



December 2010
Volume 10 Issue 10

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"From all of us here at PCCNB we wish you a Happy & Healthy Holiday season."

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PCCN Brampton News

November was another big month for PCCN Brampton and all of our sister support groups across Canada. The Movember event raised over \$20 million dollars across the country as Canada led the world raising money and promoting PCa awareness.

Various Celebrities from the Sports World (Lanny MacDonald & Wendel Clark), as well as numerous Television and Radio stations personalities were very prominent in their support of the cause throughout the month. In fact, one Fan 590 sports broadcaster even went so far as to have a Digital Exam while on the radio, with the help of a visiting Urologist of course.

PCCN Brampton also participated in the annual Brampton Santa Claus Parade with help from BramCity Transmission. We didn't win any awards, but we continue to get the word out there. You can see our float in the parade article Jim submitted below.

We are also continuing to work with Prostate Cancer Canada, in partnering with Senior Moments Racing to further promote PCa awareness throughout 2011 on their Drag Racer also seen in Jim's article. This vehicle complete with PCa decals will be seen at race tracks, like Cayuga, and car shows throughout 2011.

On a more somber note, Mark Dailey, news anchor and The Voice of City TV passed away after a long battle with cancer. Mark was one of the first personalities to bring his battle with Prostate Cancer to the notice of the public. We are thankful for all of his contributions and would like to send our heartfelt condolences to his many friends and family.

Gary Foote – Treasurer & Newsletter Editor
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Last Meeting, Tues November 12th 2010



**Guest Speaker - Elizabeth Stanton.
Peel Area Manager, Osteoporosis Canada.**

Topic: "Osteoporosis, how it affects both men and women"

Osteoporosis is a condition most commonly associated with women but many men are subject to it as well. Far from being a disease of old age it is a problem that affects all of us over the age of 20.

With this introduction, Elizabeth delved into the details of Osteoporosis going well beyond what the 40+ members in attendance knew about the disorder. At approximately 16 to 20 years of age our bones reach their maximum density. If we don't do specific things, it is the natural tendency of our bones to weaken with age. Bone density will almost always decline unless the right combination of diet and exercise is maintained to keep them strong. What I wasn't aware of, before this talk, is that the decline can rarely be reversed, even a little, and most frequently can only be slowed down by medications, exercise and diet once it has been diagnosed.

Typically 1 in 4 women and 1 in 8 men are substantially affected by Osteoporosis. In reality it affects all of us, but some people, including women after menopause and men on hormone therapy are particularly affected. The result of this condition is lowered bone density and more frequent fractures. The significance of this is far greater than that associated with a routine fracture that might occur earlier in life.

The most common fractures occur in the wrist, spine and hips. With weakened bones, these fractures do not heal as quickly and are far more likely to reoccur. Spinal fractures are very common and result in reduced height and a curved spine. Hip fractures are particularly dangerous with a 1 in 4 mortality rate within a year of the fracture, due to complications that often arise when an individual is confined to bed for extended periods of time. Infections and Pneumonia are common problems.

For most people diet and exercise can help combat Osteoporosis. Approximately 1200 mg of Calcium and 2000 iu of Vitamin D daily are essential to help prevent the disorder. Calcium can be acquired via a diet containing dairy products, canned salmon with bones, cooked broccoli, bok choy and fortified orange juice. Exercise can consist of walking, dancing, hiking, climbing but needs to contain a weight bearing and resistance element. Women over 50 and men over 65 as well as those on hormone therapy should consult their doctors regarding bone density testing and possible medications to help offset the disorder if it is diagnosed. Additional information for this talk is available on our web-site: www.pccnbrampton.com as well as: <http://www.osteoporosis.ca>



PCCN Brampton Bram-O-Gram

Next General Meeting, Tues December 14th 2011

Our year-end Christmas Pot Luck Social Get-together and Lucky Draw will feature a brief video presentation by Phil Nedham & Mike Etter of SM (Senior Moments) Racing. Phil & Mike will be working with our Cruisin' for a Cure team in 2011 to increase awareness. <http://www.youtube.com/watch?v=Gt4X-cxpXH4>

As usual, we can always use a few prizes if you have something small to donate. Our Lucky Draw will feature an afghan contributed by the Dainton Family and other prizes. Proceeds help to cover our operating expenses.

Please bring along your favourite recipe to share on the buffet table. The evening will feature light music and a chance to chat with fellow members.

Room 2, 1295 Williams Parkway is the location; parking is always free.

Upcoming PCCN Brampton Meetings:

Tuesday, January 11th, 2011 – Dr. Robert Gatis
"Naturopathic Medicine and the Mind/Body Connection"

Tuesday, February 8th, 2011 – Dr. Richard Casey
"A new procedure for post prostatectomy incontinence"

Tuesday, March 8th, 2011 – Jodi Steele - Wellspring (TBA)
"Importance of Exercise and Cancer"

Tuesday, April 12th, 2011 – Richard Price – Pharmacist (TBA)

Tuesday, May 10th, 2011 – Members Open Mike (TBA)
An evening to share your journey with other members

Tuesday, June 14th, 2011 – Summer Pot Luck Dinner
"Season Wrap Up & Get Together & 50/50 Draw"

Speaker suggestions are always gratefully welcome, 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 we may have to from time to time reschedule the speaker due to unforeseen circumstances.

We will always try and provide as much advance notice as possible when a reschedule occurs.



Upcoming 2011 Prostate Cancer Events:

Prostate Extreme Team "Sled Ride of Hope", Saturday, Feb 19th 2011
www.prostateextremeteam.com/seld.html

PCCN-Brampton "Peel Walk for Dad", June 19th 2011
http://www.pccnbrampton.com/2011_walk.htm

Motorcycle "Ride for Dad", June 2011 Exact Date (TBA)
<http://www.motorcycleridefordad.org/pel/about-us>

Prostate Extreme Team "ATV Ride of Hope", Saturday June 24th 2011
www.prostateextremeteam.com/atv.html

PCCN-Brampton "Annual Golf Tournament", June 27th 2011
http://www.pccnbrampton.com/2011_golf.htm

Cruisin For a Cure Canada, Sunday Sept 11th 2011
<http://www.cruisinforacurecanada.com>

Website Issues:

Our Website continues to receive minor updates and will continue to be a work in progress. We appreciate all the feedback that we have received to date as it really helps us make it more user friendly, keep the feedback coming folks! If you would like to advertise an upcoming local Prostate Cancer Event please contact:
Steve Hutton – Webmaster/Event Coordinator
(905) 840-7937 or via email: steve.hutton@pccnbrampton.com

What's New in Prostate Cancer?

Destroying prostate cancer with vitamin E

Scientists from Australia found that vitamin E might play a major role hampering the development and re-growth of prostate cancer tumours. For the study, Dr. Patrick Ling and a team of researchers injected mice with prostate cancer cells. Then, they divided the mice into two groups. They fed one group of mice water fortified with a form of vitamin E called gammatocotrienol or γ -T3. The other group of mice drank regular water.

Researchers found that 70 percent of the vitamin E mice never went on to develop prostate cancer tumours, despite being injected with malignant cells. And, yes, the remaining 30 percent did develop prostate cancer. But following surgery, their tumours were far less likely to re-grow or metastasize. On the other hand, tumours formed in 100 percent of the control group of mice not given vitamin E. Those incredible results, though tested on mice, show just how powerful vitamin E really is. According to Dr. Ling, "Currently there is no effective treatment for metastatic prostate cancer, because it grows back after conventional therapies in more than 70 percent of cases. But with [vitamin E3] researchers have found a better way to treat prostate cancer, which has the potential to inhibit recurrence of the disease."

Dr. Ling went on to say that chemo, radiation, and hormone therapy often fail to cure prostate cancer because they don't kill the cancer stem cells responsible for the re-growth of tumours. He also believes that γ -T3 will also prove effective in suppressing other types of cancer, including breast, colon, liver and stomach.

Dr. Ling and his team do have a clinical trial with men in the works. I'll pass on the results as soon as they're available. In the meantime, keep up the daily regimen of 400 IU of vitamin E. Choose only 100 percent natural vitamin E that contains mixed tocopherols. This will help provide balanced antioxidant protection. At the very least, the bottle should say it contains d-alpha or D-alpha. Skip any bottle that says it contains DI-alpha (note the different "DI" prefix). This means it's a synthetic, cheap imitation of vitamin E, plus, it probably won't contain γ -T3.

Promoting Prostate Cancer Awareness:

MOvember has come of age. The \$20M pledged by Canadians to this international phenomenon during November says it all. PCCN-Brampton began its contributions to MOvember this year with its team called the Blue Knight Crusaders.

Three of us attended the MOvember Gala on November 25 at the Guvernment on Queen's Quay. Dancers and bands entertained a packed house. Then at 10 pm, judging for both the best MO and the best costume began. Crowd noise selected a Hulk Hogan wannabe as #1.



Our modest team of 6 has raised over \$850, some of which is yet to be tallied in. Given the number of men in the most unlikely places who grew moustaches, our team will have an easier time recruiting further members in 2011 and hopefully doubling our pledge total.

In addition to our official team, Morris Rambout and his daughter raised an additional \$385 to swell our total contribution to over \$1000.

Media exposure has brought the name to the forefront and almost everyone just assumes that a moustache is synonymous with MOvember and Prostate Cancer!

MOvember began in 2003 as a lark over a few beers in Melbourne Australia. Its rallying cry says it all: Changing the face of men's health. Prostate Cancer Canada is a major beneficiary of MOvember funds and consequently PCCN-Brampton and all other Network members across Canada. There also seems to be a healthy bit of competition developing between Canada and Australia which just adds to the fun of the event.

If you haven't already, visit our MO page: <http://ca.movember.com/mospace/535494> as well as Morris's page: <http://ca.movember.com/mospace/1306952/> and make sure and draw a MO on your calendar for next November 1, 2011.

Brampton's Santa Claus Parade

On November 13, a crew of PCCN Brampton members and friends assembled the float for our second appearance in the Brampton Board of Trade's Santa Claus Parade.

The float was similar to last year's, being a hay wagon provided by Ed Stewart's Equipment in Erin and towed by BramCity Transmission's special events van. You've seen this van at all four of our Cruisin' for a Cure shows when Bill Stellings has brought both his supplies and people in it to run his refreshment stand.

The hay wagon was decorated with bows and banners and multi-coloured Christmas lights and featured two Christmas trees covered with blue decorations and blue lights. A yellow 1955 Ford Thunderbird roadster owned by Dave Franks of Dave Franks Photography and the Cancer Killer sled owned by Ryan Vollick of Orillia were boldly spotlighted on the hay wagon.

The parade featured many notable floats this year. While we did not win an honourable mention, our entry was loudly praised by the hosts of the Rogers TV coverage.

We plan to increase the blue light content of the float next year; we hope that you will join us in this effort to increase recognition of Prostate Cancer and our group next year.





PCCN Brampton Bram-O-Gram

SM Racing Team and Prostate Cancer Canada Network – Brampton

In the next few weeks, we will be finalizing our agreement with Phil Nedham & Mike Etter to sponsor the SM Racing Team's IHRA dragster for the 2011 season.

Plans are to kick our partnership off with an appearance in a booth at Performance World, the GTA's largest indoor custom car show, in March. We will provide information on Prostate Cancer, PCCN – Brampton and Cruisin' for a Cure at this booth. Lapel pins, car magnets and Cruisin' for a Cure T shirts will be available in addition to photos of the public in the dragster.

We will provide these same services at each of six race meets to be held at the Cayuga and Grand Bend race parks over the summer.

This partnership is a first and we are anticipating a good deal of press and a lot of one-on-one public contact as a result.

Jim Dorsey, Cruisin' for a Cure Coordinator:

Tel.: (905) 453-3038, or Email: jim.dorsey@pccnbrampton.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 you at a convenient time and place. Alternatively, come early to one of our monthly meetings and inform the front desk that you're a new member arrival. One of our counsellors will welcome you and listen to your concerns Sean Butterly has also offered to be available during our Steering Committee Meetings to meet you one on one. Our monthly general meetings are held on the 2nd TUESDAY of each month except July & August, our Steering Committee meetings are held on the last Wed of every month except July & August but we accept calls all throughout the year. Family members, friends and supporters are always welcome!

Counselling Associates:

Sean Butterly, (905) 454-4237

Morris Rambout, (905) 793-8843

Regular Mail Costs Us about 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 e-mail, be sure to notify us of any address changes so we can continue to get it out to you.



From all of us here at **Prostate Cancer Canada Network - Brampton**
we wish you and your families a very
Merry Christmas and a Healthy New Year!