



**March 2011**  
*Volume 11 Issue 3*

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**NEXT MEETING WILL  
 BE HELD AT  
 WELLSRING  
 CHINGUACOUSY**

PCCN Brampton

[www.pccnbrampton.com](http://www.pccnbrampton.com)

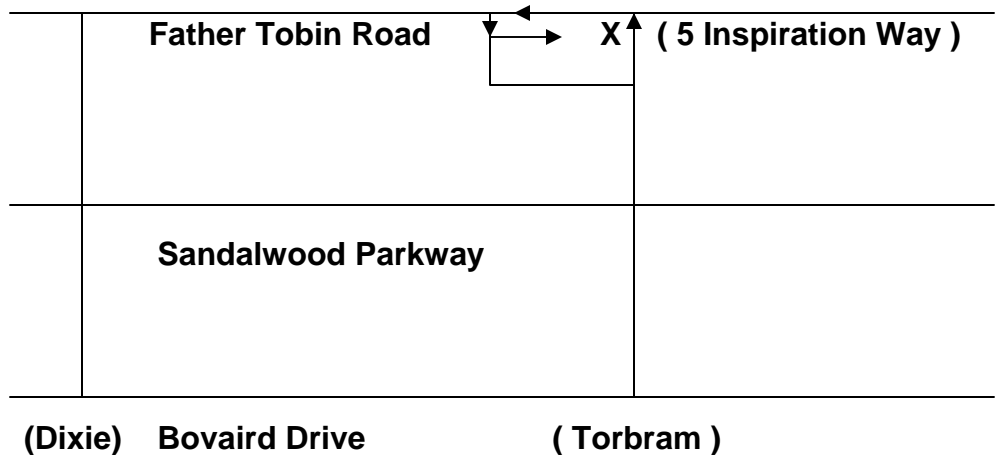
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**PCCN Brampton News**

This month only, we will be meeting at Wellspring Chinguacousy location rather than Terry Miller. This is where we hold our monthly Steering Committee meetings if you are interested in attending. For those unfamiliar with the area, Wellspring is located on the South-West corner of Torbram and Father Tobin Road at 5 Inspiration Way. A simple map is included below:



The meeting is a good opportunity to take a look at the Wellspring Facilities that provides assistance to patients and family with all forms of cancer throughout the year.

In February our members took part volunteering at the Fishing and Boating Show while March will see us at the Golf and Travel Show downtown and the Performance World Show at the Mississauga International Centre on Airport Road.

If you are interested in volunteering at either event please contact us and we will put you in contact with the right people.

Gary Foote – Treasurer & Newsletter Editor  
 Tel: 905-458-6650, E-Mail: [gary.foote@pccnbrampton.com](mailto:gary.foote@pccnbrampton.com)



## PCCN Brampton Bram-O-Gram

### Next General Meeting, Tues March 8<sup>th</sup> 2011

**Speaker: Jodi Steele**  
"The Importance of Exercise and Cancer"

More and more evidence points to the fact that exercise is vital in the prevention of Cancer. It is also highly important during and after cancer treatment to both aid in the healing process and help the body fight off the re-occurrence of the same cancer. Jodi will present some of this evidence and demonstrate the exercises and equipment that she uses during regular exercise sessions for cancer patients at the facility.

Please forward your questions for Jodi to: [info@pccnbrampton.com](mailto: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 8<sup>th</sup>, 2011** – Jodi Steele - Wellspring  
"The Importance of Exercise and Cancer" at Wellspring Chinguacousy

**Tuesday, April 12<sup>th</sup>, 2011** – Richard Price – Pharmacist (TBA)

**Tuesday, May 10<sup>th</sup>, 2011** – Members Open Mike  
An evening to share your journey with other members

**Tuesday, June 14<sup>th</sup>, 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](mailto: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.*

**Last Meeting, Tues February 8<sup>th</sup> 2011**



**Guest Speaker – Dr. Richard Casey  
"A New Procedure For Post Prostatectomy Incontinence"**

**Dr. Casey returned to address the group after an absence of a few years with encouraging news about a new procedure to combat Post Prostatectomy Incontinence. This is a common side effect of the surgery that up to now has not had many simple solutions. Collagen injections and the like are often ineffective and while mild problems may be addressed with a device like the Dribble Stop, more serious problems have usually required some form of surgical intervention.**

**Up until recently the two more common surgical solutions were the Male Sling and the Artificial Sphincter. The downside of these somewhat more invasive procedures was a prolonged recovery period. A new procedure using the ProAct Device is showing promise as a simpler and less expensive procedure with reduced recovery time. The time and cost becomes a factor as hospitals have to budget equipment and operating room time for these procedures and a simple solution is more likely to be approved.**

**The procedure involves two small incisions and the insertion of two balloon like devices on either side of the urethra, next to the bladder. Once these balloons are inflated the device works to combat incontinence with a 70% success rate in patients thus far. Dr. Casey, Dr. Giddens and Dr. Flax are currently providing the procedure locally. If you would like to see a video of the procedure it is available at [www.urology.ca](http://www.urology.ca)**

**Dr. Casey also discussed the Robotic Prostatectomy which, while showing considerable promise as a treatment method, requires a considerable learning curve for doctors to become proficient with the technique. As a result there are often incontinence side effects in the earliest 100 or so procedures that each doctor performs which in turn makes a simple incontinence solution that much more significant.**

**Dr. Casey also went on to discuss the work of Dr. Klotz that indicates that as many as 70% of patients with a Gleason score of 6 or less may not need any aggressive treatment whatsoever. In these cases a urologist may recommend Active Surveillance coupled with an improved lifestyle to postpone surgery, perhaps indefinitely.**

**All in all, in spite of our Apple/PC AV problems, it was a highly interesting talk and Q&A session and Dr. Casey's candour and sense of humour was appreciated by all.**



### *Upcoming 2011 Prostate Cancer Events:*

Performance World Show at the International Centre – March 11, 12 & 13  
Come out and visit the SM Racing & PCCN Brampton Exhibit

Prostate Extreme Team “ATV Ride of Hope”, Saturday June 4<sup>th</sup> 2011  
[www.prostateextremeteam.com/atv.html](http://www.prostateextremeteam.com/atv.html)

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

PCCN-Brampton “Peel Region Father's Day Walk / Run”, Sunday, June 19<sup>th</sup> 2011  
[http://www.pccnbrampton.com/2011\\_walk.htm](http://www.pccnbrampton.com/2011_walk.htm)

PCCN-Brampton “Annual Golf Tournament”, Monday, June 27<sup>th</sup> 2011  
[http://www.pccnbrampton.com/2011\\_golf.htm](http://www.pccnbrampton.com/2011_golf.htm)

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

### *The Fish & Boat Show at the International Centre*

Prostate Cancer Canada secured a booth at the Show Feb 18-20<sup>th</sup> and our Brampton group helped to promote information about prostate cancer.

The booth was strategically located near a main stage so many show attendees came by. Our members were Paul Henshall, Jim Dorsey, Sean and Margaret Butterly. More and more opportunities to volunteer are coming our way so try to set aside a few hours at one of these events.

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!

The Peel Ride is June 11th this year.

Paul Henshall



## PCCN Brampton Bram-O-Gram

### **SM Motorsport & PCCN Brampton @ Performance World**

We have seen the artwork for the 'wrap' that will be applied to the Senior Moments Motorsport Top dragster for the 2011 season and it is outstanding.

As reported earlier, 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.

We hoped to provide photos of members of the public sitting in the dragster, but that is up in the air at the moment so perhaps a Do It Yourself approach may be adopted.

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 also be available.

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. It should be a lot of fun.

The following 4-hour shifts are available:

Friday, March 11th

10 am - 2 pm  
2 pm - 6 pm  
6 pm - 10 pm

Saturday, March 12th

10 am - 2 pm  
2 pm - 6 pm  
6 pm - 10 pm

Sunday, March 13, 10 am to 6 pm

10 am - 2 pm  
2 pm - 6 pm

Enter through Hall #1

Show Location: International Centre, 6900 Airport Road @ Derry, Toronto, ON

We are anticipating a good deal of press and a lot of one-on-one public contact as a result of this show.

Jim Dorsey, Cruisin' for a Cure Coordinator:

Tel.: (905) 453-3038, or Email: [jim.dorsey@pccnbrampton.com](mailto:jim.dorsey@pccnbrampton.com)



### *Peel Region Father's Day Walk / Run*

We will be hosting this event at the new & improved Chinguacousy Park on Sunday, June 19. Details will be available soon.

Since this is one of the two major Prostate Cancer Canada fund-raising events, we can split the proceeds of any funds raised with PCC. In return, PCC will provide extensive publicity in all public media as well as a website that includes a sophisticated registration procedure.

Our team has already been set up and is called the Brampton Blue Knight Crusaders, in keeping with the team name that Paul Henshall set up when he took part in Movember last year.

Please mark the date on your calendar. The event will run from 8 a.m. registration until about Noon.

Jim Dorsey, Steering Committee:

Tel.: (905) 453-3038, or Email: [jim.dorsey@pccnbrampton.com](mailto:jim.dorsey@pccnbrampton.com)



### [Photo-Sensitive & Prostate Cancer Canada](#)

PhotoSensitive is teaming up with Prostate Cancer Canada to produce TIEd Together, a compelling black and white photo exhibition chronicling Canadians' experiences with prostate cancer.

PhotoSensitive, a not-for-profit collective of photographers, has been using the camera to achieve social goals for over 20 years. Covering subjects as diverse as health, homelessness, blindness, diversity, AIDS/HIV, the Indian Ocean tsunami and the work of the United Way, to name but a few.

At a time when one in six Canadian men will be diagnosed with prostate cancer in their lifetime, there has never been a more pressing need for PhotoSensitive to partner with Prostate Cancer Canada to raise awareness of the disease. The first exhibition is scheduled for October 2011 in Halifax, NS and will then travel to Ottawa, ON, Toronto, ON, Winnipeg, MB, Edmonton, AB, Calgary, AB and Vancouver, BC. The TIEd Together exhibition will go a long way to help raise awareness of the disease, the support available and means of prevention.

We hope to have at least 100 photos and stories in time for the exhibition. We already have 40 wonderful participants and are looking for more! This is where we look to you for help. We are accepting images of prostate cancer survivors, their family and loved ones, or people whom the disease has taken. A short caption will accompany the photos in order to share personal experiences with prostate cancer.

We would like individuals to send in a photo, accompanied by a small caption telling us about their experience with prostate cancer. If there is not an image that the individual can contribute but would still like to be involved, please let us know and we will do our best to arrange for a photographer in your area to meet with them to take a photo which can then be submitted.

You can find out more at the TIEd Together website at [www.photosensitive.com/pc](http://www.photosensitive.com/pc) Contact Marni Wolf at [marni@photosensitive.com](mailto:marni@photosensitive.com) or telephone (905) 282-9074 with any submissions and/or questions. Each individual story will truly impact the success of this project, and we want to make it as easy as possible for everyone to get involved.

Marni Wolf - Project Coordinator

E-mail: [marni@photosensitive.com](mailto:marni@photosensitive.com) Website: [www.photosensitive.com](http://www.photosensitive.com)

PhotoSensitive 4242 Rockwood Road  
Mississauga, ON, L4W 1L8

Phone: 905-282-9074  
Fax: 905-272-0474





### [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 with 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](mailto: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.

### [Website News & 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](mailto:steve.hutton@pccnbrampton.com)