



April 2012
Volume 12 Issue 4

INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 3** Last General Meeting
- 4** Upcoming Meetings
- 5** Father's Day Walk / Run
- 6** Car Care for the Cure
- 6** Circle of Hope
- 7** Drag Race Schedule
- 8** Recently Diagnosed?

**VIEW THE
EVENTS IN THE
PLANS FOR 2012
SECTION AND
CONSIDER
VOLUNTEERING
IF YOU CAN**

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PCCN Brampton News

We had an excellent time at the MegaSpeed Car Show and as usual the Senior Moments Drag Racer was a hit decked in its PCCN Brampton Wrap. Jim made some good contacts that should bear fruit come September's Cruisin' for a Cure event.

April will see one or both of our roving ambassadors Paul Henshall and Jim Dorsey visiting the Evening of Hope, Circle of Hope & Sheridan BBQ once again in 2012. Paul Henderson and others spoke at the Evening of Hope relating their stories in the fight against many different cancers.

We have formed our team for the Father's Day Walk/Run and you can either join our team or support it at the web-site: my.e2rm.com/TeamPage.aspx?team We have set a modest fundraising goal of \$2000. and we hope you can help us reach that goal once again this year.

At the same time plans continue for our upcoming 12th Annual PCCN Brampton Golf Tournament at the Acton Golf Club on Monday, June 25th. It's always a lot of fun and a great way to spend an inexpensive day supporting a great cause. The \$90.00 fee covers your Green Fees, Cart, Lunch and Prizes.

We are including a golf poster and foursome sign-up sheet with this newsletter so if you play, sign-up, and if you don't feel free to pass it on to someone who does. If you have any questions about the event, contact a committee member:

Ron Clayton: 905-584-2095

Morris Rambout: 905-793-8843

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Next General Meeting, Tuesday, April 10, 2012

Dr. Uri Lindner, Urologic Oncology Fellow, University Health Network, speaking on “Focal Therapy”.

Dr. Lindner and Dr. John Trachtenberg are investigating this relatively new procedure, which may reduce the risk of overtreatment. In 2009, they published an article in the Canadian Urological Association Journal that concluded in part, “...focal therapy offers a logical alternative to radical treatment or AS [Active Surveillance] in the management of low-risk PCa patients by combining both the beneficial cancer-control effects of radical treatment and the minimal morbidity of AS.”

"Focal Therapy" uses an MRI machine and a focalized beam to attack and kill cancerous cells in the prostate gland instead of removing or radiating the entire gland.

The trial criteria for this procedure restrict it to individuals who are newly diagnosed with low-risk Prostate Cancer - a Gleason Score no higher than 7 (3 + 4) or a PSA of 15 or below. Focal Therapy apparently has a success rate of more than 90% for these individuals.

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

Parking as always is free.

Please forward your questions or suggestions to: info@pccnbrampton.com



Last General Meeting, Tuesday, March 13th, 2012

Dr. Michael Greenspan, Urologist

“Incontinence & Erectile Dysfunction after Prostate Cancer Treatment”

Dr. Greenspan gave a lively presentation into the more common side effects of Prostate Cancer Treatment. These side effects are quite common and relatively serious in that they have a distinct effect on a patient’s quality of life. Incontinence and Erectile Dysfunction affect between 20% and 50% of men who undergo Prostate Cancer treatment. They affect men treated surgically and via radiation therapy. The primary difference is that with surgery the effects are usually immediate and get better over time, while with radiation the effects are less at the beginning but often become worse over time. The net result after 2 years is a somewhat similar incidence of the two conditions. General and specialized exercises can go a long way to helping both conditions but often are not enough to completely correct them. Dr Greenspan suggests that men should consider further treatment by requesting a consultation with a specialist in these conditions to allow them to return to a more normal lifestyle and quality of life.

For anyone who has had surgery, incontinence is a fact of life when the catheter is first removed. Regaining bladder control can typically take between a few weeks and a year or more to accomplish. For a small percentage of patients further treatment may be required to end the problem. Incontinence can be Urge related brought on by a hyperactive bladder or Stress related where certain movements can trigger leakage. There are drugs that can help control hyperactive bladders but in some situations a surgical solution such as the male sling or artificial sphincter may provide a better long term solution. Curing incontinence is critical to resuming sexual activity since embarrassment can have further effects on erectile dysfunction.

Once incontinence is under control attention returns to regaining sexual function which can be impacted by nerve damage during surgical or radiation therapy. The likelihood of things returning to normal is greater if no dysfunction was noted prior to treatment. Nerves can often take a year or more to regenerate after surgery or to degrade after radiation. Dr. Greenspan recommends waiting for a year to see how things progress. At that time erectile dysfunction can often be treated with drugs, like Viagra and Cialis, injections, pumps or even implants to return sexual function.



Upcoming PCCN Brampton Meetings / Events:

Tuesday, April 10th, 2012
Dr. Uri Lindnor, Urologic Oncology Fellow,
A Recent Development - Focal Therapy Treatment for the Newly Diagnosed

Tuesday, May 8th, 2012
Daniel Santa Mina, Exercise Guru,
Latest Developments in Exercise for Cancer Patients

Tuesday, June 12th, 2012
Potluck Dinner and Semi-Annual Review

Sunday, June 17th, 2012
2nd Annual Peel Region Father's Day Walk / Run, Chinguacousy Park

Monday, June 25th, 2012
PCCN – Brampton Golf Tournament, Acton Golf Club

Sunday, September 9, 2012
6th Annual Cruisin' for a Cure, Powerade Centre

Saturday, September 15th, 2012
6th Annual ATV Ride of Hope, Port Severn Ontario
Proceeds to Benefit PCCN-Brampton

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

Al Hutton, Speaker Committee:
(905) 274-5394 or Email: alhutton@sympatico.ca

*Please Note: We try as best we can to plan great speakers and topics; however, from time to time we may have to reschedule a speaker due to unforeseen circumstances.
We will always try to provide as much advance notice as possible when a reschedule occurs.*



[Peel Region Father's Day Walk / Run Meeting, March 10](#)

We will hold the third of our monthly organizational meetings at the Chinguacousy Park Ski Chalet at 2 p.m. on Saturday, April 14. The Chalet is located at the southwest corner of Bramalea Road and Central Park Drive. Enter off Central Park Drive. The meeting room is upstairs and there is an elevator.

Everybody is welcome to attend and become a volunteer; there is a lot of work to be done to make the 2012 event even more successful than last year's.

PCC has started distributing generic brochures at key locations around the Peel Region. And we now have brochures customized for our Peel Region walk / run. We will distribute samples at the April General Meeting; ask us if you need more.

Remember that this is one of two major fund-raising events operated by Prostate Cancer Canada every year, the other being Movember. As discussed when we affiliated with PCC last year, all funds raised by our Prostate Cancer Canada Network – Brampton team can be shared 50:50 with Prostate Cancer Canada.

Your donation of \$20 or more will receive a receipt for income tax purposes. This gives us a great way to generate funds for our expanding awareness operations while giving you a break on your income taxes. So please remember to sponsor our Prostate Cancer Canada Network Brampton team.

Go to: my.e2rm.com/TeamPage.aspx?team where you can click the appropriate button to either "**Join this Team**" or "**Sponsor this Team**". You can also click on any of the Team Member names to sponsor that person if you prefer.

Of course, you can also register and then join the Prostate Cancer Canada Network Brampton team from www.prostatecancer.ca/Fathers-Day-Run/2012/Peel-Region/Home. We would love to have you join us on Father's Day.

We will continue to update this page as we approach Father's Day.

Our Team Captain is **Paul Henshall**, 905-601-1519, hslrallysport@gmail.com

Jim Dorsey, Steering Committee, 905-453-3038, jfdorsey@yahoo.com



BramCity Women's Car Care for the Cure, April 3rd & 10th

Bill Stellings of BramCity Transmission & Auto, one of our most loyal and generous supporters, is once again running his **Women's Car Care for the Cure** from 6:30 pm to 8:30 pm on April 3 and April 10. BramCity is located at 9 Beech Street, west of Kennedy Road and north of Queen Street.

It's a great opportunity for ladies to learn what goes on under the hoods of their cars and to support Breast Cancer awareness as well. Cost is \$25 and of course all proceeds go to Brampton Breast Cancer Care. Please support Bill in this outreach as he supports us.

For complete details online, check bramcity.com or telephone Bill or Karen at 905-450-9393. There are only 12 spots per session, so reserve yours soon!

9th Annual Circle of Hope, April 15th

Nelly Junipero, a cancer survivor herself, describes this successful event: "Circle of Hope is a cancer support group for people whose lives have been touched by cancer; whether they have the disease or are supporting a friend or family member who has had or currently have it. We create a warm environment with fun, laughter and an opportunity to meet new people."

Several of our members have experienced the intensely moving experience of joining in a circle of hope with all the other participants in past years. This year, Paul Henshall will represent our group.

The meeting features an interesting guest speaker and lots of sharing. Admission by donation, \$5 minimum appreciated. Century Gardens Recreation Centre at Vodden & Rutherford is the location and 1 pm to 4 pm is the time. Registration & refreshments commence at 12:30 pm.

RSVP by April 8 to Liza DeSousa @ 416-951-8770 or email circleofhope02@gmail.com Website is thecircleofhope.com

[Drag Racing Schedule, May to September, 2012](#)

Here is this year's tentative appearance schedule for the Senior Moments Motorsport Top Dragster, driven by **Phil Nedham** with some of our members crewing for him:

- May 18 – 20 Cayuga Quick 32 Victoria Day Weekend Challenge
- June 22 – 24 Cayuga Quick 32 “Canadian Nitro Nationals”
- July 21 – 22 Grand Bend IHRA MOPAR Nitro Jam Nationals
- Aug. 3 – 5 Cayuga Quick 32 Community Weekend
- Aug. 10 – 12 Grand Bend Quick 32 NAPA/ Stratford “Hot August Nights”
- Aug. 31 – Sep. 2 Grand Bend Quick 32 Teamsters “Thunder by the Beach”



We will once again speak to hundreds of interested individuals in the pits at each meet, while thousands of people in the stands will again cheer for “our” car, which bears the prominent PCCN – Brampton logos.



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 inform the front desk that you're a new member on arrival. One of our counsellors will welcome you and listen to your concerns.

Our Monthly General Meetings are held on the 2nd 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 a WEDNESDAY of every month except July & August in the Community Room at the Fortino's at Main & Bovaird, 60 Quarry Edge Drive, Brampton, ON L6V 4K2.

Note that Sean Butterly has offered to be available during our Steering Committee Meetings to meet you one on one at Fortinos if you prefer.

Family members, friends and supporters are always welcome at any of our Monthly General Meetings or Steering Committee Meetings!

Our New Hot Line Number:

(289) 752-6316

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 Mail Costs Us close to a dollar per person per month.

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

Gary Foote, 905-458-6650, E-Mail: gary.foote@pccnbrampton.com

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