



PCCN Brampton News

December 2011
Volume 11 Issue 12

INSIDE THIS ISSUE

- 1 PCCN-Brampton News
- 2 General Meeting Update
- 3 Upcoming Meetings
- 4 Upcoming Events
- 5 Promoting Awareness
- 6 What's New in PC

**SEE OUR
BRAMPTON
SANTA CLAUS
PARADE 2011
PICTURES ON
OUR WEB-SITE**

PCCN Brampton

www.pccnbrampton.com

info@pccnbrampton.com

Phone: 905- 453-3038

Fax: 905-840-9474

November brought on Movember 2011, with the main bout: Canada vs Australia. Last year Australia put on a whirlwind finish to pass us at the end, but this year Canada raised over 38 million dollars to handily finish at the top of the pack. Now we do pay homage to the fact that they invented Movember but it appears that it just took Canada a little while longer to perfect it.

November also saw the group represented at the Santa Claus Parade once again this year where a small, but mighty, group of volunteers did an admirable job putting together our new float.

On a more serious note the PSA test came under fire once more as more studies questioned its validity. These studies do not debate the fact that many serious cases of prostate cancer are detected by the test. The main argument is that many people undergo unnecessary treatment and the resultant side effects as a result of the test. This is something we have actually been working to make people aware of for some time.

As many of our speakers have said, early forms of prostate cancer do not always require treatment. Urologists will often recommend "Active Surveillance" as the first line of defense in these marginal cases. Often it is the patient themselves, thinking that they are sitting on a time bomb, that prompt early treatment in many of these cases. Still, a certain number of these early cancers do become aggressive and therein lies the problem. Scientists are working on a test to more accurately determine which cancers will remain dormant and which may become a problem, but that "Better Test" just isn't here yet. Until then, we still recommend the PSA test, but do our best to educate people to help them understand their condition and their options.

Gary Foote – Newsletter Editor / Treasurer

Tel: 905-458-6650, Fax: 905-458-1812

E-Mail: gary.foote@pccnbrampton.com



Next Meeting, Tues December 11th 2011

Our Year-End Christmas Pot Luck Social Get-Together and Lucky Draw

This meeting will feature a brief video presentation detailing some of our many awareness events during 2011. Much of this information is also available on our web-site, hosted and maintained tirelessly by our web-master Steve Hutton.

As usual, we can always use a few prizes if you have something small to donate. Our Lucky Draw will feature a 50/50 and assorted other prizes. Proceeds help to cover our operating expenses for the coming year.

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

**We look forward to seeing you in Room #2,
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 Meeting, Tues November 8th 2011

Dr. Tom Corbett – Radiation Oncology - Past, Present and Future

Dr. Tom Corbett is a Radiation Oncologist with the Juravinski Cancer Centre and Hospital which is part of the Hamilton Health Sciences of the McMaster University.

Dr. Corbett gave us an excellent review of the history of Radiation Treatment for Prostate Cancer. Early radiation treatment utilized low energy x-rays and was only capable to treating and destroying tumours located near the surface of the body such as forms of skin cancer. Over time, the power of radiation sources increased as did our knowledge of radiation physics and biology. This made it more and more possible to treat deeper tumours but in the early stages it was difficult to visualize and focus the treatment on the tumour without affecting the surrounding tissues.

Newer imaging technologies like CT and MRI combined with computer aided guidance systems have made accurate treatment possible while minimizing the side effects to surrounding tissues. The radiation is focused from different points to maximize the dosage at points within the tumour and minimize the dosage outside of the tumour. IMRT uses gold seeds to accurately pinpoint the position of the prostate as it can move somewhat from time to time. Using the “seed concept” Brachytherapy takes this a stage further by implanting tiny radioactive seeds to destroy cancer cells in a very focused manner in early stages of the disease.

This combination of imaging and computer aided focusing of treatment allows for effective Radiation Treatment Planning. Many of these systems rotate around the patient to further reduce the radiation dosage received by surrounding tissues.

Future treatments protocols employ higher dosages of radiation over shorter periods of time and the current technology makes this much easier to accomplish.

Dr. Corbett also spoke of supplemental hormone therapy, cancer growth inhibitors and immunotherapy as they can increase the overall effectiveness of treatment.

The evening wrapped up with a good question and answer session. Our thanks to Dr. Corbett for taking the time to bringing us up to date on the subject.



Upcoming PCCN Brampton Meetings/Events:

Tuesday, December 13th, 2011
Christmas Pot Luck Dinner & Get Together
A review of the Halifax PCCN Conference & Other Events

Tuesday, January 10th, 2012
TBA

Tuesday, February 14th, 2012
TBA

Tuesday, March 13th, 2012
TBA

Tuesday, April 10th, 2012
TBA

Tuesday, May 8th, 2012
TBA

Tuesday, June 12th, 2012
TBA

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 the speaker due to unforeseen circumstances.

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

Brampton Santa Claus Parade - 2011



PCCN Brampton & the Prostate Extreme Team would like to thank the Brampton Board of Trade for inviting us back for our 3rd appearance at the Brampton Santa Clause Parade. Our Santa Parade Committee did a fantastic job with our float this year, and they built the float in less than 4 hours on Parade Day, talk about game day pressure!

This year's sponsors did us proud starting with our fearless leader Bill Stellings from Bram City Transmission who supplied the Tow Vehicle, the trailer & the music. Jim & Sandi Dorsey from Cruisin' for a Cure Canada supplied their Custom PT Cruiser.

Paul Henshall supplied the Barber Chair for our MOvernment Themed Barber Shop.

Paul and Tilly also walked the parade route as Mr. & Mrs. Claus



Last but certainly NOT least our newest members are the Sponsorship Team of Martin & Jessica Hoach and their barrette Janine from Eikonic House of Barbers.

They are our official Brampton MOverber Barber Shop and now the official Barbers to Santa as well!

It goes without saying that we could not do this float without the help from our fantastic volunteers from PCCN Brampton, so a very special thank you goes out to the following: Tilly Netherton, Morris Rambout & Denis Paris. Thanks for always being there for us at every event our group does. You folks are invaluable, we need more of you!

Thanks to all who helped make the 2011 Prostate Cancer Canada Network Brampton Float the best entry yet! A special thank you to Prostate Cancer Canada for helping fund this year's Float, we appreciate your support.

For even more pictures, visit the site:

<http://www.prostateextremeteam.com/forum/viewtopic.php?f=111&t=1266>



PCCN Brampton Bram-O-Gram

Thanks to all our 2011 Parade Sponsors!

Please remember to support our sponsors!

Prostate Cancer Canada
www.prostatecancer.ca

Bram City Transmission
www.bramcity.com

Cruisin' For a Cure Canada
www.c4acc.com

Eikonic House of Barbers
www.eikonicmane.com

Prostate Extreme Team
www.pet4pc.com

MOvember 2011 - PCCN-Brampton Team

FACE GROWN & HAND BRUSHED

MOVEMBER

MOvember, that crazy idea that started over a few beers between mates in Australia, has really taken on a life of its own in Canada!

We led all 12 countries with over \$38M!

A welcome addition to the list was the Czech Republic.

That is an indication of how the concept is spreading around the world.

PCCN-Brampton (aka Blue Knight Crusaders) raised over \$1500 this year, an increase of 50% over last year. Thank you to all of our team members and all of our supporters!

The bottom line is how we have been the benefactors of MOvember. Prostate Cancer Canada was able to grow thanks to these funds. When we attended the Conferences in Toronto and Halifax, MOvember really made it happen.

On Friday December 2, the annual Gala Partee "happened" at the Kool Haus in downtown Toronto. Actually, it is part of the Government, the club where it happened last year.



A talented band led off the night playing a wide range of music genres, all of which was LOUD!! Then the main event occurred. After several Judges had toured the hundreds of attendees, their selected participants appeared on stage to be judged in various categories. There were teams dressed as Vikings, pilots and Radio 27 reporters. There were Mo Sista's dressed as movie stars and dancers. But the Mr. MOvember was truly unique... He grew a Foo Manchu moustache that he had extended clear into his waistline, maybe beyond, by having his chest waxed or shaved as extensions!!! Won by a landslide roar of approval!

Added features: a picture booth sponsored by Schick along with exit goodie bags, free beer supplied by Rickard's in specially decorated cans for MOvember, and girls doing acrobatics on silk-like cloth hanging from the ceiling.

While I left soon after the judging, the crowd then had a party until 2 am amid plans to garner more MO's and money next year.



[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 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 on 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 at Wellspring Chinguacousy if you prefer.

Our monthly general meetings are held on the 2nd TUESDAY of each month except July & August at Terry Miller Recreation Centre. Our Steering Committee meetings are held two weeks later on the 4th WEDNESDAY of every month except July & August at Wellspring Chinguacousy, but we always accept calls throughout the year. Family members, friends and supporters are always welcome at any of our meetings!

[Counselling Associates:](#)

Sean Butterly, (905) 454-4237

Morris Rambout, (905) 793-8843

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.

[Website News & Issues:](#)

We will continue to post the latest YouTube Videos in relation to Prostate Cancer. Please check the site regularly for the latest info & videos from around the World.

We appreciate any feedback in regards to the website 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 on our site please contact:

Steve Hutton – Webmaster/Event Coordinator: (905) 840-7937

E-Mail: steve.hutton@pccnbrampton.com