



# Awareness



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

## 20th Anniversary Highlighted by November Scotiabank Awareness Night Celebrations!

**T**hey were all there, in some form or other. Many of the specialists who have supported Toronto Man to Man and, more recently, PCCN-Toronto. Whether in person, on videotape, or by sending their good wishes by email - they played a large part in our 20th year celebrations at Toronto Botanical Garden on Wednesday November 26, 2014.

**Dr. Padraig Warde** was our keynote speaker, and he did an excellent job of telling us all how far we've come in the past 20 years with radiation therapy, and then told us where we are heading over the next several years. A donation was made in his name to Prostate Cancer Canada. He was very kind to accept a special plaque (see below) created for Dr. John Trachtenberg, who played a major role in getting our support group started but who, due to circumstances beyond his control, was unable to attend in person.



**DECEMBER 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](mailto:info@pccntoronto.ca)**



Via videotape, we heard personal messages of congratulations from doctors and nurses representing North York General Hospital, Sunnybrook Hospital and the Princess Margaret Cancer Centre. Emails were received from doctors at Toronto Western Hospital, Humber River Hospital, Etobicoke General Hospital, Mount Sinai Hospital, and the University of Michigan Medical Centre.

Prostate Cancer Canada attended as well, as Anne Breakey Hart, Manager, Prostate Cancer Canada Network and Volunteer Engagement was there, along with the President and CEO

Rocco Rossi. Rocco gave a very passionate speech about the importance of continuing to promote PSA testing, contrary to what the Canadian Task Force on Preventive Health Care announced recently. Our support group is in total agreement with what Rocco said, as we have always supported and will continue to support the PSA blood test **AND** the digital rectal exam as two very important screening tools. (Please see page 2)


The final door prize of our 20th anniversary year was a \$1,000 Air Canada Gift Card, which was won by **Alice Siu**. Congratulations! Our entire evening was recorded; watch it all soon at [pccntoronto.ca/videos](http://pccntoronto.ca/videos).

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



# IT'S OUR 20TH YEAR!

**"Raising prostate cancer awareness" - [pccntoronto.ca](http://pccntoronto.ca)**

## PCCN-Toronto's position on PSA screening

In recent years, various task forces or panels have come out strongly against using the PSA blood test as a screening tool. The latest was the Canadian Task Force on Preventive Health Care (CTFPHC) which, on Monday October 27<sup>th</sup>, 2014 stated that this test should not be used, as it does not prove to save lives!

Since the CTFPHC released their list of "guidelines", the Canadian Urological Association (CUA), several Canadian highly-regarded urologists and radiation oncologists, who actually work with prostate cancer patients, and Rocco Rossi, President and CEO of Prostate Cancer Canada (PCC), have been exceptionally vocal refuting these guidelines, saying that if men in Canada follow them, the number of deaths from prostate cancer across Canada in the next 5-10 years will increase significantly!

The Board of Directors of Prostate Cancer Canada – Toronto (PCCN-Toronto) supports the CUA, the prostate cancer specialists, and the president of PCC. Our support group has always advocated for *both* the PSA blood test *and* the digital rectal examination (DRE) as two extremely important screening tools for prostate cancer. We have consistently been telling men how important it is to get a "baseline number" in their medical file, so their family doctors have a comparative measure with subsequent PSA tests. This allows men to be properly monitored and any changes to be duly noted.

Our current policy is to advise men without any family history to start getting PSA tests at age 40. Those men with a family history of prostate cancer should start even earlier. African Canadian men, because they are at higher risk for prostate cancer, should also start at age 40 or sooner without any family history, and at age 30 with a history of prostate cancer in their families.

Those of us who have been treated for prostate cancer feel strongly that the PSA blood test **saved our lives**.

Is the PSA test controversial? **Yes, it is.**

Does this test sometimes yield "false positives"? **Yes, it does.**

And does this simple blood test sometimes lead men to have what some refer to as unnecessary prostate biopsies? **Yes, that happens occasionally.**

However, does any of this outweigh the importance of using the blood test as an important screening tool? **No, it does not!**

Many of our survivors volunteer at three major Toronto hospitals, where we regularly meet newly -diagnosed men who were never properly screened when they should have been. This is either because they made that decision on their own, or because of their family physician's direction. The sad part is that many of these men do not receive an early-stage diagnosis, but instead are diagnosed with advanced or late-stage prostate cancer. And the main reason for this is that they weren't screened earlier with the PSA blood test. Had they been, many of them might still have been diagnosed with this disease, but the chances are that their diagnoses could or would have been much earlier, and much more treatable and curable.

The bottom line is that until a more accurate test is found, we fully support the PSA blood test as an important screening tool for prostate cancer. We encourage men to get their baseline number earlier rather than later, and to follow up with regular blood tests. Doing this can **save your life!**

If you have any questions, please call our hotline at **416-932-8820**.

**When a woman says, "What?", it's not because she didn't hear you. She's just giving you a chance to change what you said!**

*If you would rather receive this newsletter electronically, please email [info@pccntoronto.ca](mailto: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 our first 2015

**Scotiabank**

**Awareness Night Meeting**

at the

**Toronto Botanical Garden**

in the Floral Hall

777 Lawrence Ave. East at Leslie Street

on

**Wednesday  
January 28, 2015**

at 7:30 p.m.

our guest speaker

**Dr. Andrew Feifer**

MD, MPH

**Credit Valley Hospital**

topic:

**Testing procedures and  
diagnosing 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**

**P**lease 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](http://www.northyorkharvestfoodbank.com)

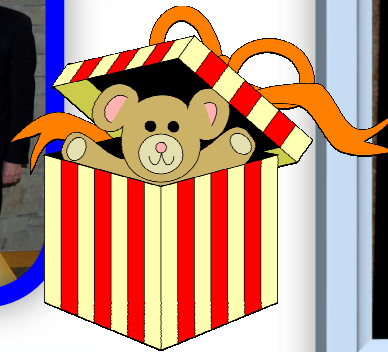


**A**ll of our 2015 Awareness Night Meetings at The Toronto Botanical Garden and our PCCN-Toronto Man to Man Peer Support Group meetings at Valleyview Residence are being sponsored by Scotiabank.

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 CELEBRATES 20 YEARS . . .



Roses for all our ladies!

"If you think women are the weaker sex, try pulling the blankets back to your side!"

# ... HELPING NEWLY-DIAGNOSED MEN, AND THEIR FAMILIES



"Our flower boys!"



to PCCN-Toronto!



Our ladies from Branson!



Host Aaron Bacher and Guest Speaker Dr. Padraig Warde



Carol Watterson & Ronnie Bacher



**PCCN-Toronto is supported by:**  
AstraZeneca/Harmony Printing/Macgregors Meat & Seafood Ltd.  
Prostate Cancer Canada/Scotiabank

## ... November awareness night, continued from page 1

We surprised all the ladies who attended our special evening by having our "flower boys" hand them each a long-stemmed rose as they entered the Floral Hall. (Please see page 5) They all seemed very happy about that!

Our refreshment break became a highlight of the evening, as party sandwiches, veggie trays, and anniversary cakes were consumed, by the 175 men and women who were in attendance!

This was a very special evening for everyone at PCCN-Toronto and Side by Side. For 14 years we partnered with the Canadian Cancer Society, who allowed us to use their offices on Holly Street for our board meetings as well as our peer support meetings for both Man to Man at the time and Side by Side. When they were closing those offices, we were very fortunate to find another willing partner in the Valleyview Residence on Finch Avenue, just west of Bathurst Street. We have been hosting all our meetings there since February 2008.

Their Administrator, Mike Savatovich, was unable to attend our anniversary meeting. However, he did send us a beautiful note, telling us that everyone at Valleyview is very happy to have us there and how much they are looking forward to many more years of hosting our meetings and events. So we have been very lucky indeed!

This past year has been about celebrating 20 years since we were founded in November 1994, and we had another amazing slate of speakers: Dr. Sharon Sharir, Dr. Tony Finelli, Dr. Andrew Loblaw, Our Survivor Forum V, Dr. Mark Moyad, and Dr. Pdraig Warde - our thanks go out to all of them for making this year so great!

Thank you to Stan Mednick for working with me this year on our "mini-committee", planning and organizing several of these awareness nights. We also want to acknowledge Fred Cohen, who was the third member of our committee for several months earlier this year. Thank you all for supporting us again by attending our meetings - we couldn't do what we do without you.

Aaron Bacher

## Another successful Toronto Wake-up Call breakfast

Very early, on Friday morning October 31st, approximately 300 people showed up at the Sheraton Centre for PCC's Toronto Wake Up Call Breakfast.

CITY-TV's Roger Petersen acted as emcee and Todd McMillon, former CFL and NFL player, and prostate



Stan Mednick, PCC President & CEO  
Rocco Rossi, and Aaron Bacher

cancer survivor, was the guest speaker. Todd also won the Mark Dailey Local Hero Awarded for 2014. It was presented to him by Kim Dailey.

Rocco talked about supporting PSA testing, which strongly countered

what was recently stated by the Canadian Task Force on Preventive Health Care.

PCCN-Toronto agrees with the position taken by PCC, and most, if not all, of Canadian urologists and radiation oncologists working with prostate cancer patients feel the same.

This very successful breakfast was over by 8:35 a.m.


## Blue wrist bands being distributed, celebrating our 20th year!

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




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## ***Holiday wishes from our chairman***

**T**his year - 2014 - marks our 20th year as a prostate cancer support organization. Celebratory activities were organized by the Aaron Bacher team (Stan Mednick and Fred Cohen) including a special November Scotiabank Awareness Night event, and a prominent Prostate Cancer Awareness Week speaker in Dr. Mark Moyad from the University of Michigan Medical Centre. 

This theme of giving, supporting, and celebrating continues with the holiday season . . . and with special meaning to prostate cancer survivors. Many (and I trust most) of us have enough control over our condition to fully enjoy the holiday activities. For too many survivors there are still "rivers to cross", and our wish is that you will be graced with enough opportunities to claim a fair share of that holiday feeling.

Hats off to our PCCN-Toronto volunteers, who continue to offer their time and energy towards the cause . . . preparing coffee at the peer group sessions, developing and distributing our schedules and communication pieces, visiting patients and hospital clinics, educating men about prostate cancer, and collaborating with prostate cancer specialists, etc. 

In your own way you have managed to maintain this special holiday spirit throughout the year.

And, of course, celebration of our volunteers goes "side by side" with the acknowledgement of all spouses, caregivers, and partners . . . the ones who bear the brunt of the responsibility for support and encouragement of us survivors.

We are deeply appreciative of PCCN-Toronto friends and partners; Prostate Cancer Canada, the specialists and urologists involved in our programs, the Valleyview Residence Management and Scotiabank.

In particular, PCCN-Toronto values your willingness to share your knowledge and experience, your sterling efforts in support of our "Do It for Dads" fundraiser, and your strong commitment to our pro PSA stance.

Finally I thank my fellow Board members for their guidance, camaraderie and sheer hard work.

To all, a truly happy holiday season and all the best for 2015.

*Winston*

Winston Klass  
Chair, PCCN-Toronto

*Are you interested in becoming a PCCN-Toronto volunteer?*

*Please call our hotline - 416-932-8820  
or email us at [info@pccntoronto.ca](mailto:info@pccntoronto.ca)*

# Our on-going projects for 2015


**Scotiabank**

## Awareness Night Meetings

**T**hese 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 28	<b>Dr. Andrew Feifer</b> <i>Credit Valley Hospital</i>	Testing procedures & diagnosing prostate cancer.
Mar 25	<b>Dr. Michelle Flax</b>	The Psychology of a cancer diagnosis
May 27	<b>Dr. John S. Kell</b> <i>Toronto East General Hospital</i>	Different types of surgery.
Jul 29	<b>Dr. Gerard Morton</b> <i>Odette Cancer Centre</i>	Radiation and hormone therapy
Sep 16	<b>Dr. John Bartlett</b> <i>Ontario Institute for Cancer Research</i>	Research grants.
Nov 25	<b>Dr. Dean Elterman</b> <i>Toronto Western Hospital</i>	Incontinence and 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 2014 "Awareness" newsletters are being sponsored by an unconditional grant from AstraZeneca.**

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