



January 2015
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AWARENESS
ACTIVITIES AND
CONSIDER
VOLUNTEERING**

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PCCN Brampton News

Another year is in the books. December is about as quiet a month as we get and this one was no different. We had a well attended December meeting / pot luck supper which was enjoyable. We took the opportunity with Anne Breakey Hart from Prostate Cancer Canada in attendance to present them with a cheque for ten thousand dollars. This money was raised via our annual golf tournament and Cruisin' for a Cure events and was made possible in part by our ongoing sponsors, Janssen in particular, who help in so many ways.

Speaking of the Golf Tournament, we are making substantial changes this year, moving it to a great new course and a week-end timeframe. It will be held this year on Saturday, June 27th at the Glen Eagle Golf Course. This is an excellent course with improved facilities and excellent meal selections. The upgrade will cost a little more at \$120 but this is still a bargain for such a facility for a week-end event. The fee, as always, covers your golf and power cart and well as an excellent lunch and prizes for all participants.

We ask that you pass this date along to any golf addicts that you may know to help us get this new location off to a great start. Please e-mail me if you are interested so we can keep you in the loop with future announcements about the event.

January is always a month for new resolutions and so we have Darren Au coming by to review exercise and prostate cancer. He will be involved in several related studies that our members may be interested in. A new approach to dealing with incontinence should be of interest to many members that continue to deal with this far too common side effect resulting from surgical and other forms of PCa treatment.

Gary Foote / Jim Dorsey - Newsletter Editors

E-Mail: visact@rogers.com / jfdorsey@yahoo.com



Next General Meeting, Tuesday, January 13th, 2015 – 7:00pm

Darren Au is a Certified Exercise Physiologist and Registered Kinesiologist. He completed his bachelor's degree at the University of Guelph in Human Kinetics and post-graduate certificate in Exercise Science and Lifestyle Management at Humber College. Currently, he is a graduate student at the University of Guelph under the supervision of **Dr. Daniel Santa Mina**, who has spoken to us several times in the past.

Darren's research interests lie in the evaluation of two novel approaches to pelvic floor training (Pfilates and Hypopressives) for the recovery of urinary incontinence for men undergoing surgery for prostate cancer. Darren is a strong advocate for cancer and exercise, with a primary goal of maintaining and improving physical fitness and function before, during, and after treatment.

His experience in clinical and research practice at the Princess Margaret Hospital includes extensive fitness testing, exercise prescription, and training for cancer survivors.

Email: Darren.au@uhn.ca

Darren will update us on current research into the role of fitness during treatment and recovery from PCa. The topic of exercise seems quite appropriate in January, when many of us are recovering from over-indulgence and making resolutions to get fitter in 2015.

He will also describe two exercise-based studies that are currently recruiting participants from support groups in the GTA, including PCCN Brampton:

Study 1: will examine the role of personal training vs. group training vs. home-based training delivery strategies for men with PCa undergoing Androgen Deprivation Therapy.

Study 2: will examine the role of a novel new approach to pelvic floor strengthening vs. conventional kegel exercises for men with PCa following radical prostatectomy.

You can also forward your questions or suggestions to: info@pccnbrampton.ca or telephone 905-458-1812.

We look forward to seeing you in Room #2, upstairs at The Terry Miller Recreation Center, 1295 Williams Parkway, at the southwest corner of Williams Parkway & Bramalea Road.

Parking as always is free.



PCCN Brampton Bram-O-Gram

Last General Meeting, Tuesday, December 9th, 2014

Our annual Christmas Potluck and Social Evening was quite well attended this year and as usual featured good food, good people, good conversation, door prizes and our unique 50:50 draw where 50% of the pot goes to one ticket holder and the balance goes to another ticket holder. This year one of the members was even so kind as to return their winnings and we would like to thank them for that kind gesture.

Anne Breakey Hart and **Maureen Rowlands** of **Prostate Cancer Canada** were our special guests this year and we presented them with a cheque for ten thousand dollars payable to PCC. These funds were raised primarily by our annual Golf Tournament and Cruisin' for a Cure events, with lots of help from our many sponsors.

Anne and Maureen regularly take part in our meetings and other events and we thank them and the rest of the good people at Prostate Cancer Canada for their ongoing support of our education, awareness and fund raising efforts.

This year, we also provided a special birthday cake to mark **PCCN Brampton's 20th Anniversary**. As in years past, we doubt that anybody went away hungry.

Jim Dorsey put together a slide show that was played during the event to highlight the many events that the group participated in throughout the year.

Telephone Committee Changes

After many years of service on the Steering Committee, most recently running the Telephone Committee, **Stew Cornell has retired**.

We have had as many as fifteen dedicated volunteers calling up to ten members each and every month to see how they were feeling and to discuss the topic of the next meeting. Stew has cheerfully coordinated these efforts for many years, for which we thank him!

If you are still being called every month and would prefer not to be, please advise **Jim Dorsey** at 905-453-3038 or email jfdorsey@yahoo.com.



Upcoming PCCN Brampton Meetings / Events:

Tuesday, February 10th, 2015
Speaker and topic to be announced

Saturday, February 14, 2015
10th Annual Do it for Dads Sled Ride of Hope

Tuesday, March 10th, 2015
Dr. Ewa Szumacher, Adjuvant and Salvage Radiotherapy after Prostatectomy

Tuesday, April 14th, 2015
To be confirmed: Dr. Caroline Chung, Personalized Cancer Treatment.

Tuesday, May 12th, 2015
Movember and PCC, Update on the True NTH program

Tuesday, June 9th, 2015
Annual end of year Potluck and Social Evening.

Sunday, June 21st, 2015
2nd Annual Do it for Dads Father's Day Walk/Run, Mississauga Valley Park.

Saturday, June 27th, 2015
15th Annual Charity Golf Tournament, Glen Eagle Golf Club, Bolton.

Tuesday, September 8th, 2015
Dr. Richard Casey, Urologist and one of our chapter's favourite speakers.
Topic to be announced when confirmed.

Sunday, September 13th, 2015
9th Annual Cruisin' for a Cure Canada, Powerade Centre, Brampton.

Speaker suggestions from members are always welcomed; please watch our website for complete meeting agendas and updated speaker profiles!

Kim Vogel, Speaker Coordinator:
(416) 806-9619 or Email: kimvogel@leaderabilityconsulting.com

Please Note: From time to time we may have to reschedule a speaker due to unforeseen circumstances. We will always provide as much advance notice as possible when a speaker has to reschedule.



[Rock the Snow Sled Raffle – February 14, 2015](#)

Steve Hutton's Prostate Extreme Team is once again running a raffle with all proceeds going to Prostate Cancer Canada.

THIS year, the prizes are a **2014 Can-Am Outlander XMR 650 ATV**, valued at over \$13,000, a **2015 Ski-DOO Sport 600-E** valued at over \$10,000 and a **Freestyle TekVest**, valued at \$300.

Tickets are \$20 each or three for \$50 and only 2,000 will be sold. The draw will be held on Saturday, February 14th at PET's [10th Annual Do it for Dads Sled Ride of Hope](#) in Gravenhurst, ON. As many of our members know, Steve started his event in support of his father, **Al Hutton**, an extremely active prostate cancer advocate and a member of PCCN Brampton who died in 2013. Steve now carries on Al's memory.

Details of the raffle can be obtained at the PET website at <http://www.prostateextremeteam.com/raffle.html> or simply call toll-free at 1-855-441-1267 between 9 AM and 5 PM, Monday to Friday, to order your tickets.

[Rock the Road Raffle – February 21, 2015](#)

For the third year, the [Trillium Auto Dealers Association](#) has kindly donated a brand new automobile to be raffled. 100% of the funds raised will go to Prostate Cancer Canada, the only national foundation dedicated to the elimination of the disease through research, education support and awareness.

This year's vehicle is a **unique 2015 50th Anniversary Ford Mustang GT**, valued at \$87,487 including some \$22,000 in performance and appearance upgrades. Just as the 2014 Corvette C7 donated by TADA last year was revolutionary, so is this 2015 Mustang GT, which has been hailed by the automotive press as the best Mustang ever.

Tickets are \$20 each or three for \$50 and only 13,000 will be sold. The draw will be held on Saturday, February 21st at the [Canadian International Auto Show](#).

Further details on the vehicle and instructions for ticket purchase can be found at <http://rocktheroadraffle.ca/> or simply call toll-free at 1-855-441-1267 between 9 AM and 5 PM, Monday to Friday, to order your tickets.



[PCCN Brampton's Movember Team](#)

As mentioned last month, **Prostate Cancer Canada** and **The Movember Foundation** recently signed a new three-year agreement, under which PCC will receive one third of all funds raised in Canada. As before, these funds must be used to finance research projects approved by Movember.

As of January 6, our PCCN Brampton team has raised \$1,980. Our top performer is **Neil Vogel**, the husband of **Kim Vogel**, our Speaker Coordinator. Neil has raised \$470! You can still donate at <http://ca.movember.com/team/1535445>

Also as of January 6, Canadian Mo Bros and Mo Sistas have raised nearly \$22,000,000 of the nearly \$90,000,000 pledged worldwide. The Movember Leaderboards can be seen at <http://ca.movember.com/leaderboards/>

These results, while impressive, are down considerably from previous years. Accordingly, PCC will receive roughly one half of the amount from Movember that they received in 2012. This will impact the important research projects currently underway and planned, such as the [True NTH](#) initiative described by **Maureen Rowlands** of PCC at a meeting last year.

[Expert Angle: Prostate Cancer Canada Webinars](#)

Learn more about PCC's webinars at <http://prostatecancer.ca/Support/Expert-Angle>.

The Expert Angle sessions use interactive on-line technology to make top-notch presentations by leading experts in Prostate Cancer accessible to anyone.

Again, we feel that **Dr. Andrew Loblaw's "Don't Throw the Baby Out With the Bathwater: The Benefits of PSA Testing"** recorded on November 6 is of particular interest:

<http://prostatecancer.ca/Support/Expert-Angle/2014/The-Benefits-Of-PSA-Testing#.VFIHicn4pD4>

This session was in direct response to the most recent attacks on the PSA test. As you would expect, Dr. Loblaw presents an informative argument FOR the PSA test.

Videos of previous sessions delivered by outstanding experts from all over Canada can be accessed from the Expert Angle page of the PCC website and viewed using **YouTube**. Topics range from PSA testing to genetics to diet and exercise.

All these sessions can be viewed at future meetings as we have them installed on the PCCN Brampton laptop. If you browse these sessions and find one that you think would be a suitable topic for a monthly meeting, please let us know! info@pccnbrampton.ca or telephone 905-458-1812.

Cruisin' for a Cure 2015 Date and 2014 Results

Our 9th Annual Cruisin' for a Cure Canada will be held on Sunday, September 13 at The Powerade Centre in Brampton. Planning is well underway.

Dr. Andrew Loblaw will again be our referring physician. We are honoured to have Dr. Loblaw involved again and doubly so because he has requested that we set up an area where he can talk with the men who come in for their PSA tests.

Dr. Loblaw reviewed 323 of this year's 335 PSA tests and after applying some advanced analytical techniques, he advised that:

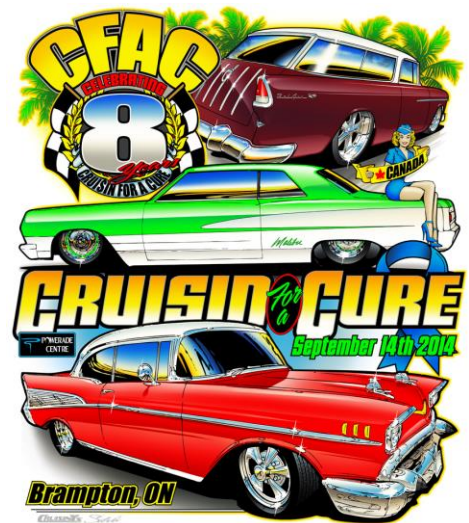
"136 men had PSAs above 1.0 ng/ml. I've calculated that if we biopsied all the guys with PSA above 1.0, we'd find 33 new G7 or higher cancers (10.3%)..."

"I referred 8 guys with no family docs and 32 guys with G7+ risks > 30% to the [Wright Prostate Centre](#) for consult re: biopsy."

Remember that we have obtained a limited number of Cruisin' for a Cure SURVIVOR shirts in white only. They will be available at the meeting, priced at \$5 for a short-sleeved shirt, \$10 for a long-sleeved version with pocket and \$20 for a zippered hoodie.



Shirt front



Shirt back

You can also order them from **Jim Dorsey** at 905-453-3038 or email jfdorsey@yahoo.com. Personal delivery can be arranged in exchange for a cup of coffee.



[Recently Diagnosed? – Contact PCCN-Brampton](#)

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you at a convenient time and place. Alternatively, come early to one of our Monthly General Meetings and on arrival, inform the front desk that you're a new member. One of our peer counsellors will welcome you and listen to your concerns. Our Monthly General Meetings are held at 7:00 PM on the **SECOND TUESDAY** of each month except July & August at the Terry Miller Recreation Centre.

Steering Committee Meetings are held two weeks plus a day later on the **FOURTH WEDNESDAY** of each month, September through June, at 7:00 PM. Steering Committee Meetings are held in the Community Room at the Fortino's at Hurontario and Bovaird.

Family members, friends & supporters are always welcome at any of our Meetings!

[Jim Dorsey:](#) (905) 453-3038

[Gary Foote:](#) (905) 458-1812

Note that we accept phone calls throughout the year.

If no one is available to take your call, PLEASE leave a voice mail and we will return your call as soon as possible.

[Regular "Snail Mail" Costs Money – Please Consider Email](#)

Regular printing and mailing now costs us well over a dollar per person per month.

Anyone who would prefer to receive this newsletter via e-mail should contact:

Gary Foote, 905-458-1812, E-Mail: **visact@rogers.com**

If you already receive your newsletter via regular mail or e-mail, please be sure to notify us of any address changes so we can continue to get it out to you.

Our newsletters are also available online at **<http://pccnbrampton.ca/bram-o-gram>**