

Awareness

Prostate Cancer Support Toronto

A MESSAGE FROM THE CO-CHAIRS

By Keith Braganza and John Roth

Dear fellow members of Prostate Cancer Support Toronto,

We trust this message finds you and your loved ones in good health and spirits.

At the beginning of 2021, we thought the worst of Covid-19 was behind us and life would go back to normal soon. We hoped we could go back to in-person meetings and Awareness Nights at the Toronto Botanical Gardens. Unfortunately, things didn't quite work out that way. We continued our twice monthly Peer Support Group meetings on Zoom, as well as our bi-monthly Awareness Night events. All of us who attended online meetings still missed the personal interaction of in-person meetings.

We did, however, find some positives in spite of the situation:

1. It was easier for members who found it hard to attend meetings in inclement weather to now attend meetings on Zoom from the comfort of their home. The downside was that some men who attended in-person meetings did not like using Zoom or didn't have the hardware needed to access Zoom meetings.
2. It was also more convenient to attend Awareness Night events as there was no commute involved, the speaker was close-up and so were the slides presented by the speakers. No more squinting as when seated towards the back of the auditorium at the Toronto Botanical Gardens. It was good for the speakers, too, as they could present their topics from the comfort of their home. This also meant that if there were many questions from the audience, they didn't mind if the meeting went beyond the 9 p.m. cut-off time.
3. Zoom has opened up our meetings to participants from outside the Greater Toronto Area. This has been really helpful to those living far away, who can now attend even if they live in a city or town that doesn't have a local support group. We have had attendees from North Bay to British Columbia and even Australia.
4. Looking ahead through 2022, Zoom has given us the opportunity to get Awareness Night speakers from outside Toronto. We already have speakers from Vancouver and Hamilton lined up for 2022.

We trust our Zoom meetings and Awareness Nights were helpful to all of you in 2021. We will likely have to continue on Zoom for most or all of 2022. We are currently exploring the possibility of having hybrid meetings, accommodating those who wish to attend in person and simultaneously allowing for remote attendance.

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**PCS Toronto Support Line:
(416) 932-8820
Go to <https://pcstoronto.ca>
for more information
or contact us at
info@pcstoronto.ca.**

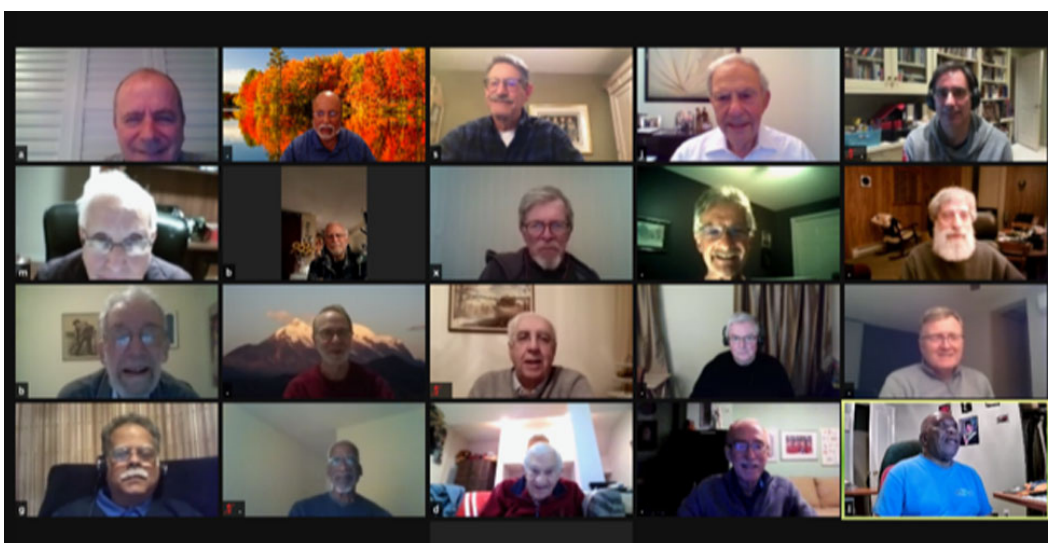
A MESSAGE FROM THE CO-CHAIRS

(continued from page 1)

We keep trying to analyze and improve our meeting processes, as well as finding speakers on a wider range of topics that we think would be of interest to all of you. If any of you have feedback that you would like to send to us or suggestions on topics for future Awareness Nights, please feel free to e-mail us at info@pcstoronto.ca.

Of course, we continue to offer support for patients and caregivers/partners via the e-mail above and our support line, (416) 932-8820. On behalf of the board of directors of Prostate Cancer Support Toronto, we would like you wish you and your loved ones a very happy, healthy and prosperous remainder of 2022.

With best regards,
John Roth – Co-Chair
Keith Braganza – Co-Chair



The familiar Zoom screen has become a fixture of PCS Toronto meetings during the Covid-19 pandemic.

Awareness Nights: Fall 2021 Highlights and 2022 Speakers

On September 30th, Dr. Rajiv Singal presented to us over Zoom on the topic of Managing Prostate Cancer in a Pandemic. In this presentation, he reviewed:

- life before March 2020
- the early Covid pandemic response
- some data on what has been lost or deferred in terms of care
- principles on how prostate cancer has been triaged throughout the pandemic
- some Covid modelling data for the fourth wave.

Also included was a description of some of his work in training urologists in Africa. A recording of this presentation can be found at <https://pcstoronto.ca/2021/10/15/video-managing-prostate-cancer-in-a-pandemic/>.

Also, on November 24th, Ancaster, Ont.-based pelvic floor physiotherapist Christina Dzieduszycki gave a presentation on the physiotherapy approach to pre-habilitation and rehabilitation of urinary incontinence, erectile dysfunction and loss of penile length, which was featured in last month's newsletter. That video is also currently available on the PCS Toronto website.

(2022 speakers listed on page 3)

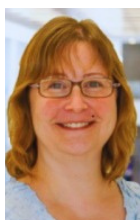
2022 Awareness Night Speakers

| DATE | SPEAKER | TOPIC |
|----------------|----------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| Jan 26, 2022 | Dr. Danny Vesprini, Sunnybrook Health Sciences Centre | Prostate radiotherapy: the present and future of high-precision treatment |
| March 30, 2022 | Dr. Darryl Leong, Hamilton Health Sciences | Cardiovascular disease and prostate cancer |
| May 25, 2022 | Genevieve Stonebridge, Inspire Health BC | Healthy communication and cancer |
| July 27, 2022 | Dr. Di (Maria) Jiang, Princess Margaret Cancer Centre | Management of advanced prostate cancer |
| Sept. 28, 2022 | Dr. Eric Marsden, Marsden Centre for Excellence in Integrative Medicine | Naturopathic oncology and prostate cancer |
| Nov. 30, 2022 | Dr. Olivier Heimrath, Humber River Hospital | Advances in prostate surgery |

PCST Health Team invites your suggestions

Our PCS Toronto Health Team contributors are on hiatus for this edition, but they are eager to recharge in 2022 and are asking for your assistance. If you have a question you'd like to ask or you have a prostate cancer topic you'd like them to write about, please send your requests to me at ronbenson@rogers.ca and I'll be pleased to pass them along. Dr. Sharon Sharir of Humber River Hospital (below left), Dr. Nathan Perlis of University Health Network (centre) and Dr. Danny Vesprini of Sunnybrook Health Sciences Centre (right) are eager to respond to topics of interest to you. So please consider sending along your questions about or topics regarding prostate cancer and title your e-mail FOR THE PCS NEWSLETTER so I can identify it quickly. Thank you for your ongoing support of our medical team's contributions to our PCS newsletter. They appreciate your interest.

Ron Benson



A Tribute to Stan Mednick

On September 29, 2021, a well respected and valued member of our support group passed away.

Stan Mednick's association with our group began when it was known as Man to Man, continued through our Prostate Cancer Canada Network (PCCN) Toronto years and into the current name of our organization, Prostate Cancer Support (PCS) Toronto.

As a regular attendee at our in-person meetings at our Holly Street location and then at Valleyview Residence, Stan willingly and eagerly shared his personal experiences and provided encouraging support to everyone.

In addition to his significant presence at our support group meetings, for several years Stan was a member of the board of directors, the co-ordinator of our speakers' bureau, a telephone support volunteer,

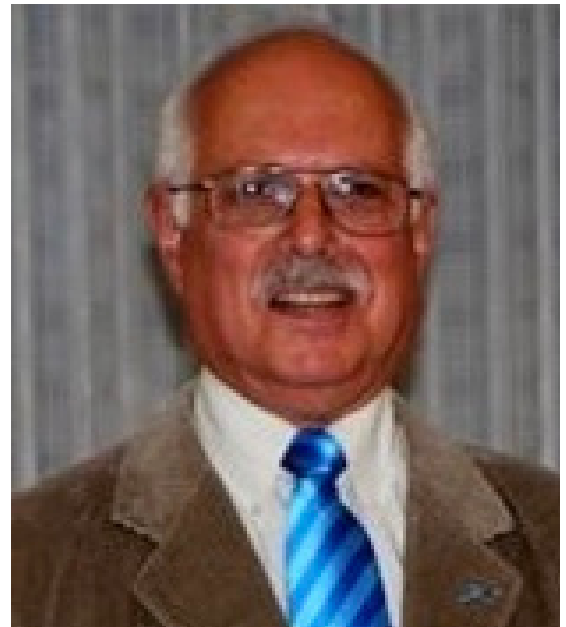
and an acknowledged and admired leader in our once-a-year fundraiser, going back to Relay for Life and up to our current participation in the Father's Day Do It For Dads Walk/Run event. Following are comments from some current board members that affirm Stan's immeasurable contribution to our support group:

Jerry Garshon: I remember Stan attending his first meeting with us at which he shared how very frightened he was of what the future held for him, as most of us had been at the time of our diagnosis. My next recollection is when I visited him post radical prostatectomy on a Saturday morning at the Toronto General Hospital after his surgery two days before. I could not find him in his room but did find him walking the halls on the sixth floor with his wife, Barb. I also remember Stan being a member of the board, having to deal with climbing PSA numbers and going to Montreal for a PSMA pet scan - one of the first in our group to do so. Stan was always a great fundraiser, a kind soul, and is now a man who is missed by us all.

Denis Farbstein: Stan, you always would engage in conversation with a friendly ear. You were an active participant in the Do It For Dads fundraiser that you always attended with your family. I think of you when I go into Kiva's Bagel Bakery & Restaurant, where I often saw you and Barbara having your breakfast, and seeing you and Barbara at No Frills! You are missed!

Ari Katz: I will never forget him telling me that after his surgery, he had to quit playing golf. When I asked him why, he told me that it was due to incontinence and that he could no longer wear light-coloured pants due to leakage issues. Stan knew that it struck a chord with me as I am in the same boat and light-coloured pants are out! Stan had a way about him that made people feel comfortable no matter what their situation. As well, I'll not forget how very fond he was of his Detroit roots!

Ron Benson: At his burial service, Stan's daughter, Carrie, prefaced her remarks by saying that she wasn't going to talk about the story of his life - where he was born, where he went to school, his family life and so on. Rather, she said, she wanted to talk about his prostate cancer journey because, as a prostate cancer patient, his focus and involvement dealing with his own challenge and providing prostate cancer support to others were very important to him. (continued on page 5)



Stan Mednick

(Tribute to Stan Mednick continued)

Ron Benson (continued): Stan preferred not to be a part of the Zoom phenomenon, so we didn't get to see him at our regular meetings after March 2020. Through the e-mails that we exchanged during the pandemic, I became aware of how much he was missing the opportunity to provide support to others and to be connected to the many of us who'd known him over the years. He was most definitely a team player and he missed the team. Even his e-mails spoke volumes to me about the man: kind, appreciative, thoughtful, generous . . . a friend!

Stan's involvement with our support group was long and important.

He was a good man. I miss him.