



PCCN Brampton News

February 2011
Volume 11 Issue 2

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With the goal of keeping our meetings interesting and different we have had a number of speakers from different aspects of the human health spectrum. From Exercise to Osteoporosis to Naturopathic Medicine we are trying to give the membership a variety of tools to stay healthy in general as well as to deal with Prostate Cancer and the issues that arise before, during and after treatment. This trend will continue with this month's speaker: Dr. Richard Casey who will bring us up to date with a new procedure to deal with Post-Prostatectomy Incontinence.

As noted in our last newsletter we have been working with Wellspring Chinguacousy on several of our fund raising events and they were one of the recipients of donations by the group at year-end. Wellspring is an organization that provides support to all Cancer patients and their families. They have graciously offered their facilities for a number of our meetings and we are going to try and have our March General Meeting there on Tuesday, March 8th. We will confirm that in our March newsletter but our February meeting will still be held at Terry Miller.

Wellspring Chinguacousy is located on the South-West corner of Torbram and Father Tobin Road. We will include a simple map for those members unfamiliar with the area in the next newsletter. There is a chance that we may hold more meetings there if the membership is happy with the facilities.

In the meantime we have proceeded with our sponsorship of the Senior Moments Racing Team for 2011 and will be represented at the Performance World show in the International Centre in March. More information is included later in the newsletter.

January saw PCCN Brampton and several of our sister groups participating in the Boating For A Cure Event at the Toronto Boat Show. This event was unique in that it combined the efforts of both Breast and Prostate Cancer groups in the display.

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Last Meeting, Tues January 11th 2010



**Guest Speaker – Dr. Robert L. Gatis
"Naturopathic Medicine and the Mind/Body
connection: How to Help Your Body Heal
From Cancer Naturally"**

**Dr. Gatis introduced the group to
Naturopathic Medicine as one of the
established alternative methods of aiding the
body in its battle with Cancer.**

**In a series of interesting and humorous
interactive demonstrations, Dr. Gatis
illustrated some of the diagnostic techniques
used in Naturopathic Medicine.**

Naturopathic Medicine, as he described it, concerns itself with the whole person. Most diseases occur as a result of a weakening of the body's own defences which can be caused by stress, both physical and psychological, poor diet, reactions to certain foods, environmental toxins and the like.

Cancer is a form of abnormal growth of the body's own tissues and in a healthy person it can be fought by the body's own immune system. Naturopathic Medicine focuses on ways and means to bolster the immune system to help the body repair itself.

One way to do this is to raise the natural pH of the body. This involves the reduction of red meats and grains in the diet and the increase in white meat (fish and fowl), vegetables and non-acidic fruits. A diet high in Zinc, Omega 3 Fatty Acids and Vitamin D3, herb and mineral supplements can further aid the body in improving general health.

Other aspects of Naturopathic Medicine involve:

- **assessing and modifying digestion**
- **assessing and modifying cellular metabolism**
- **reducing toxicity and natural forms of organ cleansing**
- **reducing stress and improving individual lifestyle options**

For more information visit Dr. Gatis's website: <http://www.mindandbodymiracles.com/>



PCCN Brampton Bram-O-Gram

Next General Meeting, Tues February 8th 2011

Speaker: Dr. Richard Casey

"A new procedure for post prostatectomy incontinence"

Dr. Casey is a Urological Specialist who has visited the group in the past. His talk this time around will involve a new procedure to deal with Post Prostatectomy Incontinence, which is one of the more common side effects of the procedure.

Be sure and be there for the latest news on this all too familiar problem.

Please forward your questions for Dr. Casey to: info@pccnbrampton.com

We meet at the Terry Miller Recreational Centre in Brampton
Room 2, 1295 Williams Parkway is the location; parking is always free.

Upcoming PCCN Brampton Meetings:

Tuesday, March 8th, 2011 – Jodi Steele - Wellspring
"Importance of Exercise and Cancer" at Wellspring Chinguacousy

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

Tuesday, May 10th, 2011 – Members Open Mike
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 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.



[Upcoming 2011 Prostate Cancer Events:](#)

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

Prostate Extreme Team "ATV Ride of Hope", Saturday June 4th 2011
www.prostateextremeteam.com/atv.html

Motorcycle "Ride for Dad", Saturday June 11, 2011
<http://www.motorcycleridefordad.org/pel/about-us>

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

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

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

[North American International Motorcycle Supershow 2011](#)

Motorcycle Ride for Dad had a booth at the International Centre spectacular January 7, 8 and 9. Paul Henshall joined members of the Peel Regional Police, organizers of the Peel Ride, on the 9th to inform and educate the motorcycle community about prostate cancer, PSA testing and joining the Ride. Other police officers from Kitchener and Durham formed daily teams during the event.

Peel Ride joined with Durham Ride to contribute \$40,000 to a project at Princess Margaret while Huronia Ride contributed \$40,000 to a project at Sunnybrook. The Peel Ride is June 11th this year.

Please consider support for Motorcycle Ride for Dad and the battle against prostate cancer. I will ride in the Peel Ride and the Grand River (Kitchener) Ride this year. Thanks to my supporters for helping me top \$10,000 in 4 years of Rides!

Paul Henshall



SM Racing Team & PCCN Brampton

We have finalized our agreement with Phil Nedham & Mike Etter to sponsor Senior Moments Motorsport's Top dragster for the 2011 season.

We will have a booth at Performance World, the GTA's largest indoor custom car show, March 11 to 13 at the International Centre. The dragster will be the main attraction, of course. In addition, we will provide information on Prostate Cancer, Prostate Cancer Canada, PCCN – Brampton and Cruisin' for a Cure at our booth. Lapel pins, wristbands, car magnets and Cruisin' for a Cure shirts will be available in addition to photos of members of the public sitting in the dragster.

We do need volunteers for Performance World, so if you have ever wanted to attend a major car show and would enjoy it even more if you got in for free, please contact me to sign up. We'd love to have you and it should be a lot of fun.

We will provide these same services at each of the race meets where the vehicle will appear. So far we are booked for nine events this summer. Most will occur over three-day weekends at Cayuga and Grand Bend, but we also have one weekend each at Lusville and Shannonville in Quebec. Other dates may be accepted as well.

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

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



[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 plus a day later on WEDNESDAY of every month except July & August at Wellspring Chinguacousy, 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 regular mail or e-mail, be sure to notify us of any address changes so we can continue to get it out to you.