

Awareness

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

2013 Father's Day Walk/Run theme song: "It's raining, it's pouring"



The weather forecast during the entire week leading up to the Father's Day Walk/Run was calling for rain and thunderstorms. We kept **checking**. We kept **hoping** that it would change. It **just had to** change!

Well, unfortunately for all of us, **it did not!**

So, when I arrived at Ashbridges Bay Park on Father's Day just before 9 o'clock, in the rain, I was amazed to see so many people already there. Oh, they had come prepared: they wore hats and jackets and most also had their trusty umbrellas with them, including me! **But they were there!** The first people I saw, when we drove into the parking lot, were the PCC volunteers, all cheerfully welcoming everyone to the Park.

The registration area was fully staffed, mostly by young people, all wanting to help you check-in and get your special "bracelet" which would basically become your "meal ticket" for the day! Our team was well represented there in the first hour or so, but then, because it was pouring at times and they were already quite wet - and **The Walk** wasn't officially going to begin for another hour - several decided to pack it in and head home! Others never made it down there to begin with! Yes, we may be a team of prostate cancer "survivors", but apparently we don't do very well when it's pouring outside! And, since I have to be honest here - just as the Walk was in fact beginning, Ronnie and I also decided that we had to leave!

Part of the morning was obviously upsetting. From a PCCN-Toronto standpoint, a team that was really looking forward to sharing some fun together after working very hard to once again raise an amazing amount of money (over \$35,000 as I'm writing this), it was disappointing. And looking at it from a PCC perspective, especially **Jennifer Gray** and **John Cowling**, who work on this event for many months each year - all I can say is "yikes"!

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JULY 2013

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"Raising prostate cancer awareness" - pccntoronto.ca

Larger audience greets Dr. Keith Jarvi - March 2013

On January 28, 2009 we were having a major snowstorm. We didn't know if anyone would show up for our first Scotiabank Awareness night of the year, including our scheduled speaker **Dr. Keith Jarvi**.



But he did, as did some 40 hearty souls who said afterward that the speaker was terrific. The sad part was that so few were there to hear him.

Well, on Wednesday March 27, 2013 it wasn't snowing and over 150 people came

out to hear **Dr. Jarvi** give an excellent presentation about what happens *after* your diagnosis and treatment.

He treats men with erectile dysfunction and fertility problems following treatment. His first slide indicated what was to follow as it was entitled "Male Anatomy 001" and it was all about the penis!

He discussed erection problems and talked about the potential solutions: pills (Viagra, Cialis and Levitra), injections, and penile vacuum devices. It was a "no holds barred" talk, including topics such as *urine control, infertility, and hormone therapy and sex*. After his very frank discussion and our usual refreshment break, Dr. Jarvi answered questions from the audience for over 30 minutes.

We thank him very much for taking the time to come and talk to us about this very serious and important topic.

*"I didn't make it to the gym today.
That makes it 5 years in a row!"*

Dr. Saibishkumar Elantholi Parameswaran - May 2013

YES, that's really his full name and it's exactly why he says that it is much easier for everyone to simply call him **Dr. Saibish!**

So we do, and we did; and when we invited him to speak at our May Scotiabank Awareness Night, he



was very happy to accept. And now so are all the people who came to hear his terrific presentation on Wednesday May 29th.

His talk was backed up with many charts and graphs detailing various statistics, all

related to the success of Brachytherapy as a very viable treatment option.

Following his formal presentation, Dr. Saibish answered many questions from our interested audience.

It is important to note his genuine support of our group. He mentioned again his appreciation of all the work that we do with newly-diagnosed patients and their families, not only by hosting meetings but also through the volunteering we do at his hospital (The Princess Margaret Cancer Centre) and others (North York General Hospital's Branson site and Sunnybrook Hospital).

Glenn Tolhurst, one of our volunteers and a patient of Dr. Saibish, was our emcee for the evening, and thanked him on behalf of everyone there for coming to speak to us.

If you missed either of these presentations, you can see them at pccntoronto.ca; just click on the "videos" tab.

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 31, 2013

at 7:30 p.m.

guest speaker

Dr. Rob Hamilton

The Princess Margaret Cancer Centre

topic

**Hormones, hormone therapy,
and 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



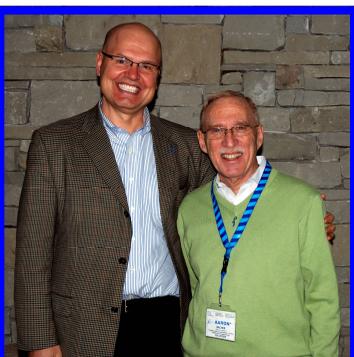
All of our 2013 Awareness Night Meetings at The Toronto Botanical Garden and our PCCN-Toronto Man to Man Peer Support Group meetings at Valleyview Residence are again being sponsored by Scotiabank.

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.

Rocco Rossi attends March awareness night

Rocco Rossi, President and CEO of Prostate Cancer Canada (PCC), was a last-minute addition to the program at our March Scotiabank Awareness Night meeting.



Rocco Rossi and Aaron Bacher

He was introduced by Immediate Past Chair Aaron Bacher, and brought greetings from everyone at PCC. His father is a prostate cancer survivor so the disease has hit home for him as well.

He congratulated our group for the terrific work that we are doing

and hoped that many men would consider doing some additional "volunteering" for events sponsored by PCC so that we can all help "get the word out" to even more men and their families.

He said that we all have to continue working together to help find a cure for this disease, and added that we can count on his support in this endeavor.

Thank you Rocco for taking time from your busy schedule to attend our meeting.

2013 Leader's Conference postponed!

In our March newsletter we reported that plans were underway for this year's PCCN Leader's Conference in Calgary.

However, at the March 24-25th meeting of the Prostate Cancer Canada Network Advisory Council (PCCNAC), there was much discussion regarding the importance of "national" versus "regional" meetings taking place in the future.

Because a final decision was not reached, and time was running out to properly plan any major meeting this year, PCC and the PCCNAC decided that the best thing to do was to postpone things until the summer of 2014.

PCC's 2013 Mark Dailey Local Hero Award winner

He spoke at our May 2012 Scotiabank Awareness Night meeting. He is the head of urology at Toronto East General Hospital. He knows the importance of support groups and is involved in clinical research studies. He raised \$45,000 on his own in 2012 for the annual Movember campaign.

And, on Wednesday April 3, 2013, at the **Wake Up Call Breakfast** at the Toronto Hilton Hotel before a "packed house" of over 300 Toronto business people, **Dr. Rajiv K. Singal** was recognized for his extraordinary contribution to the fight against prostate cancer by winning PCC's **Mark Dailey Local Hero Award**.

The award was presented to him by **Kim Dailey**, the wife of the late well-known and popular anchorman at CITYNEWS **Mark Dailey**, who passed away from kidney cancer in December 2010 after previously being successfully treated for prostate cancer.

Dr. Singal made some brief comments and thanked everyone for this award, saying at one point that "he was only doing his job". After listening to a long list of his accomplishments, everyone in the



room realized that he *was* and *is* doing much more than just "his job", and is a deserving winner of this very distinguished award.

Congratulations Dr. Singal.

**My sex life is like a Ferrari . . .
And I don't have a Ferrari!**

Father's Day Walk/Run at Ashbridges Bay Park turns out to be a very wet affair!

When I first saw **Jennifer** that Sunday morning, she had her arms out to her sides, as if she was asking, "What can I do?" Of course, the answer is "absolutely nothing!" But her disappointment was obvious. After all, the planning that is required for an event like this takes months and months. It starts by making sure that the teams are properly registered, then all the volunteers have to be organized, and finally, arranging for all the sponsors. And then there's the weather, which only Mother Nature controls - and no one else!



PCC's Jennifer Gray and Aaron Bacher talking in the rain.

Another theme for the day could have been a song made famous by **Johnnie Ray** (only some of you will remember him) called "**Just Walking in The Rain**". The first two lines were: "Just Walking in the rain, getting soaking wet" - very apropos!

Fortunately, the success of this annual **Father's Day Walk/Run** is not solely based on whether or not the sun is shining, or if it is raining! The most important ingredient is the amount of money that is raised; money which is then allocated to research, education and raising awareness about this important disease - prostate cancer. And this is where everyone, including **PCCN-Toronto**, did another excellent job! With a smaller team than last year, we almost matched last year's total by raising **\$35,171**. Unless you were part of our team this year, you have no idea how hard that was to do, as every year seems to become more difficult to fundraise. So congrats to every single member of our team for an outstanding job!

Some of our heartier members, who "stuck-it-out" by walking along the boardwalk while it was still raining, also feasted on **South St. Burgers** for lunch. It actually stopped raining sometime during the Walk and, as you know, the sun then came out and the rest of the day was magnificent. So while we were all very sorry that the rain put a damper on our plans to "Walk" together in the morning, take a "team photo" as well as other photos of members of our team, we are all still thrilled that our collective effort to raise funds for PCC again went way over-the-top! **Let's do it all again next year!**

Aaron Bacher



PCCN-Toronto is supported by:

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

Annual Information Meeting scheduled for August 2013

Each year we host an Annual Information Meeting (AIM), a sort of "State of the Union", for all our volunteers. We report on all our support group's current activities/events.

This year's meeting will take place at Valleyview Residence on Tuesday August 27, 2013 from 7:00 - 9:00 p.m. Refreshments will be served.

Hospital and Events volunteers, Hotline Helpers, Speakers Bureau members, Refreshment Hosts, and regular attendees of the Warriors, Side by Side, and our Tuesday evening peer support group meetings will be receiving a personal invitation.

Man to Man/PCCN-Toronto set to celebrate its 20th anniversary!

Prior to 1994, men diagnosed with prostate cancer in the GTA had no one else to talk to about their diagnosis and often felt that they were totally alone. A few of those men, some of whom were patients of Dr. John Trachtenberg at Princess Margaret Hospital (now known as The Princess Margaret Cancer Centre - PMCC), spoke to him about their concerns, and he organized a meeting where they were able to discuss their own situations and make comparisons.

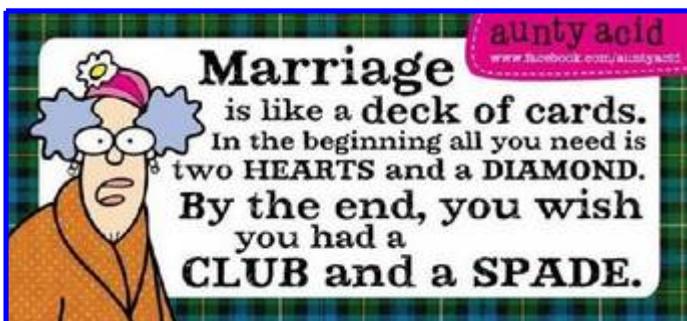
Because of the success of that first meeting, these men decided that it was extremely important for every man diagnosed with this disease in the future to have someone else to talk to about his feelings, discuss his potential treatment options, and learn how to live with this disease. So in November 1994 they formed a support group - *our* support group; The Toronto Man to Man Prostate Cancer Support Group - which over the years has become recognized as the largest such support group in Canada.

In 2010, our support group affiliated with Prostate Cancer Canada, and we changed our name to Prostate Cancer Canada Network - Toronto, becoming part of a national network of support groups.

Dr. Trachtenberg, obviously very instrumental in the founding of our group, was also the key person in having us begin volunteering at the PMCC shortly after our founding. We have been able to expand our hospital volunteering to include the Odette Cancer Centre (Sunnybrook) and the Gale and Graham Wright Prostate Centre on the Branson site of North York General Hospital. To date we are the only prostate cancer support group in Canada to have these "hospital" privileges, where we counsel newly-diagnosed men and their families in the clinics and also visit men in the hospital who have undergone a radical prostatectomy.

Although it doesn't seem possible, in **2014** our support group will celebrate its **20th** year of raising prostate cancer awareness and educating men and their families about this disease. We plan to commemorate this milestone by celebrating in a variety of ways throughout next year. As those plans are finalized, we will keep you all apprised and hopefully you will be able to join us for those celebrations.

In the meantime, thank you all for your continued support of our efforts to keep prostate cancer awareness and education front and centre. **Stay tuned!**



PCC Announces First Movember Team Grant of 5 Million Dollars

Toronto, ON – June 11, 2013 – Prostate Cancer Canada (PCC) is proud to announce the recipients of the inaugural Movember Team Grants. The program promotes collaboration between not only researchers but also institutions, providing a united approach to prostate cancer research. The recipient group will receive \$5 million in funding. The 2013 Movember Team Grant has been awarded to Dr. Ralph Buttyan of the Vancouver Prostate Centre (Principal Investigator), who leads a team of 22 Co-Investigators. The title of their research is Tumour Cell Plasticity in Treatment-Resistant Prostate Cancer and their study will focus on targeting aggressive and lethal cancer.

Congratulations to Dr. Buttyan and his team.

REMEMBER:

"When you get a bladder infection, urine trouble!"

Prostate Cancer Canada holds special raffle: a one-of-a-Kind 2013 Camaro ZL1

It's a limited edition, high performance car (580 horsepower) with Corvette power; the custom black and purple paint job and graphics are by world renowned artist Ron Gibbs and is beautiful; this is truly a one-of-a-kind "muscle car"; its value is listed as \$87,000. And on **September 18, 2013** this magnificent car could very well belong to you!

That's because the Trillium Automotive Dealers Association (TADA) gave this car to Prostate Cancer Canada (PCC) to use as a fundraiser, and PCC created the "ROCK THE ROAD" Raffle. Tickets are \$20 each or 3 for \$50, and on Monday June 24th tickets were on sale at Brookfield Place on Bay Street, during the 2013 Motorexpo, the largest free-to-visit luxury vehicle event.




Volunteers from PCC and PCCN Toronto-area support groups, including our own, were on hand from June 24th to June 28th selling raffle tickets for PCC.



Tickets will be sold at various events throughout the summer, leading up to the draw for a winner in September.

Tickets cannot be bought online, but they can be purchased by calling Prostate Cancer Canada directly at 416-441-2131. **All proceeds from this raffle - 100% - will go to prostate cancer research.**

You can also purchase your raffle ticket from our support group as many members of our group will be selling them. We will have tickets available for sale at our peer support meetings in July through September, as well as at our July 31st Awareness Night meeting, featuring guest speaker Dr. Rob Hamilton. Get your ticket(s) today! Drive away with a very special car! And help fund important prostate cancer research being done by Prostate Cancer Canada.

If you would like to help us sell these raffle tickets, please call Aaron at 416-414-4961 and arrangements will be made to get a raffle book to you (each book contains 25 tickets).

Thank you in advance.



PCCN-Toronto's Fred Cohen and PCC's Ann Kearns

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

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>
Jul 31	Dr. Rob Hamilton <i>Princess Margaret Cancer Centre</i>	Hormones, hormone therapy, and prostate cancer.
Sep 18	Dr. Danny Vesprini <i>Odette Cancer Centre</i> Ken Shaw <i>CTV News</i>	Prostate Cancer - identifying men at high risk before it is too late. 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).

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