although still very active, now provides advice by appointment only. Please visit our website for more information.

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 (and their families) 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).

Our 2018 newsletters are being sponsored by an unconditional grant from Joshua Damdar of KELLER WILLIAMS Neighbourhood Realty.

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