AWARENESS

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

HELPING MEN FOR 25 YEARS!
1994 - 2019

2020 Begins our second quarter-century of helping newly diagnosed men and their families!

As we wind down to the end of 2019, a very meaningful year for us - our 25th anniversary - we are also coming to the end of the three-year term of our current chairman **Phil Segal**.

Something that we are all looking forward to is **2020** (*I can hear **Barbara Walters** now, saying "2020" in her own special way/style*), when, for the first time in our history, we will be led by co-chairmen! Imagine, two for the price of one!

This is how our current chair, **Phil Segal**, summed things up:

"As my 3-year tenure as Chair of PCCN-Toronto comes to a close at the end of the current year, I was recently asked to consider what accomplishment I was most proud of. I had never really given that much thought, though if I did have to answer, I would say that keeping our group going and growing strongly would probably be as close to a suitable response as I could muster.

During the past 3 years we have added new members to our Board and that is encouraging. The group's activities have grown with the addition of the Quality of Life and Warriors meetings, originated and captained by our previous chair Winston Klass. Our peer support meetings continue on a twice monthly basis and attendance is more than satisfactory. Our Awareness Night meetings chaired by new Board member Ari Katz continue with interesting topics and speakers.

*As my tenure concludes, I would like to introduce **John Roth** (my vice-chair during the last 3 years) and **Keith Braganza** (a newer Board member) who will be acting as Co-chairs of PCCN-Toronto beginning in the New Year. I would also like to thank each of the members of the Board for their cooperation and support throughout the past 3 years, as well a huge thanks for the tasks they carry out to help PCCN-Toronto raise prostate cancer awareness and give support to men and their families as they go through their prostate cancer journey. I also want to thank our hospital volunteers for the great work they do helping newly diagnosed men as well as those who have just received treatment*

Our board and volunteers are very appreciative of Valleyview management for their continuing support in allowing us to use their facilities for both our PSG and board meetings. Thanks go out to Astellas and Janssen for their continued financial support. As well I would like to thank Prostate Cancer Canada for all the help and support they continue to give PCCN-Toronto and all other groups in the PCCN network

To everyone reading our newsletter: on behalf of all the volunteers at PCCN-Toronto, please accept our best wishes for a happy and healthy holiday season and for the coming New Year."

John Roth is a long-time fixture in our group and member of the board of PCCN-Toronto who has been volunteering at the Odette Cancer Centre for many years. Plus, several years ago, he took on the responsibility of making sure that our website was and always is up to date.

"I'm looking forward to working with Keith as co-chair and the rest of the board and 'members' to continue the things that we do well. We are also looking at new initiatives that we can implement, ideas that we are getting from other groups about things that are working well for them and helping them with the things we do well.

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Prostate Cancer Canada Network Toronto

DECEMBER

PCCN-Toronto Prostate Cancer Support Group

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Dr. Danny Vesprini talks about Active Surveillance

To accommodate our speaker's schedule, our November Awareness Night meeting took place on a Tuesday night - November 26th - instead of our regular Wednesday night.

Keith Braganza, our evening's host, first introduced our chairman Phil Segal, who spoke for a few moments about being on Active Surveillance for 13 years! Then Keith introduced our guest speaker - **Dr. Danny Vesprini** - from the Sunnybrook Health Sciences Centre, a long time friend of our support group, who updated everyone on Active Surveillance (AS).

He began by telling us that AS started in 1995 at Sunnybrook with one $30K grant, and is now being done worldwide!

Being on AS means not doing traditional treatments such as a radical prostatectomy (surgery) or radiation.

Instead, the patient is monitored very closely with PSA blood tests every three months and a biopsy in 12-18 months if the doctors feel it is warranted. Using MRIs allows the doctors the ability to pick up much smaller tumours!

Currently 1400 men are on AS at Sunnybrook, with the average age in the mid-sixties. If any of their PSA readings double in less that 3 years, they sit down with their doctors and discuss getting treatment. The average is that, after five years of being on AS, 25% of men have to be treated.

Dr. Vesprini's entire presentation will be available soon on our website at: pccntoronto.ca/videos

We thank him for coming and giving us the latest information about Active Surveillance.

TrueNTH Peer Navigation

Looking to connect one-on-one with a knowledgeable peer who has been "through it"? PCCN-Toronto is proud to be partnering with the Princess Margaret Cancer Centre and British Columbia Cancer Agency to bring you a one-on-one peer support program called TrueNTH ("True North") Peer Navigation.

Funded by Movember and Prostate Cancer Canada, this program matches men with prostate cancer and their partners or family caregivers with a Peer Navigator who has experienced prostate cancer. TrueNTH Peer Navigators receive extensive training and ongoing support from a team of clinicians.

After answering some basic questions on the program website, clients will be matched with a Peer Navigator who they can talk to online, by phone or in-person. Patients and family members who have used the program have said it is very helpful. As one patient explained, *"The Peer Navigator puts it all in context and helps guide you."*

Interested in learning more? Ask one of our fellow PCCN-Toronto members who are TrueNTH Peer Navigators – Phil Segal, Keith Braganza, Sharon Braganza, John Roth, Fred Cohen, Steve Salkovitch, Joyce Kwart and Mark Surchin.

Those wishing to connect with a TrueNTH Peer Navigator are asked to contact the Program Coordinator.

Program Coordinator contact information:
416-581-7652 OR peer.navigation@uhn.ca
Program website:
https://peernavigation.truenth.ca/

PCCN-TORONTO IS SUPPORTED BY:

Astellas Pharma Canada, Inc. * Janssen Pharmaceuticals * Macgregors Meat & Seafood Ltd. * Prostate Cancer Canada * Valleyview Residence

PCCN-Toronto & Side by Side

invite you to attend our first 2020

Awareness Night Meeting

at the

Toronto Botanical Garden

In The Garden Hall

777 Lawrence Ave. East at Leslie Street

on Wednesday

March 25, 2020

at 7:30 p.m.

Speaker and Topic

To be determined soon!

A question period will follow.
All family members, partners & friends are most welcome!

FREE parking!

6:30 to 10:30 p.m.

If you have any questions, please call us at
416-932-8820

Doors open at 7 p.m.

2019 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*
- √ *Canned vegetables*
- √ *Canned fruit*
- √ *Cooking oil - canola or olive oil*
- √ *Cereals - high fiber*
- √ *Peanut/almond butter*
- √ *Cookies (arrowroot, digestive, oatmeal)*
- √ *Flour*
- √ *Brown pasta*
- √ *Powdered milk*
- √ *Canned or dried beans*
- √ *Rice - white & brown*
- √ *Baby formula & diapers*
- √ *Baby food & cereals*
- √ *Fruit juice - 100%*

NORTH YORK HARVEST FOOD BANK

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

janssen

astellas

The Board of PCCN-Toronto.

Dr. Neil Fleshner makes successful return to PCCN-Toronto's Awareness Night program!

Wednesday September 25th, 2019 saw the return of an old friend of our support group - Dr. Neil Fleshner - to the podium at one of our Awareness Night Meetings.

It was his first time back since 2004, and he was greeted by everyone with a very warm reception.

Keith Braganza, a Director of PCCN-Toronto, had the honour of introducing our speaker and hosting the evening, which was part of our 25th anniversary celebrations.

Dr. Fleshner's topic was "Prostate cancer and the genes you were born with".

He began by saying that he was very happy to be back with us, and said that he recognized many men from years ago, including some of his current patients.

He discussed different risk factors, if your father and/or brother wad been diagnosed with prostate cancer. He also commented on genetic factors that play a role in who will get prostate cancer.

The Genetic Risk Assessment Program (GRASP) at UHN was discussed. It includes all high-grade cancers, such as Gleason scores of 8, 9, and 10; all Active Surveillance patients, metastatic cases, and all young patients with UC.

Dr. Fleshner confirmed something that other speakers have stated in the past; that men of colour are at higher risk of developing prostate cancer than Caucasian men. And, mainly due to cultural reasons, many of these men don't normally go to be screened by the PSA blood test!

This talk included many technical pieces of information which our speaker dealt with in language that could be understood by our enthusiastic audience.

Our refreshment break included several added items, such as party sandwiches, an assortment of fruit and fruit drinks, and our normal coffee and tea.

Following our break, Dr. Fleshner answered many of our attendees' written questions, and then took on live questions from our audience.

Keith thanked Dr. Fleshner for coming and giving this presentation, and helping us celebrate our 25th year! He invited the doctor to come back, and hoped it would be much sooner than since his last appearance with us!

The meeting adjourned a little after nine o'clock.

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.

2019 IS JUST ABOUT DONE - LOOKING FORWARD TO 2020

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We are also hoping to get some other group members more involved."

Keith Braganza is a relatively newer member of our support group and a board member. He literally has "jumped in with both feet" whenever he has been asked to do a "job" for our support group. He currently is a volunteer in the prostate cancer clinic at Branson Hospital, counselling newly diagnosed men (and their families) how to move forward after their diagnoses of prostate cancer.

"As the youngest (I think) and newest member on the board, I was a bit surprised when fellow board members asked me if I would be interested in becoming Chair of PCCN-Toronto. The thought was mildly intimidating.

However, I decided to accept when the Co-Chair format was suggested. I can take advantage of John's experience, both as a board member and Vice-Chair going forward.

My role will be focused on outward facing roles for PCCN-Toronto. Although it will evolve as time goes on, this is what I have identified as something to start with:

a) Continue our good relations and cooperation with Prostate Cancer Canada.

b) Improve cooperation with other groups to seek out areas where we can help each other. We have already had one very positive meeting with three groups in or close to the GTA.

c) Improve outreach by PCCN-Toronto looking for ways to attract more members for PSG meetings and Awareness Night meetings.

d) Explore use of Social Media tools to help increase members attending PSG and Awareness night meetings.

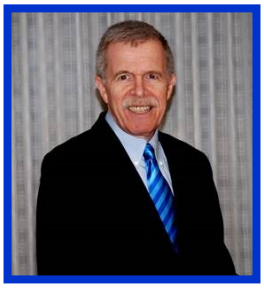
e) Explore ways to reach out to the South Asian community with assistance from PCCN groups in the GTA as well as South Asian social organizations. Attendance by South Asian men is very low compared to the population size in the GTA.

As I mentioned earlier, this is what I see as a starting point."

Keith has hosted several of our Awareness Night meetings at Edwards Gardens and has represented our group at outside events, such as the annual **Wake Up Call Breakfast**, a major fundraiser organized each year by Prostate Cancer Canada !

At this year's breakfast, which took place on Monday September 23rd, **Keith** was joined by **John** *and* **Phil**, so, as you can see, PCCN-Toronto was very well represented (see photo on page 7).

Minutes after the ball drops in New York's Times Square this New Year's Eve, Prostate Cancer Canada Network - Toronto will begin our second quarter-century of helping men and their families cope after being diagnosed with prostate cancer.



Current Chairman
Phil Segal

2020 Co-chair
John Roth

2020 Co-chair
Keith Braganza

If you would like to join us in this important and personally-rewarding endeavor, please let us know by calling and leaving a message on our support line - **416-932-8820** - or speaking to one of our volunteers at any one of our support group meetings.

PCCN–TORONTO – HOLIDAY GET-TOGETHER

JUICE

FRUIT

PARTY SANDWICHES

COFFEE

COOKIES

CRACKERS

EGG NOG

TEA

CHEESE

PCCN-Toronto represented at PCC Wake Up Call Breakfast!

On Monday September 23rd, 2019 Chairman Phil Segal and board members John Roth and Keith Braganza of PCCN-Toronto got up earlier than normal to attend Prostate Cancer Canada's (PCC) Wake Up Call breakfast.

This year's event took place at The Ritz Carlton Hotel on Wellington Street West in downtown Toronto.

Registration and a coffee reception took place at 7:00 a.m., followed by breakfast from 7:30 to 8:00 a.m., and then the Keynote Speaker (**Mark Norman**) and the morning program followed.

The Master of Ceremonies was **Mike Arsenault**, a passionate sports, weather and media junkie who now brings his enthusiasm to the Global News team as a weather specialist!

This year's winner of the John Ferguson Memorial Award (National Hero) was **Simon Sikorski**, CEO of McCann Worldgroup Canada.

This year's very successful Breakfast raised more funds which will be directed to prostate cancer research, led by PCC.

PCCN-Toronto receives award from Prostate Cancer Canada

Anne Breakey Hart, representing Prostate Cancer Canada, presented a special 25-year award to Phil Segal, current chairman of PCCN-Toronto.

Receiving the 25-year PCC Award is Chairman Phil Segal, including, from left to right Bernie Shoub, Ari Katz, Winston Klass, Anne Breakey Hart, Ron Benson, and Keith Braganza.

Just before printing this newsletter, we were advised that Prostate Cancer Canada is amalgamating with The Canadian Cancer Society.

Watch for more information here!

My wife and I decided that we don't want to have children.

We will be telling them all tonight at dinner!

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 2020

AWARENESS NIGHT MEETINGS

These meetings are held at the **Toronto Botanical G** ***Garden*** **Hall)**, at the corner of Lawrence Avenue East and Leslie S medical professionals speak on a range of topics related t t break, answer your questions. Family membe list, a notice of each meeting will be

There will be no Awareness Night meeting in January 2020! We will soon publish a list of our 2020 speakers, starting with our March 25th meeting.

Until then, Happy Holidays everyone!

nk. *(See page 3)*

DA				
Jan				ate cancer and
Mar				e that matters!"
May				scans, MRIs, CT and Bone Scans and imaging in general.
Jul				
Sep	30	F	Dr. Neil Fleshner *Princess Margaret Cancer Centre*	Prostate cancer and the genes you were born with
Nov	26	G	Dr. Danny Vesprini *Sunnybrook Health Science Centre*	Active Surveillance update.

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 active, now provides advice by appointment only. Please visit our website for more information.

Personal Support
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).

Have a question?
Need some information?
Call our support line: 416-932-8820

PCCN - Toronto Board of Directors

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