



**February 2015**  
**Volume 15 Issue 2**

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

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## *PCCN Brampton News*

January got our new year's resolutions started with a visit from Darren Au, an Exercise Physiologist and Kinesiologist working at Princess Margaret Hospital. Darren reviewed the general benefits of exercise and cancer in general. To recap, regular exercise, both cardio and strength training can reduce your chances of getting cancer. If you are diagnosed, it can aid your recovery and reduce the chances of that same cancer reoccurring. As in all things related to our own health, diet and exercise play a major role and they are under our control. We just need to take those steps to help ourselves.

While I think I've always known this to be true, it's all too easy, particularly in the winter, to put it off and wait for spring or a more convenient time. While there may be snow on the ground, there are indoor malls where you can always walk if you don't feel up to going to the gym and you can do surprisingly effective exercises with a couple of light weights while standing rather than sitting while watching TV. In either case, exercise needs to be frequent to be effective. Long periods of just sitting, whether at work or at home, increase your chances of illness, so get up and move for a few minutes at least once every half an hour. Your body will thank you.

After the general exercise benefits review, Darren went into some more specific studies that they are working on at PMH to help alleviate some of the more common side effects of PCa treatment. One study will compare the relative effectiveness of normal Kegel exercises with Pelvic Floor Pilates and Hypopressive exercises. It is hoped that this study will provide guidelines to help patients reduce their ongoing symptoms of incontinence and regain normal urinary control.

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

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### Next General Meeting, Tuesday, February 10<sup>th</sup>, 2015 – 7:00pm

**Dr. Michael Greenspan**, “Incontinence and Erectile Dysfunction as Related to Prostate Cancer Treatments.” Dr. Greenspan is a *Clinical Assistant Professor* in Urology at *McMaster University* and a well-known speaker in Southern Ontario.

Dr. Greenspan’s background is both impressive and varied. He:

- graduated from U of Toronto in 1974, obtained a Urology fellowship in Nov 1979 and has been in practice at Hamilton General since 1980.
- serves as a consultant/ advisor/ speaker for Pfizer, Eli Lilly, Astellas, Ferring, Abbott and American Medical Systems.
- was awarded a cornerstone award in 1999 by Hamilton Civic Hospitals for outstanding contributions to the hospitals and to his community.
- received the John Sibley award in 2013, given by the Faculty of Health Sciences at McMaster for outstanding teaching contributions to medical students, residents, and community physicians nationwide.
- works as a kidney retrieval surgeon for Trillium Gift of Life (South central Ontario) and has performed more than 600 retrievals.
- is a Charter member of the Ontario Doctor’s Hockey Hall of Fame

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.

### Telephone Committee Changes

Due to medical issues, **Mildred Clark** has also retired and her contacts have been turned over to other callers. We thank Mildred for her contributions to the Telephone Committee, to the Father’s Day Walk and to Cruisin’ for a Cure and wish her a quick and complete recovery.

If you are still being called every month and would prefer not to be, please advise **Jim Dorsey** at 905-453-3038 or email [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com).



### Last General Meeting, Tuesday, January 13<sup>th</sup>, 2015

**Darren Au** is a Certified Exercise Physiologist and Registered Kinesiologist. He completed his bachelor's degree at the University of Guelph in Human Kinetics and post-graduate certificate in Exercise Science and Lifestyle Management at Humber College. Currently, he is a graduate student at the University of Guelph under the supervision of **Dr. Daniel Santa Mina**, who has spoken to us several times in the past.

Darren reviewed the science of health and exercise during his presentation. Regular exercise reduces your risk of many cancers and health disorders by a significant percentage. It does this by improving the overall immune functions of the body. When combined with other healthy lifestyle choices it can make a significant improvement in your general health. Dietary choices of more vegetables and fruits can aid this as well.

If you are diagnosed with Prostate or other cancers, exercise can play a significant part in your overall recovery. Exercising pre-treatment helps get the body in shape to better tolerate treatment, both physically and mentally. It can reduce the potential side effects of treatment and increase your general quality of life post treatment on your way to recovery.

Exercise should not be overdone post surgical treatment and you should consult your doctor on what can and should be done short term but generally walking is recommended to start. Post surgery, as the doctor recommends, light aerobic and resistance training can be added over time. During radiation therapy you may be able to maintain somewhat regular exercise levels and this can aid in reducing radiation side effects. During hormone deprivation therapy, resistance training can help offset both muscle and bone loss so it is highly recommended. To help reinforce the relative benefits of exercise in reducing side effects, Darren is involved in two studies at PMH that may be of interest to our members.

Darren described the exercise-based studies that are currently recruiting participants from support groups in the GTA, including PCCN Brampton:

Study 1: will examine the role of personal training vs. group training vs. home-based training delivery strategies for men with PCa undergoing Androgen Deprivation Therapy.

Study 2: will examine the role of a novel new approach to pelvic floor strengthening vs. conventional kegel exercises for men with PCa following radical prostatectomy.

If you are interested, you can contact Darren at: [Darren.Au@uhn.ca](mailto:Darren.Au@uhn.ca) or (416) 581-7565



**Upcoming PCCN Brampton Meetings / Events:**

**Tuesday, February 10<sup>th</sup>, 2015**

**Dr.. Michael Greenspan, “Incontinence and Erectile Dysfunction as Related to Prostate Cancer Treatments.”**

**Saturday, February 14, 2015**

**10<sup>th</sup> Annual Do it for Dads Sled Ride of Hope**

**Tuesday, March 10<sup>th</sup>, 2015**

**Dr. Ewa Szumacher, Adjuvant and Salvage Radiotherapy after Prostatectomy**

**Tuesday, April 14<sup>th</sup>, 2015**

**To be confirmed: Dr. Caroline Chung, Personalized Cancer Treatment.**

**Tuesday, May 12<sup>th</sup>, 2015**

**Movember and PCC, Update on the True NTH program**

**Tuesday, June 9<sup>th</sup>, 2015**

**Annual end of year Potluck and Social Evening.**

**Sunday, June 21<sup>st</sup>, 2015**

**2<sup>nd</sup> Annual Do it for Dads Father’s Day Walk/Run, Mississauga Valley Park.**

**Saturday, June 27<sup>th</sup>, 2015**

**15<sup>th</sup> Annual Charity Golf Tournament, Glen Eagle Golf Club, Bolton.**

**Tuesday, September 8<sup>th</sup>, 2015**

**Dr. Richard Casey, Urologist and one of our chapter’s favourite speakers.  
Topic to be announced when confirmed.**

**Sunday, September 13<sup>th</sup>, 2015**

**9<sup>th</sup> 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](mailto: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 14<sup>th</sup> at PET's [10<sup>th</sup> 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 50<sup>th</sup> 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 21<sup>st</sup> 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.



### [Percy Patrick Bedard has Passed Away](#)

On January 20 2015, a hero passed away. Percy Bedard was exactly 69.5 years old when he succumbed to prostate, liver and bone cancer.

He leaves behind, however, a legacy of which anybody would be proud!

So, on February 1, Jim & Sandi Dorsey and I travelled to Zurich, Ontario to share in Percy's life celebration along with at least 250 friends and family.

Percy was one of 13 children. His youngest brother Ivan spoke on behalf of the 8 remaining siblings.

A montage of photographs, videos and his favorite songs and music played across a screen as attendees examined a collection of memorabilia displayed on numerous maroon draped tables.

There were two examples of his woodworking skills: a beautiful chest and a small side table. Both were decorated by him, with flowers and varying varnishes. His goalie pads and skates added to the stories gleaned from local papers describing his pivotal role in winning championships for his teams.

Percy had attended our 6<sup>th</sup> Annual Cruisin' for a Cure with his beautifully restored Ford Fairlane. It sat out in front of The Bluewater Community Centre on February 1 as a silent tribute to its owner, shining bright red through the swirling snow. Inside the Arena were pictures of his latest restoration in progress, a 1964 Ford Falcon.

We shall remember him most for his unrelenting campaign to have OHIP approve the drug Zytiga approved for prostate cancer treatment. Numerous newspaper clippings tracked his trek through the mazes of bureaucracy to ultimate victory. [*Percy and caregiver Heather Redick brought Team Percy to our 2012 Cruisin' for a Cure. Team members circulated a petition to the Ministry of Health in favour of Zytiga reimbursement. Over 900 signatures were collected that day! – Editor*]

We were fortunate to have Percy and Heather come to one of our meetings in the Fall of 2012 to share that experience. He said in one video that, during its effective time for him, he felt so pain-free and invigorated that he could, once again, enjoy restoring the Falcon and work on further renovations to his house.

There were inspirational thoughts, scattered through the collages of photographs, which reflected Percy's philosophy of life.

The one that resonated with me most was: "Don't look back. You are not going that way".

- Paul Henshall



## [Cruisin' for a Cure 2015 Date and 2014 Results](#)

Our **9<sup>th</sup> Annual Cruisin' for a Cure Canada** will be held on Sunday, September 13 at The Powerade Centre in Brampton. This year's show will be dedicated to **Percy Bedard**.

**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 reviewed 323 of this year's 335 PSA tests and after applying some advanced analytical techniques, he advised that:

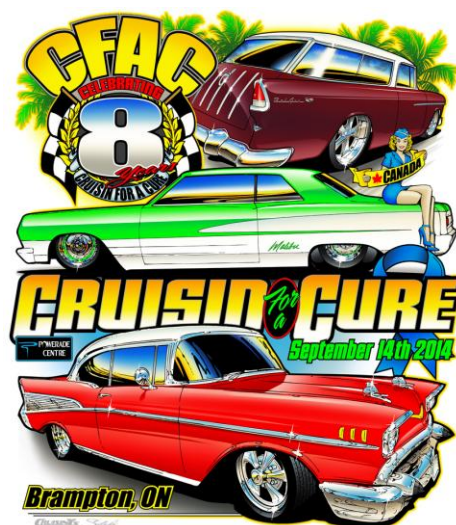
*"136 men had PSAs above 1.0 ng/ml. I've calculated that if we biopsied all the guys with PSA above 1.0, we'd find 33 new G7 or higher cancers (10.3%)..."*

*"I referred 8 guys with no family docs and 32 guys with G7+ risks > 30% to the [Wright Prostate Centre](#) for consult re: biopsy."*

Remember that 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 order them from **Jim Dorsey** at 905-453-3038 or email [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com). Personal delivery can be arranged in exchange for a cup of coffee.



**[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>