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

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PCCN Brampton News

For those who haven't heard, Jim and Sandi Dorsey are back in Canada. Sandi still faces serious hurdles on her road to recovery at the Brampton Civic Hospital. Our best wishes go out to Jim and Sandi during a prolonged difficult period.

In May, Dr. Calvin Law, director of the Odette Cancer Centre came out to speak at our monthly meeting. He provided some additional insights into the various programs at Sunnybrook Hospital. These include the Patient/Family Advisory Council of which our own Paul Henshall is a member. This council serves as a communication interface between hospital staff, patients and community members in an attempt to improve overall patient care and services.

Sunnybrook Hospital was built shortly after the Second World War and has grown substantially since then. It now supports around 250,000 patient visits per year with 6,000 major cancer surgeries. It is one of the major cancer research centres in Canada with studies proceeding to improve both the timing and effectiveness of Radiotherapy treatment for prostate cancer patients among many other initiatives.

One of their most promising initiatives is MR guided Radiotherapy where tumours can be easily seen and directly treated while providing immediate feedback to the doctor providing the treatment. Using this method, one doctor was able to treat over 30 individual brain tumours during a single session with little or no overlap to non cancerous tissue.

By exactly treating the actual tumours with higher dosages of radiation, the cancer can be destroyed in less time with far fewer side effects. This is better for both the patient and the health care system as costs can be reduced as well.

Gary Foote, Jim Dorsey - Newsletter Editors

E-Mail: visact@rogers.com / jfdorsey@yahoo.com

Next General Meeting, Tuesday, June 14th, 2016 – 7:00pm

This is our annual the **End of the Year Potluck and Social Evening**.

Please bring your favourite recipe and a good appetite. Our members always put on a great spread for this evening; no one goes away hungry.

Prostate Cancer Canada continues to develop its annual [Wear Plaid for Dad](#) campaign. It's a simple way to raise funds for PCC's research, awareness and support programs and to get people talking about prostate cancer.

This initiative is being supported by challenges from people ranging from **Vice-Admiral Mark Norman**, Commander of the Royal Canadian Navy to comedian **Dave Thomas** to sports icon **Don Cherry** to noted Canadian actor **Eric McCormack**. Check out the posts to [the PCC Facebook page](#).

THIS year, PCC has partnered with **Hudson's Bay stores** to sell six different Hudson North plaid shirts for less than \$30 each. \$12 from each purchase goes to PCC.

So once again, **let's all wear plaid – the wilder the better** – to the June Potluck and Social Evening so that we can take another group photo to submit to PCC.



You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone 905-458-1812.

We look forward to seeing you at **our NEW meeting location, Norton Place Park Community Centre**, 170 Clark Boulevard, Brampton, Ontario. The building is located north of Clark, east of West Drive and west of Dixie Road.

(GPS coordinates 43°42'27.5"N 79°43'39.5"W)

Parking is both plentiful and free.

Last General Meeting, Tuesday, May 10th, 2016



Dr. Calvin Law - Sunnybrook Health Sciences Centre

Dr. Law attended the University of Toronto's Medical School and completed his degree in 1994. His clinical practice is devoted to Hepatobiliary, Pancreatic and Gastrointestinal Surgical Oncology. His research is focused on health services research, related to the delivery of care and outcomes in patients with surgically treatable cancer.

He leads the team at Sunnybrook, which includes Dr. Loblaw, with the goal of improving cancer treatments and where possible making them more cost effective as well.

MR guided Radiotherapy, one of their most promising new procedures, includes a combination of new equipment and MR guided treatment methodologies including the Gamma Knife, MR Linac and MR Guided Brachytherapy.

These new procedures allow a doctor to provide highly focused treatment of cancer tumours. This in turn allows for higher dosages and reduces treatment time as well as reducing the more common side effects of radiotherapy. In combination with HIFU, MR can actually measure the relative temperature of a treated tumour to insure that the treatment is effective. MR Guided Brachytherapy allows doctors to very accurately place the tiny radioactive seeds directly into the active tumours for maximum effectiveness.

One can think of Radiotherapy much like a magnifying glass where the focal point of the beam is destructive whereas areas outside of the focal point are much less affected. MR Guidance makes sure that this focal point is maintained on the exact areas to be treated.

At the same time new MR technologies may soon even be able to highlight the more aggressive tumours allowing doctors to focus on the areas of greatest risk to the patient.

Dr. Law also provided us with interesting facts about the construction of some of the new treatment facilities that require specially reinforced foundations to support the high levels of lead shielding required in the treatment rooms. This is both a very expensive and complicated process but the new facilities will provide better and better treatments.



Upcoming PCCN Brampton Meetings / Events:

Tuesday, June 14th, 2016, 7 p.m. to 9 p.m.

Our annual end-of-year Social Evening and Potluck or BBQ. Details TBA.

Friday, June 17th to Sunday, June 19th, 2016

Prostate Extreme Team's 10th Annual ATV Ride of Hope, Parry Sound, ON.

Saturday, August 20th, 2016, 8 a.m. Registration

16th Annual Charity Golf Tournament, Glen Eagle Golf Course, 15731 Regional Rd. 50, Caledon.

Sunday, September 11th, 2016, 10 a.m. to 4 p.m.

10th Annual Cruisin' for a Cure Canada, Powerade Centre, Brampton.

Tuesday, September 13th, 2016, 7 p.m. to 9 p.m.

Our First 2016-17 Meeting. Details TBA.

NOTE: As always, 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, 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

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.

The Prostate Cancer Canada Website

The PCC website at <http://prostatecancer.ca/> is continuously updated and is definitely worth browsing regularly.

Recordings of the many excellent **Expert Angle Webinars** can be accessed at <http://prostatecancer.ca/Support/Expert-Angle#.VSMI7-FwG6E>



PCCN Brampton Bram-O-Gram

16th Annual Charity Golf Tournament, August 20th, 2016



16th ANNUAL CHARITY GOLF TOURNAMENT

A golf tournament to benefit one of Canada's best Prostate Cancer Support Groups.

DATE Saturday August 20th , 2016
LOCATION **GLEN EAGLE GOLF CLUB**
15731 Regional Rd 50, Caledon
TIME **9:00 A.M.(SHARP) Shotgun Start**

Registration Opens at 8:00 a.m. Optional Coffee & Breakfast available at 7:30 AM
For more information please visit – www.pccnbrampton.ca

 **18 HOLES**  **SHOTGUN START**  **SCRAMBLE FORMAT**

Golf & Dinner Only \$120 Per Person

Your Day Includes
18 Holes of Golf with Cart on Championship Course, Competition
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Contact: Steve Hutton 416-716-6582

steve.hutton@pccnbrampton.com

A SPECIAL THANKS TO ALL OUR CORPORATE SPONSORS



[TrueNTH Lifestyle Management Project, a Movember Initiative](#)

Anne Breakey Hart recently passed along this interesting information from the **TrueNTH Lifestyle Management Team**:

*It is a pleasure to write to you on behalf of the TrueNTH Lifestyle Management (LM) team about a **national wellness survivorship project** supported by **Prostate Cancer Canada (PCC)** and funded by the **Movember Foundation**. We hope to increase awareness about the project with PCCN groups.*

*One of the goals of the LM project is to ensure men have access to prostate cancer physical activity, nutrition and stress-reduction resources and programs to help them adopt healthy practices. **A website and online portal has been developed** which gives men access to personalized programs, trackers, tools, and health libraries of prostate cancer specific wellness resources.*

*Registration on the portal will connect users with the TrueNTH LM central team and allow them to sign up for a **12-week home-based physical activity and yoga program**. Users can also choose to join the TrueNTH LM portal simply to track their health and browse the wellness resources without a formal program. Users can register at lifestyle.truenth.ca.*

This promises to be a very exciting resource, given how important physical activity, nutrition and stress-reduction have been shown to be for cancer patients, both new and existing. We hope that many of our members and their supporters will take advantage of this. We can compare results at our September meeting!

[Prostate Extreme Teams' 10th Annual ATV Ride of Hope](#)

Canada's original ATV ride in support of prostate cancer will take place in **Parry Sound** on the Father's Day Weekend this year. Over the years, riders in Ontario and Manitoba have raised some \$20,000 for the cause.

The proceeds from this year's Ontario ride will go to benefit the **Prostate Cancer Canada Network**, 70+ affiliated support groups across Canada that provide public education about prostate cancer and peer support to men and their families affected by the disease.

If you or a relative or friend happen to be a serious ATV rider and would like to spend the weekend with a great bunch of people doing what they love to do while working for the cause, please consider joining Steve Hutton and his team this Father's Day Weekend.

For more information and to register, go the **ATV Ride of Hope** link on the PET website at http://www.prostateextremeteam.com/2016_atv_ride.html

10th Annual Cruisin' for a Cure Canada, September 11

Our 10th **Annual Cruisin' for a Cure Canada** will be dedicated to **First Responders**, to mark the 15th anniversary of 9-11. The **OPP Golden Helmets Precision Motorcycle Team** will be our honoured guests. We normally have them back every third year but it seemed appropriate to have them come a year earlier than normal to represent the heroes in our lives. The **Ride Master, Lise Grenier**, was kind enough to accommodate us.



Once again, Brampton's wonderful **Over 'N' Under Car Club** will operate the "**U Choose Raffle**," which raises thousands of dollars for Cruisin' every year. Their members collect or provide suitable prizes, organize & transport the prizes, sell tickets and draw the winning tickets. **PCCN Brampton must find at least 65 suitable prizes in order for this raffle to be a success this year.**

If **you** have unused items that you would like to donate, **PLEASE contact me and we will arrange for pickup.** Prizes need not be automobile-oriented. Past prizes have included bathroom accessories & towels and tea kettles right alongside car cleaning kits and hand tools.

Remember that the net amount raised from Cruisin' for a Cure goes to Prostate Cancer Canada for its vital awareness, education and support activities.

Under late-breaking news, **Planet Ford** has joined us as a major sponsor this year, and will provide both financial support and expert marketing advice. Many of you will recognize that Planet Ford is very active in our community, providing funds and services for many worthwhile causes. We are very pleased and excited to have **General Manager Andre Marchese** and his Marketing team as part of Cruisin' for a Cure.

For more information: **Jim Dorsey** at 905-453-3038 or email jfdorsey@yahoo.com.



PCCN Brampton Bram-O-Gram

[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 are a first-time attendee. 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 **Norton Place Park Community Centre**.

Steering Committee Meetings are held two weeks plus two days later on the **FOURTH THURSDAY** of each month, September through June, at 7:00 PM. Steering Committee Meetings are held in the Community Room at the **Fortino's at Main 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

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>