



Awareness

The "PCCN-Toronto" and "Side by Side" Prostate Cancer Awareness Night

CELEBRATE OUR 20TH YEAR WITH US IN 2014!



Dr. Radomski delivers powerful message to another large Scotiabank Awareness Night audience!

He was genuinely very happy to be back in front of one of our Scotiabank Awareness Night audiences. And we were also thrilled that he had accepted our invitation to discuss his very important topics of "Incontinence and Erectile Dysfunction" with more men.

Dr. Sidney Radomski has been a great friend to our support group for many years, first speaking to us at the Botanical Garden in 1997. He actually holds our record for speakers, as this was the 12th time that he has been our guest speaker!



And he was as informative and as funny as ever, as he has this uncanny knack of discussing a couple of very serious and significant topics and knowing exactly where and when to use humour to help him deliver his important message.

The first half of his talk covered incontinence after surgery. It was interesting to hear that the results seem to be the same whether you've had open, laparoscopic, or robotic-assisted laparoscopic surgery! He did say that it's important to cut down on your fluid intake in order to help the situation, especially in the evening. He mentioned that there are lots of treatments

available to help incontinence, but suggested waiting at least 12 months after surgery to seriously start looking into those treatments.

"Now we're going to talk about SEX. That's probably why you came here tonight!" That's how he introduced his section on erectile dysfunction (ED). He discussed having the ability to attain and maintain an erection, and when that isn't happening, how some partners feel that they are to blame and how this problem can cause marital distress. Patients want to be cured from ED, feel pleasure and achieve partner satisfaction. Some men say "I have lost my manhood" or "I am a fraud". Dr. Radomski said that this is definitely "a couple thing".

He discussed ways of correcting this situation. Some men (not all) find success by using Viagra, Cialis or Levitra, although Dr. Radomski warned that "1 pill isn't enough to say that it didn't work". He also covered Penile Rehab, talking about the Vacuum device and how it works, injection therapy, and MUSE. Two new treatments mentioned were Vitaros, which is topically applied and ED100 - low intensity shockwave therapy.

Following our normal refreshment break, Dr. Radomski answered many written questions which were handed in during the break, and when all of those were done, he answered even more questions directly from the large audience who had come to hear him.

Our new chairman Winston Klass thanked Dr. Radomski for coming to talk to us again and told him that we are making a donation in his name to his favourite charity.

He hadn't spoken at a Scotiabank Awareness Night meeting for four years, and we told him that we won't allow another four years to go by before inviting him back to speak again. He said that he couldn't wait and thanked us again for inviting him to speak!

DECEMBER 2013

**PCCN-TORONTO
Prostate Cancer
Support Group**

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YOU
AND
YOUR FAMILY
THE BEST
OF THE
HOLIDAY SEASON
AND
A VERY HAPPY,
HEALTHY, AND
PROSPEROUS
NEW
YEAR!**



"Raising prostate cancer awareness" - pccntoronto.ca

2014 - a special year for PCCN-Toronto

January 29

We've invited **Dr. Sharon Sharir** back, who was a big hit in 2005 when she spoke about "Quality of Life following a radical prostatectomy".

This time she'll be talking about "decision-making" and the importance of "patient-doctor communications". It promises to be another terrific evening.



March 26

The always popular **Dr. Tony Finelli** will speak at our Scotiabank Awareness Night meeting.

May 28

Dr. Andrew Loblaw will share information about new radiation treatments and what's happening at the Odette Cancer Centre (Sunnybrook).



June 15

Our annual **Father's Day Walk/Run** at Ashbridges Bay Park - please join our team, help us raise some money, and enjoy a special Father's Day Sunday morning with us.

July 30

Join us at our Scotiabank Awareness Night for our fifth **Survivor's Forum**. Hear how some survivors dealt with their own diagnosis and why they decided on their particular choice of treatment.

September 17

We haven't finalized the speaker for our Scotiabank Awareness Night as yet, but our plan is to celebrate **Prostate Cancer Awareness Week/Month** in a unique way!

November 26

This is the actual month when we were founded, back in **1994**. Mark your calendars and plan to attend our special **Scotiabank Awareness Night meeting**, and we will all commemorate our **20th** birthday together!



BREAKING NEWS!

We are very excited that **Scotiabank** has agreed to **continue sponsoring all of our 2014 Awareness Night and our Tuesday night peer support group meetings.**

A special "thank-you" to everyone at Scotiabank!



We are similarly very **pleased to report that AstraZeneca** has also agreed to **sponsor this "Awareness" newsletter again in 2014.**

We thank Rachel Milanovich and all the wonderful people at AstraZeneca for their continued financial support.



Since CANADA DAY - July 1, 2014 - will occur on a TUESDAY, there WILL NOT be a PCCN-TORONTO peer support group meeting or a SIDE BY SIDE meeting that night!

PCCN-Toronto & Side by Side

invite you to attend our first 2014

Scotiabank

Awareness Night Meeting

in the Floral Hall

at the **Toronto Botanical Garden**

777 Lawrence Ave. East at Leslie Street

on

Wednesday

January 29, 2014

at 7:30 p.m.

guest speaker

Dr. Sharon Sharir

MD, MPH, FRCSC

Humber River Regional Hospital

topic

"Decision-making and patient-doctor communication regarding 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.

2014 Meetings Benefit North York Harvest Food Bank

When you attend our 2014 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 Tuesday night meetings at Valleyview Residence are sponsored by Scotiabank.

Please check page 4 to see a list of the scheduled speakers for our six "Scotiabank Awareness Night" meetings in 2014.

We sincerely thank Janet Slasor and all the people at Scotiabank for their very generous on-going financial support.

Our on-going projects for 2014



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> |
|-------------|--|--|
| Jan 29 | Dr. Sharon Sharir <i>Humber River Regional Hospital</i> | "Decision-making and patient-doctor communication regarding prostate cancer." |
| Mar 26 | Dr. Tony Finelli <i>Princess Margaret Cancer Centre</i> | TO BE ANNOUNCED (TBA) |
| May 28 | Dr. Andrew Loblaw <i>Odette Cancer Centre (Sunnybrook)</i> | TBA |
| Jul 30 | SURVIVOR FORUM V <i>PCCN-Toronto Survivors</i> | Personal stories |
| Sep 17 | TBA | |
| Nov 26 | TBA | |



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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 Hospital's Branson site (on Tuesday afternoon).

Our 2013 "Awareness" newsletters are being sponsored by an unconditional grant from AstraZeneca.

