

Awareness



The "MAN TO MAN" and "SIDE BY SIDE" Prostate Cancer Support Groups

Barbara Casselman Teaches Us All How to Eat Healthier at May Awareness Night

Tofu hot dogs and tofu deli slices! Soy milk on your cereal. Mmmmmm!

One of the essential components of a prostate-healthy diet is Soy, according to nutritionist Barbie Casselman who, for the past 25 years, has been teaching Canadians how to eat right, lose weight and feel great. Not only is it a great protein source, but Soybeans provide fiber, zinc, iron and folic acid. They don't contain any cholesterol, and they are inexpensive. "And remember," she added, "Asians who show low rates of prostate cancer eat soy; they don't take soy pills."

Guest Speaker
Barbie Casselman

She said that the best diet for preventing prostate cancer or to minimize the growth of an existing cancer is one full of nutrient-dense, low-fat foods. But she emphasized that you need lots of nutrients, not lots of calories. In North America, the typical diet contains 38-40% of calories from fat, while in countries where prostate cancer is rare, the amount of calories from fat is a much lower 15-20%. Reducing your fat intake, Barbie said, is "not that difficult if you follow a few rules". Here's a good start: 1. avoid fried foods; 2. on a prevention diet, eat smaller portions of meat - 3 oz - the size of a deck of cards - if fighting prostate cancer, don't eat any red meat; 3. substitute some meats with fish, white chicken, low-fat dairy products, and beans. Omega-3 fatty acids present in fish seem to play a role in

maintaining a healthy prostate and repairing diseased tissue (nuts can be a good source of Omega-3 but it is important to keep the portions small); 4. cut way down on butter, margarine and oil; 5. eat more fruits and vegetables; 6. eat whole grain pasta; 7. eat whole grains such as barley, Quinoa, millet and brown rice.

Barbie discussed fruits and vegetables, "my favourite subject." She told how research supports the beneficial role that fruit and vegetables play in our diet. She said that, "In my 26 years of nutrition counseling, it is my experience that a diet consisting of plenty of fruit and vegetables is essential to our long-term health. More specifically, cruciferous vegetables such as broccoli, cauliflower, Brussels sprouts and cabbage substantially lower the risk of prostate cancer." When it comes to fruit, she added, "all are packed full of nutrients. Different fruits contain different amount and types. This is why we need to eat a variety of them, as opposed to taking "veggie supplements" on a regular basis."

Lycopenes are also important to a healthy diet, and are abundant in tomatoes, papaya, and watermelon. Tomato sauce, tomato soup and V8 juice are also important. Healthy men should eat tomato products 4 times a week, while men living with prostate cancer should have one serving per day (30-60 mg). Cooking tomatoes helps to release the Lycopene.

Two supplements that have good clinical evidence are selenium and vitamin E, and men should take 100 mg of selenium per day. Vitamin E is a bit more controversial, with Dr. Neil Fleshner believing that 200 IU per day is

Continued on page 3



JULY 2005

MAN TO MAN

Prostate Cancer
Support Group

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Check out the record-breaking total we raised for Relay For Life - see Page 6

A Chairman's Plea For Help to Everyone on Our Ever-Increasing Mailing List *by Aaron Bacher*

You were diagnosed with prostate cancer. You made your treatment choice and fully recovered. You attend our Awareness Night Meetings and/or our Peer Support Meetings. Perhaps your partner has also attended our Side By Side meetings. Your name is on our mailing list along with many other prostate cancer survivors.

You were helped by Man To Man when you were making your tough treatment decision. Maybe you were visited in the hospital after you had surgery.

When you were at Princess Margaret Hospital or the Toronto-Sunnybrook Regional Cancer Centre for one of your regular checkups with your doctor, you might have spoken with one of our men who was volunteering there that day.

What I am saying is that if your name is on our mailing list, Man To Man has played an important role in your life when you were going through a tough time. I don't think that anyone will or want to dispute that statement. And that's exactly what we were formed to do - help men and their families who are diagnosed with prostate cancer. And, if I may say so, we as a group have been doing a tremendously successful job in that regard.

"So where are you going with all of this", you are asking yourself? Well, here it is.

We simply can't do it alone. We can't continue to do everything that we are doing without your help.

We hear the very favourable comments about how much our Awareness Night Meetings are appreciated by those who attend; we receive a lot of positive feedback, by phone and/or e-mail, telling us how much you enjoy our newsletters; it's all very nice, much appreciated, and encouraging . . . but it's not enough. We still need you!

We need you to really help us when we ask for your help in our one major fund-raising event of the year (we are still **not** a fund-raising organization) -

the Canadian Cancer Society's Relay For Life. Only 31 men took part this year, **but they raised \$40,000!** Imagine what we could really do together!

When we asked last September if anyone owned or worked for a company that provided any "services", such as printing, mailing, etc., which could greatly reduce our costs, no one responded.

We don't always ask for or need your money - most of the time, we simply need you. For a day or two, or an hour or two - whatever you are capable of offering to us!

Don't get me wrong: we understand that you appreciate all the information that our meetings and newsletters provide to you, and that you want it all to continue. The problem is that everything that we are doing to provide this information to you is being done by the same handful of volunteers all the time, and we think that's unfair. We have a tremendous group of dedicated people who are always just a phone call away from offering their help, almost at anytime and to go anywhere. But that group should be much larger. Our mailing list now exceeds 2400 men and their families. I would venture to say that the "group" that I'm talking about numbers between 40 to 50 men and women at the most. Those numbers just don't seem right in my opinion.

M2M is constantly being asked by hospitals and organizations to do more and more, and we would love to be able to accommodate everyone, but we simply won't be able to do most of them, unless we get some new blood to help us!

Thank you for reading this. I apologize if I have offended anyone by speaking my mind. I have been chairman since June 2002 and we have done many absolutely incredible things together. We can still do much more in the future, but to accomplish that we need you! Please call our hotline today at 416-932-8820 or write mantoman@rogers.com.

MAN TO MAN & SIDE BY SIDE
(Prostate Cancer Support Groups)

Invite you to a
Prostate Cancer Awareness Night
at

St. Bonaventure Parish Centre
1300 Leslie Street

Just south of the Botanical Gardens
at Lawrence Ave. East and Leslie Street

FREE parking!

on
Wednesday July 27, 2005

at 7:30 p.m.

guest speaker

Dr. Sharon Sharir

MD, MPH, FRCSC

topic

**"Quality of Life after
a Radical Prostatectomy"**

A Question Period will follow

*All family members, partners & friends
are most welcome!*

If you have any questions, please call us at

416-932-8820

Doors open at 7 p.m.

**Car Ribbons Raise Prostate
Cancer Awareness**

Help us get the message out about prostate cancer by purchasing a Royal Blue magnetic ribbon (3 1/2" x 8") for your car which reads:

Prostate Cancer Awareness



Each ribbon costs \$5 with all proceeds going to Man To Man. These ribbons will be available at all peer support and awareness night meetings. Please e-mail mantoman@rogers.com or call 416-490-8236 to order yours today. If you want a small quantity to sell for us, please let us know.

Thank you.

Barbie Casselman, continued from page 1

prudent, while most doctors were previously recommending 400 IU per day.

Green tea also has been shown to be a powerful antioxidant, as the Polyphenols it contains inhibit tumor growth. But in contrast to most of the currently popular green tea supplements, people have been drinking green tea for thousands of years and there are studies suggesting its health benefits.

Concluding her presentation, Barbie said, "all of the recommendations I have made tonight don't just help to fight prostate cancer, but they help to minimize the occurrence and severity of all chronic degenerative diseases. To make lasting lifestyle changes we must educate ourselves about the appropriate substitutions available for the foods we love to eat. We shouldn't simply deny ourselves tasty food. Such avoidance will simply lead to feelings of deprivation and constant cravings."

Great advice from a real expert in her field of nutrition!

Thank you so much Barbie for coming and sharing your vast knowledge with us. Our audience enjoyed your every word. (Time now for another tofu dog, or deli slice!) Mmm.

If you would rather receive this newsletter electronically, please send an e-mail to m2m@sympatico.ca and we'll remove you from our regular mailing list and add your name to our e-mail list. Thank you.



Man To Man's Town Hall Meeting at 519 Church Street a Big Success

Some men thought it was a bit early on a Saturday morning to be talking about prostate cancer. Oh, they still came to the community centre they know so well, to hear what was being said - they just got there a few minutes late. The meeting started a few minutes late as well, so the late-comers didn't miss anything. And, by the time the program came to an end around noon, everyone was extremely happy that they decided to attend. A very good indication of that was by listening to all the questions that were being asked.

The compliments were coming fast and often, as



Man To Man Chairman Aaron Bacher, Pearse Murray who organized the event, and guest speaker Dr. Charles Hayter of the TSRCC

the men expressed their thanks for having the meeting there and bringing an issue to light that most often is not discussed.

Man To Man Chairman Aaron Bacher moderated the proceedings and began by

welcoming everyone and explaining what the Man To Man Prostate Cancer Support Group is all about. He then briefly told his own personal story about how he was diagnosed and why he chose Brachytherapy as his treatment choice.

Joe Kenny followed, telling how he was diagnosed with prostate cancer and what made him choose to have a Radical Prostatectomy seven years ago. He suggested that men should ask a lot of questions when searching out their options and get as much information as possible about the various treatments and all the possible side effects.

Dr. Charles Hayter, a radiation oncologist from the Toronto-Sunnybrook Regional Cancer Centre

and an Associate Professor of Radiation Oncology at the University of Toronto who specializes in prostate cancer, was the guest speaker. He discussed the basics of prostate cancer by answering questions such as: what is the prostate and what is the importance of prostate cancer; how is it diagnosed; what are the treatment options and what factors guide the decision-making process. He also discussed what some of the special issues are with gay men who are diagnosed with prostate cancer.

We learned that prostate cancer has surpassed lung cancer as the most common cancer among Canadian men, and that 20,500 men will be diagnosed in 2005 (394 every week), with 4,300 dying from it.

The disease is usually diagnosed by feeling a lump during the DRE (Digital Rectal Examination), with an elevated PSA (Prostate Specific Antigen) blood test, or from the tissue taken during a TURP (Transurethral Resection of the Prostate).

Treatment decisions are usually made after considering the Stage of the cancer (T), the PSA level, and the Gleason Score which determines the aggressiveness of the tumour. Another factor is whether the cancer has been determined to be low, intermediate or high risk.

He explained how, for gay men, telling family and friends that you have prostate cancer is like "coming out" all over again, this time as a cancer patient, which can bring with it shame and fear. The impact of treatment on sexual functioning is also a major concern. It also alters for many their body image.

This was an important first step regarding awareness and education. The message must get out to men everywhere to start taking proper care of themselves, not only about prostate cancer but about their overall health in general.

Thank you Dr. Hayter for participating, and thank you Pearse for organizing this special meeting.

Bill 201 Passes Second Reading

Bill Mauro, MPP for Thunder Bay-Atikokan recently introduced a private bill, which proposed an amendment to the Health Insurance Act which would allow PSA testing to be covered by OHIP.

The second reading took place on June 9, 2005, and, after much debate by MPPs from across Ontario, the bill passed this second reading, and was referred to the Social Policy committee.

As Mr. Mauro's Legislative Assistant said, "Now is where the challenge is, as we have to have the bill come up before the committee so that they can study it, but getting that to happen is often quite difficult. We will be speaking with the Government House Leader and trying to see what can be done, however it's too late for anything to happen this session, which might end this week. If there is any movement, I will let you know. Thanks again and speak to you soon."

We thank all the men and their families on our mailing list, who took the time to write letters to their own MPPs, asking them to support Bill 201.

Since we've been complaining for a long time about the fact that the PSA blood test has never been covered by OHIP, it was very encouraging to see so many men finally try to do something about it both individually and "as a group".

We must continue to have our voices heard on this important matter, or nothing will ever change.

Man To Man Volunteers at the Dr. Jay Tournament

The 10th anniversary of the Dr. Jay Golf Classic took place on Monday June 20, 2005, and Man To Man was there. The Dr. Jay, which supports M2M financially, has raised over one and a half million dollars for hospitals in the Greater Toronto Area, and we are very happy to be associated with them.



Ray working very hard!



City TVs Mark Dailey teeing off

FORE!



Ray St-Sauveur, Ivan Samuels, host Dr. Jay Bacher, Dick Arai, and Moe Wagman

WORD PUZZLE ANSWERS

trehctae = catheter

ilgadti = digital

gitnane = antigen

Man To Man is supported by:

- * Abbott Laboratories
- * AstraZeneca
- * Canadian Cancer Society
- * Merck Frosst Canada Ltd.
- * Novartis Pharmaceuticals Canada
- * Pfizer Canada
- * The Dr. Jay Charitable Foundation



2005 Relay For Life = \$40,008

"UNBELIEVABLE"

First they raised a ton of money. Then they all had a whole lot of fun on Friday June 17, 2005 walking around the Birchmount Stadium track with their family and friends at the Relay For Life, the Canadian Cancer Society's (CCS) annual major fund-raising event.

"They" are that magnificent team from Man to Man and Side By Side, who surpassed last year's amazing total of \$24,950 by establishing a new record-breaking total of **\$40,008! WOW!**

Our team raises more money and sells more Luminary candles than any other team, and our two biggest fund-raisers, **Bill Gow** and **Teddy Berman**, **individually** raise more money than most other "teams" involved with the Relay events in Toronto.

On behalf of myself and the members of the board of M2M, I want to sincerely thank every participant in this year's Relay for their fantastic effort in allowing us to surpass another unbelievable goal .

Unfortunately, at the last minute, I was not able to attend the actual Relay, but those who did take part all had a terrific time as the weather cooperated and it was a beautiful evening.

I honestly thought that it was going to be almost impossible this year just to equal last year's total. Obviously I was wrong! **VERY WRONG!** Next year will be another difficult challenge, if we are to exceed this year's record-setting total.

The key is for us to have even more men and their families involved with this event next year. If you've never been part of our "team" before, please join us in 2006. As always, we promise you a fun-filled night, and you will feel very good about doing something important which will definitely help many other families down the road. Thirty-one of our men and their families raised **\$40,000!** What is our real potential? Just imagine

THANK YOU RELAY TEAM 2005!

Walkers come in all shapes and sizes



.... like little Jake Berman



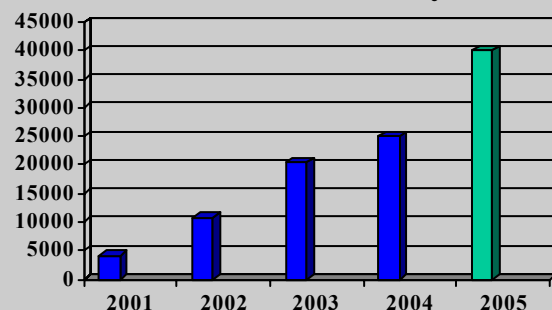
THE TEAM



"When I delivered our Relay money for the final time this year to CCS, we realized that our 5-year total of money raised was **\$100,043!**"

Aaron

2005 Dollars Raised by M2M



CPCN Conference - August 7-8-9, 2005 The Delta Chelsea Hotel

SEE PAGE 9 FOR
SPECIAL OFFER

Drs. Chodak from Chicago, Crook and Finelli from Princess Margaret Hospital (PMH), Toguri from Scarborough General Hospital (SGH) and our three latest additions, **Dr. Gerard Morton** and **Irene Lange-Mechlen (RN)**, from the Toronto-Sunnybrook Regional Cancer Centre (TSRCC) and **Dr. Edward Woods (SGH)**, are all getting ready to speak to you at the Second Annual CPCN Conference in August, hosted by Man To Man.

Add to that an exciting workshop where we will share information about successful events and programs that other support groups have already experienced, some that our own group might be interested in trying.

Support group volunteers from Saskatchewan, New Brunswick, Ontario, Manitoba, Alberta, and British Columbia have already registered and booked their rooms at the Delta Chelsea on the corner of Gerrard and Yonge.

They're coming from big cities and small towns. They're traveling by car, by train and by air. And we are getting ready for all of them.

The cost for you to attend the entire conference is \$250, which entitles you to all the presentations, coffee breaks, cocktail parties and meals. If your partner also wants to attend, it will cost an additional \$250. Staying in the hotel, at least on Monday night, will cost you \$160 (including all taxes) per night. The "normal" rate for that time of the year is over \$200 plus taxes. Parking rates are separate from the room rates.

Why you should attend our conference: We don't volunteer with a prostate cancer support group only to learn more information for our own personal situation. Part of the challenge, as support group volunteers, is to be able to share some of the latest information about the variety of treatments that are available, with newly-diagnosed men and their families, and to also learn how to improve our

methods of speaking to these families in order to give them the help they are looking for.

Volunteering with a support group means that it is not really about "us"; it is about acquiring the skills necessary to properly listen to "them", and then using that knowledge and ability to help them on "their journey".

And that's why you should attend. When the conference is over, you will have acquired important medical information to help you with your own personal situation, and you will also be able to share that new-found information with those men who are new to prostate cancer. From the workshop, you will have also learned some new techniques as far as dealing with people, and some of the ideas discussed there might be adapted by our own support group.

Man To Man is all about education and awareness, and this conference will educate you further and make your awareness of others even keener than it is today.

You recently received a conference brochure, instructing you to send your completed registration form and payment to: **Wally Seeley, P.O. Box 1253, Lakefield Ontario K0L 2H0.**

You must book your room separately by calling the **Delta Chelsea Hotel at 1-800-243-5732** and mentioning the **CPCN Conference** to obtain your special conference room rate (**last day for special rate is Friday July 22nd - see page 9**).

The dress code for the conference is casual, while "smart casual" for the cocktail parties and dinners would be appreciated.

We'll see you at the conference!

AIR CANADA 

Air Canada is the official airline of the Canadian Prostate Cancer Network Conference.

ON-GOING PROJECTS FOR 2005

Information and Awareness Meetings

These are held at the **St. Bonaventure Parish Centre**, 1300 Leslie Street, just south of the Toronto Botanical Gardens, where leading medical professionals cover a wide range of topics and answer your questions. Family members / friends are welcome to attend. If you are on our mailing list, a notice of each event will be sent to you. Meetings begin at 7:30 pm.

<u>DATE</u>	<u>SPEAKER</u>	<u>TOPIC</u>	<u>SPONSOR</u>
July 27	Dr. Sharon Sharir	Quality of Life After a Radical Prostatectomy	Pfizer
Sep 28	Dr. Ian Tannock	Late Stage Prostate Cancer	Novartis
Nov 30	Dr. Sidney Radomski	Incontinence and Impotence	AstraZeneca

"Man to Man" Peer Support Meetings

These are held on the first and third Tuesday evenings of each month at the first floor offices of The Canadian Cancer Society, 20 Holly Street (Yonge and Eglinton area), in suite 101. They are informal in nature and provide a chance to meet in a small intimate group to discuss coping with prostate cancer with others.

The meetings start at 7 p.m. and finish at 9 p.m.

"Side by Side" Peer Support Meetings

The ladies' support group meets at the same time, on the second floor of the same building, in suite 200. This provides an opportunity 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 in the Toronto General Hospital, bringing them messages of support and hope. If you are scheduled for surgery at another hospital, and would like to have a visit during your stay, let us know. We will visit patients at any hospital in the Toronto area.



Man To Man at Pride Day 2005

Once again this year, Man To Man had a booth at the Pride Fair on Wellesley Street, educating men and raising the awareness level of prostate cancer.

Seen here helping to get the word out are M2M volunteers (L) Ray St-Sauveur, Pearse Murray and Phil Taylor.

Thanks guys for braving the heat and doing another great job for Man To Man.

Man To Man Board

Chairman

Aaron Bacher

Vice Chairman

Sol Dennis

Treasurer

Richard Lorie

Secretary

Bernard Shoub

Immediate Past Chairman

Ron Nicholson

Past Chairman

Moe Wagman

Directors

Dick Arai

Ron Benson

Bill Gow

Jim Moran

Ray St-Sauveur

Our 2005 "Awareness" Newsletters are being sponsored by an unconditional grant from The Dr. Jay Charitable Foundation.



SPECIAL INSERT - CONFERENCE SCHEDULE - SPECIAL INSERT

Sunday, August 7, 2005

- 3:00 - 6:00 pm **Registration - Churchill Court**
- 6:00 - 7:00 pm **Reception - Churchill Court**
- 7:00 - 9:30 pm **Opening Dinner - Churchill Ballroom**
Aaron Bacher, Chairman, Man To Man Prostate Cancer Support Group
Bob Shiell, President, Canadian Prostate Cancer Network
Mike Cloutier, President, AstraZeneca Canada
Peter Goodhand, Ontario CEO, Canadian Cancer Society
- Keynote Speaker:** **Dr. Gerald Chodak**
Director, Midwest Prostate & Urology Health Centre, Chicago Illinois

Monday, August 8, 2005

- 8:00 - 8:45 am **Continental Breakfast - Churchill Court**
Sponsored by the Canadian Prostate Cancer Research Initiative (CPCRI)
- 8:45 - 9:00 am **Conference continues in the Churchill Ballroom**
Stuart Edmonds - Director, CPCRI
- 9:00 - 10:00 am **Dr. Edward Woods - Scarborough General Hospital**
High Frequency Ultrasound (HIFU)
- 10:00 - 10:30 am **Break / Exhibits - Churchill Court**
- 10:45 - 11:45 pm **Dr. Juanita Crook - Princess Margaret Hospital**
Brachytherapy - Seed Implants
- 12:00 - 1:00 pm **Lunch / Exhibits - Churchill Court**
- 1:00 - 2:00 pm **Dr. Gerard Morton - Toronto-Sunnybrook Regional Cancer Centre**
Radiation - IMRT & High Dose-Rate (HDR) Brachytherapy
- 2:00 - 3:00 pm **Dr. Allan Toguri - Scarborough General Hospital**
Benign Prostatic Hyperplasia (BPH)
- 3:00 - 3:30 pm **Break / Exhibits - Churchill Court**
- 3:30 - 5:00 pm **Workshop 1 & 2 - Churchill Ballroom A & B**
- 5:00 - 6:00 pm **Exhibits - Churchill Court**
- 7:00 - 8:00 pm **Reception - Churchill Court**
- 8:00 - 10:00 pm **Dinner - Churchill Ballroom**

Tuesday, August 9, 2005

- 8:00 - 8:45 am **Continental Breakfast - Churchill Court**
- 8:45 - 9:00 am **Conference continues in the Churchill Ballroom**
- 9:00 - 10:00 am **Irene Lange-Mechlen**
- 10:00 - 10:30 am **Workshop Recap**
- 10:30 - 11:30 am **Dr. Antonio Finelli - Princess Margaret Hospital**
Laparoscopic Radical Prostatectomy
- 11:30 - 1:00 pm **Farewell Brunch - Churchill Ballroom**
Bob Shiell - Presentation of The President's Award
Aaron Bacher - Closing Comments & Adjournment

*We still have
a few spots left for
the conference
at the
SPECIAL REGISTRATION
price of \$125 per person
instead of \$250.*

*If interested, please
e-mail
mantoman@rogers.com
IMMEDIATELY!*

**Please note that the last day to
register at the special hotel rate of
\$160 per night (incl. all taxes) is
Friday July 22, 2005
Call 1-800-243-5732**