



December 2014
Volume 14 Issue 10

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

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PCCN Brampton News

November saw another Movember campaign come and go with the PCCN Brampton team raising about \$1500. Our thanks to all of the team members, their supporters and our captain Paul Henshall for making the campaign a success.

We did not have a scheduled speaker in November and had an open mike session for the members. **Glen Tolhurst** was the first to speak and reviewed his experience with the disease. After a period of stable PSA tests his PSA began to rise.

When a biopsy came back positive Glen opted for Brachytherapy and as is often the case he was able to return home the same day. His PSA has remained very low since that time and the PSA test proves its worth in these situations by monitoring any potential reoccurrence of his cancer.

Next up was **Phil Nedham** who likewise prompted by a higher than normal PSA test went for a biopsy that indicated a low grade cancer at that time. Phil opted to have active surveillance for about 3 years until a follow up biopsy indicated that the cancer was becoming more aggressive.

Since the tumour was still small in size Phil went in for Brachytherapy as well. After a week of little or no problems he experienced problems voiding and needed a catheter for a time. Follow up medication was required to avoid further problems and he continues to take it to this day. It should be noted that these complications are rare with Brachytherapy but every individual reacts differently to treatment. Many patients do experience some issues after treatment but in most case these can be addressed by a specialist.

Jim Dorsey / Gary Foote - Newsletter Editors

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

Next General Meeting, Tuesday, December 9th, 2014 – 7:00pm

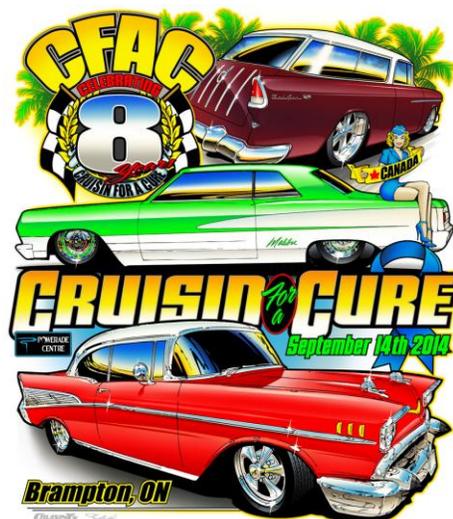
Our annual Christmas Potluck and Social Evening will feature good food, good people, door prizes and our unique 50:50 draw where 50% of the pot goes to one ticket holder and the balance goes to another ticket holder. **Anne Breakey Hart** of Prostate Cancer Canada will be our special guest again this year.

Please do come out and bring your favourite recipe. We will provide a birthday cake to mark **PCCN Brampton's 20th Birthday**. As in years past, it is unlikely that anybody will go away hungry. Contributions to the door prize pool are most welcome.

In addition, 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 forward your questions or suggestions to: info@pccnbrampton.ca

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.



Last General Meeting, Tuesday, November 11th, 2014

Personal Experiences Night – Members and Partners Share Their Thoughts

My name is Gary Foote and I had hoped to share my own experience after that of Glen and Phil, but a cold left me coughing whenever I tried to talk. So rather than put it off for another session I'll add it to the newsletter since it is typical and interesting in its own way.

While I was going to university I had thoughts of pursuing a career in medicine and as such obtained a job working at the East General Hospital. Coincidentally, I ended up working as an assistant in the Urology ward there and as such was a little more familiar than most when it came to the subject of the prostate problems and cancers. It seemed at the time that most of the treatments for prostate problems were due to problems voiding with the most common solution being a Trans Urethral Resection to relieve the blockage.

In my early 50's I experienced a rather bad bout of sinus problems and went to see my family doctor. He recommended a number of treatments, none of which worked overly well, until I tripped over a simple salt water rinse that largely solved the problem. At the same time he also recommended that I get a PSA test. The test came back at 31, which was a little concerning, but he said that it could indicate a possible infection so I was put on antibiotics and tested again 2 weeks later. The second PSA test came back even higher at 37, so I was referred to a Urologist for a digital exam and eventual biopsy.

The biopsy came back positive with a Gleason score of 7, a moderate risk form of the disease. I was told that when combined with a relative high PSA value that this put me into a high risk category and that either surgery or focal radiation were the normal treatment options. At the time of the diagnosis, I mentioned to Dr. Flax that I had worked in the Urology ward at the East General and asked him if he knew one of the younger Urologists there. He indicated that he knew him well and also mentioned that he had died recently from advanced prostate cancer. Wasn't exactly what I wanted to hear, but there it was.

While I was definitely a little concerned, the diagnosis didn't fully hit me until I told the family and then it began to sink in. After some investigation and discussion with my family doctor, I underwent a Radical Prostatectomy in March 2006 and joined the Us Too group about the same time helping out where I could. I made it a personal goal to play in their Golf Tournament that June and our team placed second that year. The so called chances of impotence and mild incontinence soon became a part of my everyday reality but these are things you can always adjust to when you compare them to the alternatives.



Upcoming PCCN Brampton Meetings / Events:

**Tuesday, December 9th, 2014
Christmas Potluck and Social Evening.**

**Tuesday, January 13th, 2015
Speaker to be announced.**

**Sunday, June 21st, 2015
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.**

Dr. Richard Casey, Urologist and one of our chapter's favourite speakers, had to cancel his January appearance. He will hopefully be rebooked for our September monthly meeting.

**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 Bram-O-Gram

PCCN Brampton's Movember Team

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 November 30, our PCCN Brampton team has raised \$1,415. Our top performer is **Neil Vogel**, the husband of **Kim Vogel**, our Speaker Coordinator. Neil has raised \$470! You can still join the PCCN Brampton team and/or donate at <http://ca.movember.com/team/1535445>

Also as of November 30, Canadian Mo Bros and Mo Sistas have raised nearly \$20,000,000 of the more than \$76,000,000 pledged worldwide. The Movember Leaderboards can be seen at <http://ca.movember.com/leaderboards/>

As Dr. Loblaw so clearly explains, "*The Movember Foundation is working hard with an urgent goal in mind: accelerating breakthroughs in prostate cancer research that will benefit patients and their families. Movember is achieving this by the formation of the largest, global alliance of prostate cancer researchers, who are tackling the toughest prostate cancer challenges.... Together, we can create a world where no man dies of prostate cancer.*"

Paul is back from Thailand; you can email him at paul.henshall@gmail.com or speak to any member of the Steering Committee at the December meeting for more information.

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, regardless of their location.

Videos of previous sessions delivered by outstanding experts can be accessed from the Expert Angle website and viewed via **YouTube**.

Of particular interest is **Dr. Andrew Loblaw's "Don't Throw the Baby Out With the Bathwater: The Benefits of PSA Testing"**, recorded on November 6 and available to view at <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.

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's interesting analysis of the 2014 PSA tests follows:

Out of interest, here are the PSA results from Brampton this year.

We screened 323 men. Here's the PSA distribution: [Figure 1]

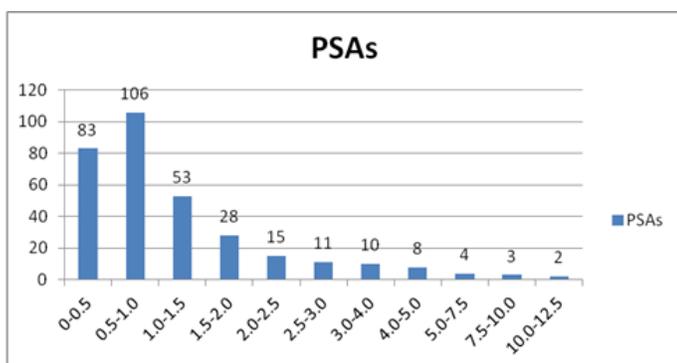


Figure 1

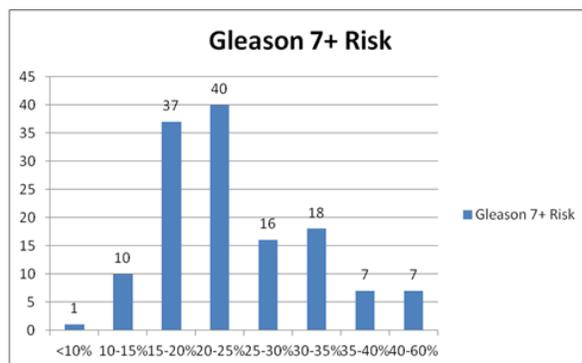


Figure 2

136 men had PSAs above 1.0 ng/ml. We calculated their risk of having Gleason 7 or higher disease. Here's the distribution: [Figure 2]

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.



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>