



February 2013
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**CHECK OUT
OUR
AWARENESS
ACTIVITIES AND
CONSIDER
VOLUNTEERING
IF YOU CAN**

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PCCN Brampton News

Percy Bedard and Heather Redick made the trip from London to see us in January. After a long battle to help get Zytiga approved he was feeling much better at the time.

We regret to report that Percy's condition has since regressed as his caregiver, Heather Redick, recently reported on their Percy's Story Facebook page: *"Our last outing to Brampton was wonderful. We enjoyed addressing those in attendance and talking with many affected by Prostate Cancer. Unfortunately, a few days after, Percy took a turn for the worse. The CT and Bone scan show the cancer has progressed substantially. In an effort to save the liver, he underwent double-chemo treatment. For the past 10 days, he has suffered through the effects but is now feeling somewhat better and back eating, ready for the next step. He is off Zytiga, which of course, is extremely disappointing. For Percy, it was "too little, too late". In those 11 weeks of fighting for funding, the cancer had time to ravage his body. He takes great comfort, though, in knowing that now many other men are able to access this drug at the time when they most need it. The 11 weeks was "critical"....and the 14 months the Ontario Ministry of Health ignored the need for the drug....is "criminal!"*

I will continue to update all of you as time progresses. Thank you again for your wonderful support. Without all of you, the great difference made would not have happened."

I know that all who were fortunate enough to attend the January meeting will be wishing Percy well as his treatment continues. Percy and many of our own members continue to be an inspiration in the ongoing fight with Prostate Cancer.

Jim Dorsey / Gary Foote – Newsletter Editors

E-Mail: jfdorsey@yahoo.com



Next General Meeting, Tuesday, Feb. 12th, 2013 – 7:00pm

Dr. Rob Bristow, MD, PhD, FRCPC, "Personalized Prostate Cancer Treatment Based on Your DNA."

Dr. Bristow is a Radiation Oncologist at Princess Margaret Hospital, among many other involvements. His presentations to our group over the years have always been outstanding.

This time, he will speak to recent improvements in the ability to create individual gene signatures that reflect the relative aggressiveness of cancer promise to allow more personalized approaches to treatment for patients.

In 2012, Prostate Cancer Canada (PCC) honoured Dr. Bristow as a national hero for his contributions to prostate cancer research and awareness. He was awarded the John Ferguson Memorial Award for Prostate Cancer at the Toronto Wake Up Call Breakfast event on April 4.

As the official PCC press release stated, *"The John Ferguson Memorial Award is given to an individual who best exemplifies John Ferguson's qualities of courage, determination and integrity, and whose outstanding impact in the fight against this disease is an inspiration to others."*

"... His research programs and clinical trials are endeavouring to find the best therapy for men with prostate cancer."

"He is internationally respected for his achievements, and universally respected for his compassion, vision and strength of character. Dr. Bristow is a committed volunteer, who was an important member of the PCC Board of Directors and Scientific Medical Advisory Committee. From being the leader and driving force behind the international ICGC-CPC Gene project, to speaking at virtually any event we ask him to attend, to working long hours with a passion that is a marvel to witness. Dr. Bristow is a most deserving choice to receive PCC's most prestigious award." We are honoured that he has accepted our invitation to appear at our February meeting.

We look forward to seeing you in Room #2, upstairs,
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 General Meeting, Tuesday, January 8th, 2013

Percy Bedard and Heather Redick – Percy's Story

Percy and Heather were welcome visitors in January and told their inspiring stories about Percy's diagnosis and early treatment leading up to their battle with the Ontario Government to have Zytiga approved for the treatment of Advanced Prostate Cancer. Percy and Heather put a face to the plight of many men facing the disease with a treatment that was in many cases too expensive for most to afford.

Until he turned 60 Percy was quite active in sports and other activities. Shortly thereafter he began to feel that something was not quite right. Since he was one of those men who tend to have a low PSA, early tests did not indicate the likelihood that he had Prostate Cancer. It wasn't until he experienced blood in his urine at the age of 65 that more elaborate tests and biopsies revealed that he had 4th stage Prostate Cancer that had also spread to his bone and liver.

From there he underwent Hormonal Therapy, Radiation and Chemotherapy. Throughout the treatments he stayed active and worked about the house. As a result of the treatments the cancer slowed down and he eventually felt a little better. As is often the case however the cancer began to grow again and his doctors felt that there was little else they could do. After some research Heather found that a new drug called Zytiga had shown excellent results treating men in Percy's condition. When they approached their doctors they found that its cost which was quite substantial was not covered in Ontario, although it was covered in most other provinces. So began their battle to push Ontario for coverage.

While friends and relatives offered to help Percy and Heather with the high cost of the daily pill he was determined not to take it until it was covered for everyone. Heather and her son approached the media, setup Facebook and web pages and did all they could to raise the awareness of the issue. They came out to our Cruisin' for a Cure event last September and collected another 1000 names on a petition to the Ontario Government. Finally after all of their efforts Zytiga was approved.

Within 3 weeks of starting on Zytiga, Percy was feeling better than he had in years. These battles take incredible amounts of energy and organization but as Percy, Heather and their supporters have shown, a small group of committed individuals can make a difference and we thank them for their efforts then and now.



Upcoming PCCN Brampton Meetings / Events:

Al Hutton, our Speaker Co-ordinator, has been in and out of hospital again. We wish Al the best in his recovery efforts and we thank him for all of his efforts on our behalves.

Tuesday, February 12th, 2013

Dr. Robert Bristow, Princess Margaret Hospital – "Personalized Prostate Cancer Treatment Based on Your DNA."

Tuesday, March 12th, 2013

Speaker TBA – Topic TBA

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

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

Please Note: We try as best we can to plan great speakers and topics; however, from time to time we may have to reschedule a speaker due to unforeseen circumstances.

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

[Chrysler Canada's Working Toward Wellness Program](#)

As reported last month, we were invited to take part in Chrysler Canada's **Working toward Wellness** health fairs. **Paul Henshall** and I attended the events held at the Brampton Assembly Plant on January 15 and the Mississauga National Parts Distribution Centre on January 16. Due to space limitations, we did not visit the Etobicoke Casting Plant.

We enjoyed talking to the fair operators, other exhibitors and Chrysler staff who were curious about Prostate Cancer.

As a follow-up, a photo of our "rolling billboard" for Cruisin' for a Cure will appear in the next edition of Chrysler's Health Issues Magazine, which will be entitled Healthy & Green and will go out to Chrysler Canada employees and retirees in March.



Matching moustaches for Movember.

Jim Dorsey, Steering Committee, 905-453-3038, jfdorsey@yahoo.com



PCCN – Brampton Plans for 2013

Subject to final approval by the Steering Committee, here are the events that we are planning for 2013. As always, volunteers are most welcome.

Prostate Cancer Canada Information Events

Last year, we participated in PCC's first **Truck n' Tailgate**, the culmination of **Prostate Cancer Awareness Week** in Toronto, which brought Toronto's best food trucks to Lombard Street to attract the public and increase awareness of Prostate Cancer.

Paul Henshall put in 2 shifts at the **International Boat Show** on behalf of PCC. Where required, PCC does cover any parking costs that volunteers may incur.

Local Health Events, throughout the year

We have committed to the **Circle of Hope** at Century Gardens on April 21st.

MegaSpeed Car Show, March 22 to 24

This show takes place at the International Centre. We are hoping to share a booth with **Danni Stockley** and the ladies of the Chrome Divas Ladies Motorcycle Club and **Phil Nedham's** Senior Moments Motorsport dragster.

Our appearances there over the last two years have generated a lot of awareness and a number of contacts who subsequently got involved with Cruisin' for a Cure.

Father's Day Walk / Run, June 16

The planning for 2013 is already well underway. We must increase the funds raised by the PCCN – Brampton team, as **we can claim back 50% of the amount raised by our team** to cover our expenses.

Annual Golf Tournament, Preliminary Date - June 10th

The Tournament is **our largest fundraising event** every year. **Morris Rambout, Ron Clayton, Gary Foote** and their hard working volunteers continue to operate one of the best and least expensive golf tournaments in Southern Ontario.



Drag-racing Season, May - October

We hope to sponsor the Senior Moments Motorsport Top Dragster again. **Phil Nedham** and acting Crew Chief **Steve Hutton** got the car running very well last year. We always get to speak to many interested individuals between races and spectators continue to cheer for “our” car, bearing PCCN – Brampton logos.

Cruisin’ for a Cure, Sunday, September 8, 2013

This will be our seventh Cruisin’ for a Cure. In 2012, we drew a record 400+ vehicles on September 9th and provided a record 308 free PSA tests.

Movember, The Month of November

Paul Henshall, Morris Rambout and other members and supporters will dedicate themselves to raising awareness among friends and relatives by attempting to grow mustaches (Mo’s) during the month. **Eikonic House of Barbers** will again be our official Mo Shop for the month.

Brampton Board of Trade Santa Claus Parade, November ??

Our float was well-received as always, so we will likely take part in our fifth Parade.

All Other Opportunities as They Arise

Whenever we are asked, we provide speakers and information to companies and other groups interested in Prostate Cancer.

So if any of these events interest you, please do not hesitate to volunteer or to suggest other things that we should be doing to support men with Prostate Cancer and to increase public awareness. **You can definitely contribute**, regardless of your abilities or experience.

Jim Dorsey, Steering Committee, 905-453-3038, jfdorsey@yahoo.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 with 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 on arrival. One of our counsellors will welcome you and listen to your concerns. Our Monthly General Meetings are held on the 2nd 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 a WEDNESDAY in the Community Room at the Fortino's at Main & Bovaird, 60 Quarry Edge Drive, Brampton, ON L6V 4K2. Sean Butterly has offered to be available during these Meetings to meet you one on one at Fortinos if you prefer.

Family members, friends & supporters are always welcome at any of our Meetings!

Our New Hot Line Number: **(289) 752-6316**

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 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

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