

Awareness

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

Dr. Andrew Loblaw takes audience on a history lesson of radiation therapy.

HAPPY BIRTHDAY TO US!



JUNE 2014

PCCN-TORONTO Prostate Cancer Support Group

541 Finch Avenue West
Toronto, Ont. M2R 3Y3
Phone: 416-932-8820
Fax: 416-291-3025

Email:
info@pccntoronto.ca

CONTENTS

<i>Special PCCN-Toronto bowling night</i>	2
Survivor Forum V	3
<i>North York Harvest Food Bank</i>	3
<i>Thank you Scotiabank</i>	3
<i>Our web site</i>	4
<i>Our Speaker's Bureau</i>	4
IN MEMORY OF	4
<i>Do it For Dads Walk Run</i>	5
<i>Be a hospital volunteer</i>	6
<i>Our celebrations continue</i>	6
Blue wrist bands available	6
<i>Meet The Wattersons</i>	7
<i>On-going projects for 2014</i>	8
<i>PCCN-Toronto Board of Directors</i>	8

At our recent May Scotiabank Awareness Night meeting at the Toronto Botanical Garden, those in attendance not only learned about the major advancements in radiation therapy from the 90's to present day, but they also got to see images of some of the world's fanciest and most expensive cars!



That's because our speaker was Dr. Andrew Loblaw, a top-notch radiation oncologist at the Odette Cancer Centre and definitely a big time "car-guy"!



His reference to the cars was to show us how different forms of radiation treatments are being delivered today much faster than in the past and much more efficiently.

When he talked about current biopsies (trans-rectal ultrasound-guided) vs "smart biopsies" using an MRI (magnetic resonance-guided), he said, "imagine placing some marbles in a room, turning off the room lights and being asked to **find the marbles!**" The MRI makes it much easier to find them!

He also discussed various clinical trials that are currently underway at the Odette Centre.

As for recurrent prostate cancer, we knew that if surgery failed, you could have radiation and even hormone therapy, if necessary; after failed radiation/Brachytherapy you usually could not have surgery, only hormones. Dr. Loblaw said that has all dramatically changed!



Failed surgery can still be followed by radiation and hormones. However, if radiation fails, either Brachytherapy or surgery can follow, with hormones still another option; after Brachytherapy, either more Brachytherapy or surgery can be performed, again with hormone therapy still an option! 2014 has certainly brought many changes to treatment options following a recurrence.

As always, Dr. Loblaw gave a most interesting and educational talk, and following our refreshment break, he stayed for a long time answering questions from the audience. We thank him for being with us again and giving so much of his time to our support group.

A video of his entire presentation will be available on our web site soon (see below).



IT'S OUR 20TH YEAR!

"Raising prostate cancer awareness" - pccntoronto.ca

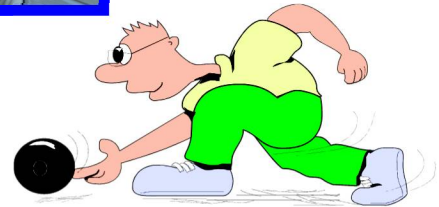
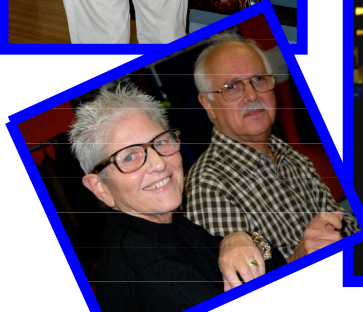
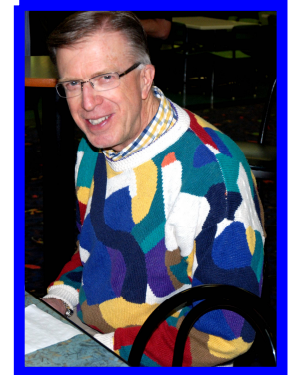
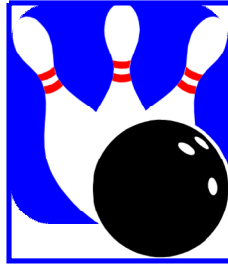
PCCN-TORONTO'S FIRST BOWLING BASH PROVES TO BE VERY SUCCESSFUL!

Early in the evening we knew one thing for sure about those who attended our first bowling bash - we hadn't seen them bowl just yet, but we knew that they all loved to eat!

That's because the food on the buffet table that had been prepared seemed to disappear very quickly.

Then it was time to bowl, and everyone had a lot of fun. The high game of the night belonged to Bill Sceviour, who bowled 259 in his last game!

Congratulations to chairman Winston Klass for planning this very successful evening!



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 Meeting

at the

**Toronto Botanical Garden
in the Floral Hall**

777 Lawrence Ave. East at Leslie Street

on

**Wednesday
July 30, 2014**

at 7:30 p.m.

"Survivor Forum V"

featuring

**Survivors from
PCCN-Toronto**

topic

"Hear how you are not alone and how others have gone through the same journey as you!."

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**

Please bring some non-perishable food with you to our 2014 Scotiabank Awareness Night Meetings, 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 2014 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.

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.

PCCN-TORONTO WEB SITE: A GREAT SOURCE FOR INFO ON PROSTATE CANCER

Whether you have recently been diagnosed with prostate cancer, or you've already had treatment and are continuously looking for updated information, our web site can be of great help to you.

If this is all new to you, and you're looking for information about treatment options, you will find a list of the various treatments that are currently available. We also have a list of videos that you can watch at your leisure, featuring many specialists discussing their treatment specialties.

In order to be better prepared when meeting with the various specialists (urologists and/or radiation oncologists), we offer a list of suggested questions for you to ask them.

You will also find information about our twice-monthly peer support meetings at Valleyview Residence and our 6 meetings each year at Edwards Garden.

Survivors can check out the many other prostate cancer sites listed there which offer different opinions and where you can learn about new clinical trials being offered. New drugs and treatments can also be found there as well.

As you can see, our web site is loaded with valuable information which can benefit many men. If you know or hear about someone who has recently been diagnosed with prostate cancer, please point them in the direction of:

pccntoronto.ca

**A senior thought:
"Aspire to inspire before you expire."**

PCCN-TORONTO SPEAKER'S BUREAU

As many of you know, PCCN-Toronto has a group of volunteers who make up our Speaker's Bureau.

These men, who are all trained "in-house", go out and give talks on prostate cancer to various companies, service groups, and a variety of religious organizations, when requested.

If you feel that you'd like to join our "Bureau", or you know about a company, work at a company or are a member of an organization that might be interested in having someone come and talk about prostate cancer, please call our Hotline at **416-932-8820** and leave a message, including your name and phone number, for **Stan Mednick** to call you back.

Stan, who heads up our group, will return your call in a timely fashion and arrangements will be made to send one of our speakers to your organization, who will bring our message about the importance of screening for prostate cancer and of receiving an early diagnosis. Thank you.

IN MEMORY OF:

**PATRICK HARE
ANTHONY IOZZO
DOUG PHILLIPS**

**Our condolences go out to the
members of their families.**

PCC'S "DO IT FOR DADS" WALK/RUN FATHER'S DAY - SUNDAY JUNE 15, 2014

This Father's Day, what better way to honour all the men in your family than by making a donation to our PCCN-TORONTO team, which is participating in the DO IT FOR DADS Walk/Run at Ashbridges Bay Park on Father's Day morning?

If our support group has helped you in any way during the past 20 years with your own personal journey with prostate cancer, please support us now in our efforts to raise funds for prostate cancer research through Prostate Cancer Canada.

It is so easy to do, but time is running out!

Please go to doitfordads.com / Click on WALK RUN (on the right side)

Click on FIND A PARTICIPANT / TEAM

* Click on TEAM SEARCH / Under Team Name, type PCCN-TORONTO / Click on SEARCH

When team name PCCN-TORONTO shows up, click on our underlined name

The PCCN-Toronto page will open: click on DONATE NOW and simply follow the remaining instructions. Minutes after making your donation to our team, you will receive an email with your official Tax Receipt attached! That's all there is to it!

* If you prefer to donate directly to a team member, click on INDIVIDUAL SEARCH, type the person's first and last name, and click on SEARCH. When that underlined name appears, click on it. That individual's personal page will open - click on DONATE NOW and follow the instructions. Your official Tax Receipt will be emailed to you the same as above.

Our current team members are: Stan Mednick, Peter Szigeti, Lawrie Kaplan, Aaron Bacher, Gerald Garshon, Mark Surchin, Ted Berman, Denis Farbstein, Allan Lappin, John Roth, Ron Watterson, Moshe Kaduri, William Sceviour, Winston Klass, David Kendall, Philip Segal, and Fred Cohen.

We truly appreciate your support, as this Walk/Run is our one and only "official" annual fundraising event and we sincerely hope that you continue to benefit from the various programs/meetings which we offer to everyone. Remember that our support group receives back from Prostate Cancer Canada up to 50% of what we raise, so it is very important that we raise as much as we can! Thank you!

Aaron Bacher - Captain, PCCN-Toronto Walk Run Team (2014)

PCCN-Toronto is supported by:

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

BE A HOSPITAL VOLUNTEER!

You either approach the man, who might have a look of fear on his face, and ask him if he is here for the prostate clinic. Or a man is brought into your room and introduced to you as someone who has recently been diagnosed with prostate cancer.

In either case, you are here to answer his questions and to try and alleviate the anxiety that he is feeling, because this is all very new to him! To know where he currently is on "his own journey" with prostate cancer, you ask him when he was diagnosed, about his PSA reading and his Gleason Score, and sometimes these men don't have much information. So you explain to them why this is information that they should have/know about as they move forward.

Sometimes they don't have any questions for you, because, at this stage, they don't even know *what* to ask. So you tell them about how you were diagnosed, and perhaps they'll start feeling better about "not being alone", and not feeling like the "only person ever diagnosed with this disease"!

Usually at the end of your discussion with them, you can see that they are much more relaxed than when you began, and you start feeling good about what just transpired! When this happens several more times the same day, you go home feeling very good about what you did that day!

Where are you? You are in a hospital prostate cancer clinic and you're there as a **PCCN-Toronto volunteer**. Because of that good feeling you have at the end of the day, you know that you have just helped more newly-diagnosed men (and potentially their partners if they were there with them), and that's what makes you want to come back and do it all over again!



20TH YEAR CELEBRATIONS CONTINUE

Our celebrations continue to build toward our November Scotiabank Awareness Night meeting, which is the actual month when we were founded back in 1994.

At our recent May meeting, two lucky attendees each won \$100 gift certificates to **Paisano's Italian Garden Café** in the heart of North York on Willowdale Avenue.

Our next meeting in July features survivors from our support group, who will tell you about their own personal journeys.

If this is something that you think you might be interested in doing, either at the Princess Margaret Cancer Centre, the Odette Cancer Centre (Sunnybrook), or at the Branson Clinic of North York General Hospital, please call our hotline at **416-932-8820**. Leave us a short message with your name and phone number and your call will be returned in a timely fashion.

There are a few simple conditions, requested by the hospital, that you have to meet, but it is nothing major and you can soon be volunteering at the hospital of your choice.

Please call today and let us know about your interest in being added to our hospital list of volunteers.

Thank you very much!

BLUE WRIST BANDS BEING DISTRIBUTED, CELEBRATING OUR 20TH YEAR!

Raise prostate cancer awareness by wearing one of our 20th Anniversary blue wrist bands. They are definitely "conversation starters" and you can talk about the importance of being screened (PSA blood test AND digital rectal examination) and of an early diagnosis. They are available at all of our meetings.

**F
R
E
E**



MEET THE WATTERSONS: PROSTATE CANCER SURVIVOR RON AND HIS PARTNER CAROL

This is another one of our couples who can often be seen at our Scotiabank Awareness Night meetings at the Toronto Botanical Gardens: **The Wattersons** - Ron and Carol. Our support group has been very lucky over the years to have several "husband-and-wife" teams who have been extremely supportive of many of our activities.

Ron and Carol also attend most of our Tuesday night meetings at Valleyview Residence, although Ron's love of bowling sometimes pulls him away from our meetings, as his bowling night also takes place on Tuesday night. He has, however, "bowled off" on other nights at times, just so he can attend our meetings with Carol.



She has been a regular attendee at our Side by Side meetings for many years and, on several occasions, has made informal presentations promoting the importance of this group at our Scotiabank Awareness Nights. Spouses/partners play an important role with men who are diagnosed with prostate cancer, making our Side by Side group an integral part of the entire "prostate cancer journey".

Ron was diagnosed with prostate cancer in March 2004 and chose to have a radical prostatectomy (RP) in June 2004 at Scarborough General Hospital (Dr. Edward Woods). "It's very hard to believe that ten years have already passed since that surgery", Ron said recently.

For many years he has been volunteering on Thursdays at the Odette Cancer Centre on the Sunnybrook Campus, where he counsels newly-diagnosed men in the prostate clinic, and he also visits men in their hospital rooms who also had an RP one or two days earlier.

On a personal note, we congratulate Ron and Carol for celebrating their **50th** wedding anniversary on March 28th of this year. They have two children (Kristine and James), and three grandchildren (Daniel, Christopher and Jack). James is a urologist at Ottawa General Hospital and associate professor at the University of Ottawa.

Our "volunteer" program would not be as successful as its been for the past 20 years without the commitment and support of people such as Ron and Carol, and we thank them both for donating their valuable time to us. Countless men/couples in the GTA have benefited greatly from their dedication to Man to Man/PCCN-Toronto.

Thank you both so much for your on-going support!

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 2014



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>
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>	"20 years in Prostate Cancer Care: Where we were and where we're headed!"
May 28	Dr. Andrew Loblaw <i>Odette Cancer Centre</i>	"Image-guided diagnosis and treatment - the future of prostate cancer has arrived."
Jul 30	SURVIVOR FORUM V <i>PCCN-Toronto Survivors</i>	Personal stories from prostate cancer survivors.
Sep 17	M Dr. Mark Moyad <i>University of Michigan</i>	"Fad diets, dietary supplements & Rx from A-Z: What works, what's worthless, and what's new in 2014!"
Nov 26	Celebrating our 20th year! More information coming soon!	

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).

Our 2014 "Awareness" newsletters are being sponsored by an unconditional grant from AstraZeneca.



PCCN - Toronto Board of Directors

Chairman

Winston Klass

Vice Chairman

Bernard Shoub

Immediate Past Chairman

Ron Benson

Past Chairman

Aaron Bacher

Treasurer

Philip Segal

Secretary

Bernard Shoub

Directors

Aaron Bacher

Fred Cohen

Denis Farbstein

Allan Lappin

Stan Mednick

John Roth