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**CHECK OUT OUR
AWARENESS
ACTIVITIES AND
CONSIDER
VOLUNTEERING**

PCCN Brampton
www.pccnbrampton.ca
info@pccnbrampton.ca

Phone No: 905-458-1812
Fax No: 905-840-9474

PCCN Brampton News

In the month of March, Dr. Ewa Szumacher did a presentation for the group on "Adjuvant and Salvage Radiotherapy after Prostatectomy". This was an excellent topic that covered two distinct situations. In both cases patients will have had Radical Prostatectomy, Laparoscopic or Robotic surgery.

In the first case, a positive margin may have been detected during a post surgical biopsy and so a preventative regimen of radiotherapy is prescribed to limit the possibilities of the cancer spreading. In the second case, a sudden rise in PSA post surgery may indicate that the cancer is growing again.

In about 60% of cases, the returning cancer is localized to the region where the prostate gland was removed and so treating that region with radiotherapy increases the chances of knocking out the cancer. It has been demonstrated that early radiotherapy in both of these cases improves survival rates.

While it is only April, we are well into the planning phase for two of our larger annual events:

The Do it for Dads walk is set for Sunday, June 21st at the scenic Mississauga Valley park.

Our annual Golf Tournament will be on Saturday, June 27th at the Glen Eagle Golf Course in Bolton.

Both events can use volunteers so please give us a call if you are able to assist in any way with either of these events.

Groups like PCCN Brampton are run almost exclusively by volunteers. We can always use more volunteers, so if you would like to help, please contact us.

Gary Foote / Jim Dorsey - Newsletter Editors

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



Next General Meeting, Tuesday, March 10th, 2015 – 7:00pm

Alison Pryce of the **Canadian Mental Health Association – Peel Branch (CMHA Peel)** will provide us with an ***Introduction to Mental Health (MH) and Mental Illness (MI)***.

Alison's presentation will:

- Deal with MH / MI in general rather than dealing with specific illnesses.
- Provide statistics to illustrate how prevalent these issues can be.
- Discuss how MH issues could have an impact within your family.
- Discuss some signs and indicators to look out for.
- Explore some of the contributing factors for MH and MI.
- Wrap up with things that you can do to help yourself and others.

She will bring some guides to resources that are available in Peel Region including places in the community that individuals may turn to.

Alison Pryce has worked for the CMHA Peel branch for the past 7 years. Her background is in Social Service Work, Mental Health Promotion and Youth Education. She enjoys speaking to a variety of audiences and is proud to help decrease the stigma associated with mental illness.

For over 50 years, the Canadian Mental Health Association – Peel Branch (CMHA Peel) has provided services for people with mental illness and for educating Peel residents about mental health issues. They are innovative partners in strengthening individual support and developing a responsive mental health system. CMHA Peel champions good mental health for everyone and supports the full participation of those with mental illness and addictions in the life of the community.

You can 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.

Telephone Committee Changes

Due to lack of interest, **we are considering cancelling the monthly telephone calls**. In addition to advising you of meeting topics, your caller is interested in how you are doing. If you are having problems, we can probably help. If you still WANT to be called every month, please advise **Jim Dorsey** at 905-453-3038 or email jfdorsey@yahoo.com.



Last General Meeting, Tuesday, March 10th, 2015, 2015

Dr. Ewa Szumacher addressed the topic of “**Adjuvant and Salvage Radiotherapy after Prostatectomy,**” a topic of interest to many men who have undergone prostatectomies and to their families. Dr. Szumacher is an Associate Professor in the Department of Radiation Oncology at the University of Toronto and a Radiation Oncologist at the Odette Cancer Centre at the Sunnybrook Health Sciences Centre.

This form of radiotherapy is used in two distinct situations. In both cases patients will have had a Radical Prostatectomy or Laparoscopic surgery or Robotic surgery to remove the prostate gland. There are two indicators that follow up radiotherapy may be warranted.

In the first case, a positive margin may have been detected during a post surgical biopsy and so a preventative regimen of radiotherapy is prescribed to limit the possibilities of the cancer spreading. In the second case, a sudden rise in PSA at some point post surgery may indicate that the cancer is growing again. In both cases, addressing the return of the cancer is wise and radiotherapy can be undertaken a few months post surgery if required.

In about 60% of cases, returning prostate cancer is localized to the region where the prostate gland was removed, so treating that region of the body with radiotherapy increases the chances of knocking out the cancer. It has been demonstrated that early radiotherapy in both of these cases improves survival rates significantly.

A thorough treatment regimen may involve 6-7 weeks of treatments where the prostate bed, pelvic nodes and seminal vesicles are targeted as the most likely sources of the potential cancer cells. The radiotherapy is computer guided and adjusted on a daily basis.

The potential side effects can include urinary frequency, urethral strictures and occasionally rectal irritation and possible mild rectal bleeding.

There are other studies ongoing that are also looking at the effectiveness of hormone therapy post prostatectomy as well but there are no validated results available yet.

Dr. Szumacher is also involved in patient education programs and recommended the following website: <http://www.medschoolforyou.ca/> for those looking for more info.



Upcoming PCCN Brampton Meetings / Events:

Tuesday, April 14th, 2015, 7 p.m.

Alison Pryce, Canadian Mental Health Association – Peel, Introduction to Mental Health and Mental Illness.

Sunday, April 19th, 2015, 7 p.m.

North Bramalea United Church Evening of Hope for Cancer, 363 Howden Boulevard.

Tuesday, May 12th, 2015, 7 p.m.

Movember and PCC, Update on the True NTH program

Saturday, June 6th to Sunday, June 7, 2015

Fleetwood Country Cruize-In, London, ON.

Tuesday, June 9th, 2015, 7 p.m.

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.

Motorama Car Show, March 13 to 15, 2015

We had a very successful three days at the International Centre, speaking to many men and women about prostate cancer and PCCN Brampton. Between our very popular \$2 Tootsie Pop Draw and selling photos in the dragster, we raised \$800, which defrayed the cost of the booth and passes for our many devoted volunteers:

Members included: **Kevin Moore, Phil Nedham, Meaghan & Matt Sloski and Victor Horvath.**

Non-members included **Julian Medeiros, Irving Frydman (PCCN Toronto), Kevin & Danni Stockley (Chrome Divas), Bob Perkins & Bonnie Hamilton (Ontario PT Cruisers), John Cisterna and David Smith.**

Special thanks to our good friends from Brampton's **Over 'n' Under Car Club: Don & Michelle Gilchrist, Jim McGowan & Neila Boniface, Barry & Sylvia White and Randall & Judi Richardson.**



Our show booth, acquired in July, 2014



Phil Nedham trying on "Mighty Mouse."

The Prostate Cancer Canada Website

The PCC website at <http://prostatecancer.ca/> continues to improve and is continuously updated as well with news items, results of research, new and improved methods of diagnosis, treatment and support and many other aspects of prostate cancer. Definitely worth browsing regularly. The excellent Expert Angle Webinars can be accessed at <http://prostatecancer.ca/Support/Expert-Angle#.VSMI7-FwG6E>.



Senior Moments Motorsport Tentative 2015 Schedule

Our own **Phil “Sugardaddy” Nedham** will once again campaign his Senior Moments Motorsport Top Dragster, nicknamed Mighty Mouse, at both Grand Bend and Cayuga.

<u>Date</u>	<u>Location</u>	<u>Series</u>
March 13-15	Toronto International Centre	Motorama Car Show
May 15-17*	Grand Bend	Quick 32
June 12-14	Grand Bend	Quick 32
June 26-28	Grand Bend	Mopar Nitro Jam Nationals
July 10-12	Cayuga	Canadian Nitro Nationals / NAPA Ultimate Showdown
July 25	Cayuga	DSE National Dragster Challenge
Aug 7-9	Grand Bend	Stratford Spectacular / NAPA Ultimate Showdown
Aug 21-23	Oshawa	AutoFest
Sept 4-6	Grand Bend	Thunder by the Beach/ NAPA Ultimate Showdown

* **Venue subject to change**

Do it for Dads Father’s Day Walk Run – June 21, 2015

We are once again organizing the **Peel – Mississauga Do it for Dads Father’s Day Walk Run** in partnership with our good friends from **PCCN Oakville-Mississauga**.

For the second year, we are holding the event at the beautiful [Mississauga Valley Park](#), located at 1275 Mississauga Valley Blvd., just east of Square One.

Registration is at 8 a.m. with a start time of 10 a.m. **Kal Tire** will be operating a BBQ for participants. As in past years, we should be finished by Noon, leaving plenty of time for you to continue to honour Dad on his day.

To join our team, PCCN Brampton, or to sponsor it, [click here](#).

There are a total of nine Father’s Day Walk Run events across Canada.

For more information on the event, visit www.doitfordads.com/walkrun.

For more information: **Jim Dorsey** at 905-453-3038 or email jfdorsey@yahoo.com.

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. This year's show will be dedicated to **Percy Bedard**, one of our heroes, whose successful 2012 campaign led to OHIP covering the cost of Zytiga and similar drugs for Ontario men. Percy and his team circulated a petition at our 2012 Cruisin' for a Cure and Percy and his amazing caregiver, **Heather Redick**, also spoke to our of our 2012 member meetings. Percy passed in January, 2015 after a valiant battle with prostate cancer.



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 this year.

Dr. Loblaw reviewed 323 of 2014'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."

For more information: **Jim Dorsey** at 905-453-3038 or email jfdorsey@yahoo.com.



[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>**