



June 2012
Volume 12 Issue 6

INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 3** Last General Meeting
- 4** Upcoming Meetings
- 5** Father's Day Walk / Run
- 6** Golf Tournament
- 7** Senior Moments Racing
- 8** Scotiabank Awareness
- 9** Cruisin' for a Cure
- 10** Recently Diagnosed?

**VIEW THE
EVENTS IN THE
PLANS FOR 2012
SECTION AND
CONSIDER
VOLUNTEERING
IF YOU CAN**

PCCN Brampton

www.pccnbrampton.com

info@pccnbrampton.com

Phone No: 289-752-6316

Fax No: 905-840-9474

PCCN Brampton News

We had another inadvertent no show when Daniel Santa Mina missed our May 8th meeting due to a scheduling problem. The first e-mail invitation he received referenced the date of May 9th, by accident, and he had this date in his calendar. We all apologize for the mix up and Daniel has kindly offered to return again next year if we need a speaker in the fall.

To complicate things further, we found that our audio equipment had been stolen when we opened the cupboard that night. With Dr. Sehdev coming a week later we had to scramble to get together some equipment. Brampton Safe City and Wellspring were good enough to loan us some equipment and we put it to good use at Dr. Sehdev's presentation, sponsored by Janssen, on Monday, May 14th.

We have formed our team for the Father's Day Walk/Run and you can either join our team or support it at the web-site: my.e2rm.com/TeamPage.aspx?team We have set a modest fundraising goal of \$2000. We hope you can help us reach that goal once again this year.

At the same time, plans continue for our upcoming 12th Annual PCCN Brampton Golf Tournament at the Acton Golf Club on Monday, June 25th. It's always a lot of fun and a great way to spend an inexpensive day supporting a great cause. The modest \$90.00 fee covers your Green Fees, Cart, Lunch and Prizes.

If you have any questions about the event, contact a golf committee member:

Gary Foote – Newsletter Co-Editor

Tel: 905-458-6650, Fax: 905-458-1812

E-Mail: gary.foote@pccnbrampton.com



Next General Meeting, Tuesday, June 12, 2012

Our Season's Ending Social & Pot Luck Supper

An evening of Caring, Information, Food, Fun, Laughter, Sharing and more!

Don't forget to bring along your favourite recipe for the Pot Luck !

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

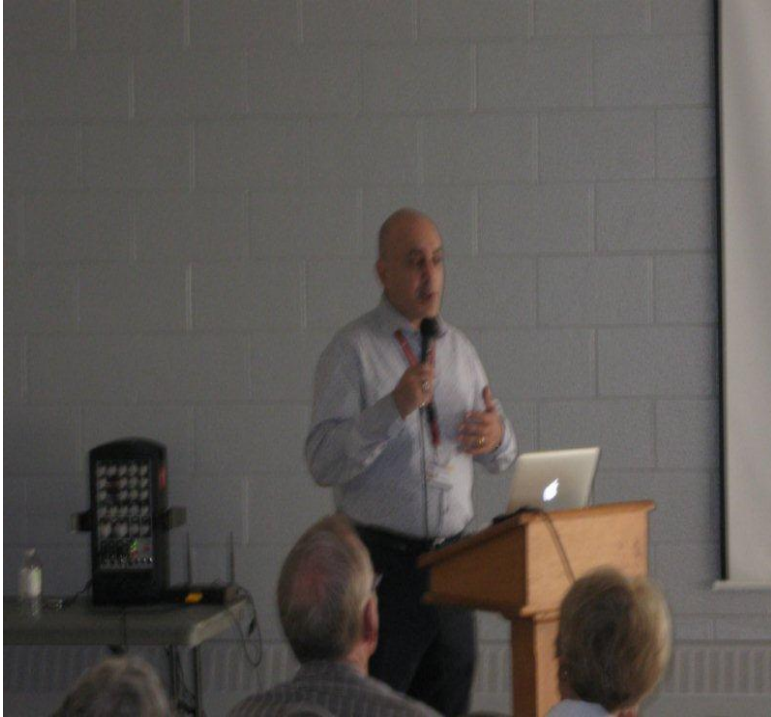
Last General Meeting, Monday, May 14, 2012

Dr. Sehdev, "Treatment of Advanced Prostate Cancer"

Dr. Sehdev, courtesy of Janssen, came out to see us as part of a special presentation to review the treatment of advanced Prostate Cancer. When primary treatments (surgery, radiation) fail there are a number of forms of secondary treatment that can often control the cancer for many years.

Fortunately, post treatment, the PSA level is an excellent indicator of the effectiveness of the primary treatment. Should this indicate treatment failure there are several options available. In the case of surgery, radiation therapy may be used if the cancer is thought to be localized. Following radiation, surgery is more complicated but there are some specialists that will do it.

When prostate cancer spreads it typically invades the bone and lymph nodes.



Hormone deprivation therapy is usually the next line of treatment should the cancer begin growing again. This can often control the cancer for many years by suppressing the male hormones produced by the Testes and Adrenal glands.

This works quite well for a number of years, but eventually the cancer can become resistant to the treatment. Part of the problem is that the prostate cancer cells themselves can begin to produce testosterone which stimulates cancer growth.

A new drug called Abiraterone, created by Janssen, helps to block this testosterone production by the cancer cells extending the effectiveness of the treatment. Unfortunately this drug is not covered by OHIP as of yet and was only available via clinical trials or a trip out of province. Most other provinces have approved its use so we are hopeful it will become available here in Ontario shortly.

When prostate cancer spreads to the bone it causes irregular growth in the bone. This combined with the hormone deprivation therapy can lead to skeletal events like fractures and broken bones. A new drug called Zometa can help to prevent these skeletal events and improve quality of life. Pain caused by cancer growth in the bone can also be helped by focused radiation therapy which helps control the cancer in area most affected.

Other drugs now being tested work to slow cell division in cancer cells and further control the spread of the cancer. Ongoing studies continue to offer hope for patients but it is up to members of the prostate cancer community to advocate that these drugs be made available for treatment when the results of the clinical studies are as positive as they are for Abiraterone and Zometa.



Upcoming PCCN Brampton Meetings / Events:

**Tuesday, June 12th, 2012
Potluck Dinner and Semi-Annual Review**

**Sunday, June 17th, 2012
2nd Annual Peel Region Father's Day Walk / Run, Chinguacousy Park**

**Monday, June 25th, 2012
PCCN – Brampton Golf Tournament, Acton Golf Club**

**Sunday, September 9th, 2012
6th Annual Cruisin' for a Cure, Powerade Centre**

**Saturday, September 15th, 2012
6th Annual ATV Ride of Hope, Port Severn Ontario
Proceeds to Benefit PCCN-Brampton**

Speaker suggestions from members are always welcomed; 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 a speaker due to unforeseen circumstances.

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



[Peel Region Father's Day Walk / Run – Sunday, June 17th](#)

Thanks to an excellent planning committee made up of many of our members plus several young members of the general community, the 2012 event will be even more successful than last year's. As she was last year, **Roberta Canning**, *Recreation Director – Community Programs* at Chinguacousy Park has been invaluable to us, smoothing our way and offering invaluable advice and suggestions.

To our surprise and delight, **Helene Vassos**, *Chief Operating Officer* of Prostate Cancer Canada and the *Managing Director* of the Prostate Cancer Canada Network, has volunteered to work with us on June 17!

We still need more volunteers on the day of the event so if you can spare the Sunday morning please contact me or Jim Dorsey. The walk will be over by Noon, giving you lots of time for your family's Father's Day celebrations.

If you prefer just to walk but don't want to go through the hassle of registering, why not just sponsor the Prostate Cancer Canada Network Brampton team and then come out and walk? We will provide you with a very nice PCC tee shirt regardless of the amount that you raise. Remember that all funds raised by our Prostate Cancer Canada Network Brampton team will be shared 50:50 with Prostate Cancer Canada. And your donation of \$20 or more will receive an income tax receipt.

This gives us a great way to generate funds for our expanding awareness operations while giving you a break on your income taxes. So **please** sponsor our Prostate Cancer Canada Network Brampton team.

You can either bring your donation to the walk or sponsor us online at: my.e2rm.com/TeamPage.aspx?team where you can click on "**Sponsor this Team**". You can also click on any of the Team Member names listed farther down that page to sponsor that person if you prefer.

We are dedicating this year's walk to **Kim Clout**, a young man who was diagnosed with Stage 4 PCa just after his marriage last year and just before our first Father's Day Walk / Run. Kim died at the age of 42 on Tuesday, May 29th. He and his wife **Clare** became active Prostate Cancer advocates. Their team, **KC and the Sunshine Band**, will be walking this Father's Day.

Our Team Captain is **Paul Henshall**, 905-601-1519, hsrallysport@gmail.com



PCCN Brampton Bram-O-Gram



12th ANNUAL CHARITY GOLF TOURNAMENT **Acton Golf Club – Mon, Jun 25th** **8:00 Registration, 9:00 Shotgun Start**

Help Support a Great Prostate Cancer Awareness & Support Group

REGISTRATION FORM

TEAM CAPTAIN: _____ PHONE# _____

PLAYER 2 NAME: _____ PHONE # _____

PLAYER 3 NAME: _____ PHONE # _____

PLAYER 4 NAME: _____ PHONE # _____

Golf & Buffet Lunch \$90.00 Per Person
Which includes 18 holes of golf, cart, scoring, buffet lunch & prizes.

Complete the enclosed registration form and either give it to a Golf Committee Member
Or you can mail your form & cheque (payable to **PCCN Brampton**) to the following address:

PCCN Brampton
14 Cluster Oak Place
Brampton, Ontario
L6R 1T8

Attn: Gary Foote
Tel: 905-458-6650
Fax: 905-458-1812
E-Mail: visact@rogers.com

Senior Moments Motorsport Top Dragster Update

Steve Hutton has been serving as **Phil Nedham's** pit crew for the past month. Steve reports that the car is largely sorted out now and should start turning in some respectable times. In fact, they actually won some money at the Cayuga Quick 32 Victoria Day Weekend Challenge. Well done, guys!

As you know, the vehicle “flies the PCCN Brampton colours” and is seen by thousands of racing fans every weekend. Despite or perhaps because of our tough luck last year, we have developed a loyal and / or sympathetic fan base.

There are five more race weekends for us this summer:

- June 22 – 24 Cayuga Quick 32 “Canadian Nitro Nationals”
- July 21 – 22 Grand Bend IHRA MOPAR Nitro Jam Nationals
- Aug. 3 – 5 Cayuga Quick 32 Community Weekend
- Aug. 10 – 12 Grand Bend Quick 32 NAPA/ Stratford “Hot August Nights”
- Aug. 31 – Sep. 2 Grand Bend Quick 32 Teamsters “Thunder by the Beach”



We will once again speak to hundreds of interested individuals in the pits at each meet, while thousands of people in the stands will again cheer for “our” car, which bears the prominent PCCN – Brampton logos.



[PCCN Toronto's Scotiabank Awareness Nights](#)

Paul Henshall and I attended PCCN Toronto's Awareness May 30th Night and heard Dr. Rajiv Kumar Singal speak on "*Prostate Cancer Diagnostics – the past, present, future – and the PSA controversy.*"

It was an excellent presentation and largely confirmed our belief that every man must learn all that he can about Prostate Cancer in order to make his own best decision on Prostate Cancer diagnostics. All relevant factors – including age, general health, ethnic background and family history – must be factored into that decision.

We also enjoyed fellowship with members of our Toronto and Oakville affiliates.

PCCN Toronto will hold two other sessions of note in the next few months:

July 25 Dr. Uri Lindner of Princess Margaret Hospital will speak on "*Focal Therapy.*"

September 19 Dr. Patrick Lee will describe his research into "*Using viruses to target prostate cancer.*" Dr. Lee addressed the Annual Conference in Halifax last October; his presentation was fascinating. His research is financed by Prostate Cancer Canada.

These sessions are held in the Floral Hall at the Toronto Botanical Garden, 777 Lawrence Avenue East on the southwest corner of Lawrence Avenue and Leslie Street. Take the Leslie Street exit off the 401 and turn right on Lawrence Avenue then left into the first driveway.

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



6th Annual Cruisin' for a Cure Canada, Sunday, September 9th, 2012

Everything is coming together nicely for this year's car show. We will once again distribute thousands of flyers at local cruise nights and car shows. **Kevin Moore** of PCCN Brampton and members of various supportive car clubs will assist us with this effort.

Interestingly, we have been approached for advice by other groups wishing to offer car shows featuring free PSA tests in their own areas in Southern Ontario. **Paul Henshall** and I will be pitching the idea of offering three Cruisin' for a Cure Canada events on the same day but at widely-separated locations next year.

The **2nd Annual Cruisin' for a Cure Buffalo** will be held at Roswell Park Cancer Institute on Saturday, September 22. Sandi and I will once again be on the planning committee with MAN UP, the support group sponsored by the Office of Cancer Disparities at Roswell Park. Our U.S. PT Cruiser friends will be helping on the day of the event.

Many of you have come to know **Max Gabriel**, the Santa Claus look-alike from Orchard Park, NY, who with **Rick Brown** of Lewiston, NY conducts the live auction at our Brampton car show every year. Max has been fighting a lengthy battle with esophageal and stomach cancer. Typical of Max, his spirits are excellent despite all the chemo and radiation treatments and tests and postponements of his surgery. The latest date is Monday, June 11. He is on Facebook if you want to wish him well.

Jim Dorsey, Cruisin' Coordinator, 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 General 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 of every month except July & August in the Community Room at the Fortino's at Main & Bovaird, 60 Quarry Edge Drive, Brampton, ON L6V 4K2.

Note that Sean Butterly has offered to be available during our Steering Committee Meetings to meet you one on one at Fortinos if you prefer.

Family members, friends and supporters are always welcome at any of our Monthly General Meetings or Steering Committee 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 close to 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.