



**December 2015**  
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**CHECK OUT  
OUR  
AWARENESS  
ACTIVITIES AND  
CONSIDER  
VOLUNTEERING**

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**PCCN Brampton News**

The month of November saw our Movember fund raiser. As usual PCCN Brampton had a team, lead by captain Paul Henshall. Our team did quite well this year and you can read Paul's write-up on page 6 for more details. You can still make a pledge of support at: [moteam.co/pccn-brampton](http://moteam.co/pccn-brampton)

Movember is the largest source of funds for Prostate Cancer Canada as well as an increasing range of men's health initiatives. While it may seem in some arenas to be a man's world, this is definitely not the case when it comes to men's health which is often surprisingly rather neglected.

November also saw Dr Jordan Robertson drop by for a presentation on Naturopathic medicine. She gave an impressive review of how the Naturopathic approach to health can help improve the effectiveness of conventional therapies and reduce potential side effects. She also proved to have an extensive knowledge of Prostate Cancer and provided a good example of the changing face of medical care.

Many medical physicians are now recognizing the benefits of alternative therapies to facilitate the standard treatment of prostate cancer, be it radiation therapy or hormone therapy.

Combining these effective treatments with a focus on improving overall health at the same time offers patients the best of both worlds. We look forward to seeing more doctors collaborate on improving the health of their patients through whatever methods produce the best results. No one method needs to be the only one that can lead to a good recovery.

**Gary Foote / Jim Dorsey - Newsletter Editors**

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## PCCN Brampton Bram-O-Gram

### **Next General Meeting, Tuesday, December 8<sup>th</sup>, 2015 – 7:00pm – R.S.V.P. Required!!**

This is our annual **Christmas Social Evening**, with no scheduled speaker. However, in a major change from previous years, we will NOT make this a potluck dinner. Instead, the Steering Committee has decided to bring in Chinese specialties from the **Mandarin Restaurant**.

We will be reviewing the past year's activities and describing our plans for the coming year. 2016 will see some major changes to meeting location and content. Your inputs are requested and can be discussed on December 8<sup>th</sup>.

To ensure that we have the appropriate amount of food available, please let us know whether or not you plan to attend. If there are any dishes from the Mandarin that you would like to see included, please advise us.

**PLEASE R.S.V.P. to JIM & SANDI DORSEY @ 905-453-3038 OR EMAIL [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com).**



You can forward your questions or suggestions to: [info@pccnbrampton.ca](mailto: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.



**Last General Meeting, Tuesday, November 10<sup>th</sup>, 2015**

With a background in medical research and evidence based medicine, **Dr. Jordan Robertson, Naturopath and Acupuncturist**, has developed a unique Health Centre in Burlington, focused on natural and effective treatments for your health concerns.

Dr. Robertson introduced us to the field of Naturopathic Medicine and its approach to better health. This approach, as she described it, is meant to be complimentary to the standard treatments for Prostate Cancer rather than an alternative. Research into integrative oncology is currently exploding with the end goal being to deliver the best possible care to the patient.

Many conventional treatments, while effective in treating the disease, have significant side effects that can affect the overall health and quality of life of the person being treated. If you can correctly treat the patient to reduce these side effects then the overall prognosis for the patient is improved. Exercise, weight training in particular, can help to offset these side effects and improve recovery and general well being. Some supplements, like Vitamin D and Turmeric may also have positive benefits, when provided in the correct dosages.

Side effects from chemotherapy and radiation can often include diarrhea, weight loss, mucositis, cognitive decline, neuropathy and fatigue. ADT Hormone therapy can result in hot flashes, loss of libido, muscle loss, bone loss, fatigue, anemia and excessive weight loss as well. These can both be significantly reduced with exercise and effective nutritional support.

A Naturopath will typically do a variety of blood tests to determine what the effects of your therapy are having on you. Anemia, for example, causes a reduction in the oxygen level of the blood. This in turn causes cancer cells to grow more blood vessels and this can lead to possible metastasis. In this case, treatment with lactoferrin can provide relief while avoiding the potential inflammation that conventional iron supplements can cause.

Another test that they focus on is the Neutrophil to Lymphocyte Ratio. Modifying this ratio with appropriate supplements may improve PCa survival times in advanced cases.

Naturopathic doctors will often recommend the Ornish diet with reduced meat, dairy and alcohol consumption. If you do eat meat, it is the charring of red meat in particular that creates chemicals that increase the risk of prostate and other cancers, so baking is preferable to barbequing or frying since it reduces the levels of these chemicals.

Some of the items Dr Robertson often recommends to her patients include green tea, lycopenes, flax seed, Soy, Probiotics, Vitamin D, Curcumin, Magnolia Extract, Pomegranate, Fish Oil & Zyflamend. These foods and supplements, with proper guidance, all provide elements that may help the immune system to better fight cancer and other diseases as well.



**Upcoming PCCN Brampton Meetings / Events:**

**Tuesday, December 8<sup>th</sup>, 2015**  
**Annual Christmas Social Evening, Food from Mandarin Restaurant.**

**Friday, January 8<sup>th</sup> through Sunday, January 10<sup>th</sup>, 2016**  
**North American Motorcycle Supershow, International Centre.**

**Tuesday, January 12<sup>th</sup>, 2016 (NEW LOCATION!)**  
**Speaker TBA Update on Cancer Treatment in Brampton.**

**Tuesday, February 9<sup>th</sup>, 2016**  
**Speaker & Topic TBA.**

**Tuesday, March 8<sup>th</sup>, 2016**  
**Speaker & Topic TBA.**

**Friday, March 11<sup>th</sup> through Sunday, March 13<sup>th</sup>, 2016**  
**Motorama Custom Car & Motorsports Expo, International Centre.**

**Tuesday, April 12<sup>th</sup>, 2016**  
**Dr. Andrew Loblaw, to be confirmed, topic TBA.**

**NOTE: We are actively searching for ways to get more members involved in meetings as we have come to believe that “preaching to the converted” is pointless. PLEASE share your interests and suggestions with us!**

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

**Jim Dorsey, Acting Speaker Coordinator:**  
**(905) 453-3038 or Email: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**

**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. This site is definitely worth browsing regularly. The excellent Expert Angle Webinars can be accessed at:

<http://prostatecancer.ca/Support/Expert-Angle#.VSMI7-FwG6E>

## **Cruisin' for a Cure Updates**



Our **TENTH Annual Cruisin' for a Cure Canada** will be held on **September 11, 2016** at the **Powerade Centre**. Planning is well underway.

Our good friends at the Brampton-based **Over 'n' Under Car Club** have agreed to work with us again this year. They will look after the operation of the gates and vehicle parking as well as running their highly successful **U Choose Raffle** for the fourth year. We owe these ladies and gentlemen a huge **"Thank You!"** for all that they do for the cause of prostate cancer awareness.

The **50:50** program will hopefully be handled by **Bonnie Hamilton** and her crew: husband **Bob Perkins** and friends **Darlene & Morris Philips**. They have done a great job for us over the past three years.

**Paul Henshall** and I have already started handing out flyers, using the artwork created by **Fernando Pacheco**. On November 30, we represented Prostate Cancer Canada at a Wellness event at the **CAA South Central Ontario** offices. We were amazed at how many visitors lived in Brampton AND at how little most of them knew about prostate cancer! We had some great conversations.

Thanks to **Steve Hutton**, we will be included in the **Prostate Extreme Team** booth at the **[North American Motorcycle Supershow](#)** at the International Centre, **January 8<sup>th</sup> through 10<sup>th</sup>**.

From **March 11<sup>th</sup> through 13<sup>th</sup>**, we will again set up at the **[Motorama Custom Car and Motorsports Expo](#)**, also at the International Centre. We will have some exciting news about our involvement there in the next issue of the **Bram-o-Gram**.

For those who wonder why we devote so much effort to events like these, it's simple: A huge proportion of Ontario men aged 40 and over go to motorcycle, snowmobile and car & truck shows. Since new members are so scarce, your Steering Committee under our late Chairman **Fred Norris**, made the decision to "go where the boys are," rather than waiting for them to come to us.

The results have been highly gratifying as we are no longer ignored as we were when we first undertook this initiative. We are sought out and we have many valuable conversations with the public in general and especially with newly-diagnosed men and with men whose cancer has recurred. (Often, these conversations are initiated by their female partners.)

Jim Dorsey at **905-453-3038**, email **[jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**.





### MOvember Wrap-up

**MOvember 2015** is now history. Once again, the team representing Prostate Cancer Canada Network Brampton put on its best face! With 6 active members and the support of our numerous supporters, the team has accumulated \$2,629!

**We ranked 855<sup>th</sup> in all of Canada!!**

Leading the way from start to finish was **Neil Vogel**, Kim's husband, with a total of \$1,126.

**Victor Horvath** came in next with a total of \$570 to date.

Thanks also to **Navin Rao**, **Harald von Langsdorff** and **Talal Arifeen** who along with me raised the balance of our funds.

Growing a moustache for a month is the most important activity in the existence of Prostate Cancer Canada. It provides the foundation of fiscal health for PCC and for all the Network members across Canada. This year, MOvember will be funding three other areas as well.

That means:

- More and more men and their families benefit through awareness programs.
- More men diagnosed with prostate cancer will benefit from research programs in a cohesive and sharing network of doctors and scientists seeking solutions to the mystery of PCa.
- Men will receive improved treatments for testicular cancer, especially the most at-risk group, those between the ages of 15 and 29.
- Men will receive directed support for mental health issues.
- Men will be encouraged to increase their levels of physical fitness.

December 1 we all start the day with a clean face – and next year we do it again!

Anyone still wanting to pledge to our team can do so into December. So if you haven't yet, go to <https://ca.movember.com/donate> and search for **PCCN Brampton** to do. (Or click the link after my signature if you are viewing this online.)

Paul Henshall - [moteam.co/pccn-brampton](http://moteam.co/pccn-brampton)

## **Real Men DO Talk About Their Prostate Cancer Journeys**

Our members **Geoff Hoar** and **Victor Horvath** recently took part in a frank discussion about prostate cancer "...as part of the launch of the **Canadian Partnership Against Cancer's** spotlight report on prostate cancer control in Canada."

Check out the first four **Prostate Cancer Chats** excerpted from the DVD:

1. Hearing the "C" word - <https://www.youtube.com/watch?v=NZUCmtvQrKI>
2. Living with Side Effects - [https://www.youtube.com/watch?v=tY3\\_TfsxUIw&feature=youtu.be](https://www.youtube.com/watch?v=tY3_TfsxUIw&feature=youtu.be)
3. Finding Support - <https://www.youtube.com/watch?v=5eIBdbKZ5Wc>
4. Life after Cancer - <https://www.youtube.com/watch?v=gJnHPJk2An0>



**Geoff Hoar, Kevin Trotman (PCCN Mississauga/Oakville) and Victor Horvath** from the Life after Cancer excerpt. Great job, guys!



**[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](mailto: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>**