

AWARENESS



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

Dr. Sidney Radomski makes a triumphant return to PCCN-Toronto after 5 years!

This was the thirteenth time that we have welcomed **Dr. Sidney Radomski** from Toronto Western Hospital to talk to us about two very important topics: incontinence and erectile dysfunction.

He began by telling us that one of the workers at the carwash he goes to asked him one day, because he had seen his car's license plate, if he was a "plumber". His answer was, "Well, sort of!"



He added, "I don't do prostate cancer surgery, I treat the two main complications."

Then he defined stress incontinence as "the loss of urine during activities such as coughing, sneezing or lifting". Most men who have surgery, not all, get this type of incontinence. Also, 2% of men who have had a TURP (transurethral resection of the prostate) can experience stress incontinence.

Radiation usually doesn't cause incontinence, but if you needed some radiation following your surgery, this risk is increased.

Contrary to others, Dr. Radomski is of the opinion that "Kegels don't work!" He says to help the situation, you really have to watch your fluid intake, especially coffee!

He said that for post-surgery incontinence, the gold standard is still the artificial sphincter surgery, and that for surgical patients experiencing only mild leakage, the male sling works extremely well and is simpler for patients.

He then asked, "What's Erectile Dysfunction?" He defined it as "the consistent inability of a man to attain/

maintain an erection for sufficient sexual performance!" It used to be called *impotence* and is now referred to as ED. He then talked about how it can impact relationships. He said that partners feel that they are to blame, and that ED can *reduce* intimacy and closeness in couples. It can also *increase* depression, anger and anxiety amongst couples.

Dr. Radomski added that ED is more common than people believe, adding that without having surgery or radiation, 52% of men over 40 years of age have some form of ED. It usually increases with age, with some of the risk factors including diabetes, vascular disease, smoking, neurologic disease and any pelvic surgery. It can also cause depression, anxiety and frustration, and affects not only the man, but his partner and possibly their relationship.

He mentioned his monthly ED clinic, and the fact that 90% of the men who come to see him, come there alone, without their spouses/partners, which he thought was a bit "weird". He said that *his* wife even wants to come with him on his eye doctor appointment!

He touched on the risk factors and the causes of ED, saying that only 6% of men with ED was because of having pelvic surgery, such as a radical prostatectomy (RP). The other major causes were vascular disease (40%), diabetes (30%) and medications (15%).

He then compared radiation versus surgical patients and how they were affected by ED, or not.

After having a radical prostatectomy, 75% of men had ED, and there didn't seem to be a difference between robotic and open surgery.

... continued on page 2

2018



Prostate Cancer
Canada Network
Toronto

DECEMBER

PCCN-Toronto Prostate Cancer Support Group

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"Raising prostate cancer awareness" - pccntoronto.ca

2019 AWARENESS NIGHTS BEING FINALIZED

We are currently finalizing our list of speakers for our 2019 Awareness Night meetings at Edwards Gardens.

No January Awareness Meeting in 2019!

March 27, 2019 - **Justin Lorentz MSc**, (Sunnybrook Health Science Centre) will speak about Cancer Genetics and its impact on prostate cancer and potential treatments.

Our meeting on May 29, 2019 will feature **Claudia Aronowitz**, an Expert Life Coach and how it can help your prostate cancer journey.

July 31, 2019 - **Dr. Christopher Lim** will discuss pet scans, MRI's, CT and bone scans and imaging in general. (Sunnybrook Health Science Centre)

Our meeting on September 25, 2019 will highlight the return of **Dr. Neil Fleshner** (Princess Margaret Cancer Centre) to our stage for the first time since 2004! *His topic will be: "Prostate cancer and the genes you are born with."*

* **TUESDAY November 26, 2019**
Dr. Danny Vesprini (Sunnybrook Health Science Centre) will discuss Active Surveillance and the decision of **when** to treat.



Dr. Radomski continues . . . Incontinence and ED

He mentioned HIFU (High-Intensity Focused Ultrasound), and said that erectile dysfunction is reported as being in only 25%-35% of men, but said that there is still not a lot of data to date.

The first-line therapy for ED is: lifestyle/drug therapy modification; psychosocial counseling and education; possible Androgen replacement therapy, but only after sufficient time following an RP; and oral therapy, such as Viagra, Cialis, or Levitra. He added that, "RP patients are a hard-to-treat-group of people, so it is important to know *how* to take these pills because 65% of men take them incorrectly!"

Dr. Radomski mentioned other therapies for ED, such as the vacuum constriction device (pump), Intracavernosal injections, MUSE (Intraurethral Therapy), and the Inflatable Penile Prosthesis which must be surgically implanted.

Incontinence and Erectile Dysfunction are two difficult topics to discuss in an open forum, but Dr. Sidney Radomski has the experience and the "know-how" to "deliver"!

We thank him once more for coming to talk to our very interested audience. To watch his entire presentation, please go to pccntoronto.ca/videos.

Thank you.



Our 2018 newsletters sponsor!



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PCCN-Toronto & Side by Side

invite you to attend our first 2019

Awareness Night Meeting

at the

**Toronto Botanical Garden
In The Garden Hall**

777 Lawrence Ave. East at Leslie Street

on **Wednesday**

March 27, 2019

at **7:30 p.m.**

featuring

Justin Lorentz

MSc

**Sunnybrook Health
Science Centre**

topic:

**Cancer Genetics and its
impact on prostate cancer
and potential treatments.**

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 | √ Flour |
| √ Canned vegetables | √ Brown pasta |
| √ Canned fruit | √ Powdered milk |
| √ Cooking oil - canola or olive oil | √ Canned or dried beans |
| √ Cereals - high fiber | √ Rice - white & brown |
| √ Peanut/almond butter | √ Baby formula & diapers |
| √ Cookies (arrowroot, digestive, oatmeal) | √ Baby food & cereals |
| | √ Fruit juice - 100% |



www.northyorkharvestfoodbank.com

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

We thank Stacey Silverberg and all the people at Janssen.

Our six Awareness Night meetings at Edwards Gardens are sponsored by Astellas Pharma Canada, and we thank Karen Frantzke and everyone at Astellas.



The Board of PCCN-Toronto.

PCCN-Toronto enjoyed a very successful "social night out" at the MANDARIN Restaurant.



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.

**PROSTATE CANCER CANADA'S
ROCK THE ROAD RAFFLE**



**WIN THE
ULTIMATE
SPORTS CAR**

The Rock the Road Raffle in support of Prostate Cancer Canada is back and better than ever before. This year, we're raffling off our most valuable car yet — a fully loaded **2018 Acura NSX** valued at more than **\$235,000!**

The NSX has a twin-turbo 3.5-litre DOHC V6 engine, rated at 573 hp and 406 lb.-ft. of torque. Imagine the power as you surge from 0 to 100 km/h in a breathtaking 2.7 seconds and all the way to its top speed of 307 km/h!

When you have heart-pounding acceleration and mind-boggling speed like this, you'll appreciate the superbly engineered seating and steering as you maneuver around the road. And with its bold exterior styling and wonderfully refined interior, this supercar is a must-drive for aficionados!

As a past supporter of prostate cancer research, you're finding out about this incomparable grand prize almost before anyone else!

Order your tickets now by calling:

1-855-441-1267!

Tickets are only **\$25** each or you can improve your chances by buying **three** tickets for only **\$60!**

GOOD LUCK!

"WE REMEMBER"

Man to Man / PCCN-Toronto

Dick Arai	2017
Maury Budin	2014
John Dell	2014
Sol Dennis	2010
Ron Evason	
Giampaolo (Paul) Fiaschi	2018
Joe Fraga	2016
Dwight Griffin	2017
Wally Hamilton *	2002
Patrick Hare	2014
Dick Howe	2016
Anthony Iozzo	2014
Ray Kosan	2018
Harry Lockwood	2014
Harvey Mandel	2015
Jim Moran	2016
Ron Nicholson	2010
Rudy Phillip	2008
Doug Phillips	2014
Nat Placey	2017
Stan Sandler	2011
Chris Skinner	2010
Dick Sprenger	2007
Jerry Stevens	2017
Ray St-Sauveur	2014
Philip Taylor	2009
Ray Turner	2009
Patrick Vernon	2005
Moe Wagman	2014

** Founder of Man to Man/PCCN-Toronto*

Side by Side

Roz Wagman	2016
Olive St-Sauveur	2016

ASK THE HEALTH CARE TEAM

Why do I need treatment if I feel just fine?

When treatment is recommended for some men with prostate cancer, there are those who are sceptical of the need. One reason for this is that they have a hard time believing that they need treatment when they feel just fine.

However, how one feels is not generally a consideration when deciding the risk of a given man's prostate cancer, and thus his need for treatment. That is because in the early stages, prostate cancer tends not to cause any symptoms. Consequently, the decision regarding the need for treatment is usually based on factors such as the PSA level and the Gleason score from the biopsy result, rather than the presence or absence of symptoms.

There are other cancers that tend not to produce symptoms until the disease is advanced, so prostate cancer is not unique in this regard. Ovarian cancer, for example, tends to be diagnosed late because it often does not cause symptoms until the cancer is advanced. This could also be the situation with prostate cancer, which is why most urologists recommend doing tests to detect prostate cancer early, in the form of a PSA blood test and rectal examination to feel for abnormal lumps in the prostate.

Ideally, one does not want to be in a situation where the prostate cancer is causing symptoms, as this could mean that the cancer is more advanced. For example, if the cancer is "metastatic" and has spread to the bones, it may cause pain in those areas. Similarly, if the cancer is causing difficulty with urination, this would generally mean that it is "locally advanced".

It is important to note, however, that if men do have symptoms, these are more commonly due to BPH (benign prostatic hypertrophy – i.e. noncancerous enlargement of the prostate) rather than to cancer. Thus, a man having difficulty urinating should seek medical attention, but he need not assume that these problems are due to cancer.

If a man does have prostate cancer, however, the absence of symptoms is hopefully a good sign that the disease is not advanced. So, if treatment is recommended for a higher risk situation, "feeling fine" is a reason to deal with the situation rather than avoiding it.

Sharon Sharir MD, MPH, FRCSC

*Division of Urology, Humber River Regional Hospital
Assistant Professor, Department of Surgery University
of Toronto*

FATHER'S DAY SUNDAY JUNE 16, 2019

It's never too early to start thinking about our one and only major fundraising event - "DO IT FOR DADS WALK RUN" - which always takes place on father's day morning!

Please plan on joining our team in 2019 and helping us raise urgently needed funds for Prostate Cancer Canada and our own support group.

We'll be showing you soon how to join us, and either make a personal donation to our team or to an individual member, or help us raise money by asking your friends, relatives, and business associates to support your efforts with our team.

Happy Holidays to everyone receiving this newsletter!

CHAIRMAN'S HOLIDAY GREETINGS!

Another year has passed and we find ourselves entering 2019, the final year of the second decade of the 2000's. I think we can look back with a good deal of satisfaction at the tremendous progress which has occurred in the treatment of Prostate Cancer in the 2000's , as well as look ahead to the future with much optimism towards continued improvement in dealing with this disease.

Being a part of the PCCN community has tangible benefits. For some time, research has shown that people who feel attached to and interact with others enjoy better health than do those who are more isolated. This research indicated that people who reported ties to the community (measured by the numbers of friends and acquaintances, and volunteer and religious affiliations) experienced lower rates of disease and death, compared with people without such links, even when taking into account differences in socio-economic status, health behaviours and the use of health care services. Interaction between community members can affect health in a number of ways. One way is through the transmission of social norms related to health promoting or health-damaging behaviours.

As chair of PCCN-Toronto I'd like to thank our Board members, as well as hospital and peer support group volunteers, for their continuing contributions towards our efforts to support men and their families dealing with prostate cancer, as well as raising awareness of the disease in the general community.

Please accept my best wishes for a healthy and happy Holiday season.

Enjoy!

Phil Segal - Chairman

**Happy
Hanukkah**



Are you interested in becoming a PCCN-Toronto volunteer?

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

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)

<u>DATE</u>	<u>RM</u>	<u>SPEAKER</u>	<u>TOPIC</u>
Jan 31	G	Dr. Stanley Flax Dr. Adam Tunis <i>North York General Hospital</i>	Perineal biopsies and the importance of imaging.
Mar 28	G	Dr. Andrew Loblaw <i>Sunnybrook Odette Centre</i>	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 <i>University of Michigan</i>	"Fad diets, dietary supplements and Rx from A to Z: What works and what is worthless (2018 update)."
Nov 14	G	Dr. Sidney Radomski <i>Toronto Western Hospital</i>	Erectile dysfunction and incontinence following prostate cancer treatment.



You can watch videos of all the above presentations, with the exception of Dr. Moyad, at pccntoronto.ca/videos/!

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.

Information

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).

FEEDBACK REQUESTED

If you just read this newsletter, please email aaronbacher@rogers.com and just write in the subject line, "Just read the newsletter".
You can also add any additional comments in the body of the email if you'd like. Thank you very much!

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