



**March 2013**  
**Volume 13 Issue 3**

## INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 2** Last General Meeting
- 4** Upcoming Meetings / Events
- 5** PET's Sled Ride of Hope
- 6** Patient Evidence Submissions re Xtandi
- 7** Important Coming Events
- 8** Recently Diagnosed?

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

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## *PCCN Brampton News*

Dr. Robert Bristow came from Princess Margaret Hospital to visit us in February. The focus of his talk was the personalization of Prostate Cancer care which has become a focal point for all cancer care at Princess Margaret.

We've known for some time that Prostate Cancer takes many forms and that it can often remain relatively dormant for extended periods of time. Of men diagnosed with low risk forms of cancer it is estimated that perhaps two thirds may never require active treatment. This is the basis for the Active Surveillance approach to the low risk patient.

Dr. Bristow is now involved with studies to try and identify which patients that are low risk now may develop more aggressive cancers based on DNA analysis. Patients with more aggressive cancers are also being studied to see whether patterns of DNA evidence can indicate which treatments would have the best effect on an individual patient.

This study will take several years to complete but it is hoped that the end result will be far more personalized treatment that optimizes the recovery prognosis for each and every patient. The end result of this analysis should be improved life expectancy and potentially reduced medical costs as the over treatment of low risk patients could be substantially reduced.

The one knock against the PSA test has always been that men with low risk cancers are often over treated. This analysis could help alleviate patient fears and promote Active Surveillance as the best option for certain patients. Their personal DNA profile would be backed up by years of research mapping the genes of affected patients.

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

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**Next General Meeting, Tuesday, March 12<sup>th</sup>, 2013 – 7:00pm**

**Dr. Vincent Sinclair, DC,**

**"MEN'S HEALTH AND WELLNESS."**

This presentation will focus on the prevention of the most prevalent men's health issues as identified by the Mayo Clinic.

Topics will include cardiovascular disease, prostate cancer, prostatitis, BPH, impotence, erectile dysfunction, male pattern baldness and depression.

The common thread relevant to these disorders will also be discussed.

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](mailto:info@pccnbrampton.com)



**Last General Meeting, Tuesday, February 12th, 2013**

**Dr. Robert Bristow**

**"Personalized Prostate Cancer Treatment Based on Your DNA."**

Dr. Robert Bristow came out to see us and provide a fascinating look at directions in Prostate Cancer Research at Princess Margaret Hospital. There are two main areas of focus in this research. Firstly, how can they determine which low risk patients may require treatment and which are far more likely to remain dormant? Secondly, for those patients with higher risk cancers, which treatment regimen will have the best result? It is the high risk group that continues to have high treatment failure rates and it is hoped that the current study will be able to improve on these results.

For many low risk patients aggressive treatment can actually carry more risk than the cancer itself. That combined with the associated side effects lead many doctors to recommend Active Surveillance as the best approach. The difficulty in trying to reassure patients that this is a solid approach is the fact that up until now doctors have been unable to point to any solid evidence that the cancer would not progress. The research going on now will attempt to answer these vital questions by mapping the DNA of affected patients and discerning patterns based on individual genes.

Currently PSA blood tests and Gleason scores from biopsies determine the relative risk factor that the cancer poses to a patient's long term survival. Some 30-50% of high risk patients will fail treatment at some point and have the cancer return. It is hoped that this study will highlight DNA variants that will help indicate which treatment will have the best result for an individual. For one patient that may mean surgery, for another radiotherapy combined with hormone therapy may yield the best result. For now doctors can only point to the fact that surgery and radiotherapy have similar long term results but cannot solidly recommend one over the other.

Individualized treatment has definite long term benefits and even potential cost savings by limiting overtreatment and focusing on the best treatment, but those are not the only potential benefits of the study. As we determine which elements of a patient's DNA determine the progress of a particular cancer this may also point the way to newer and better treatments and drugs to control the disease. This research has the potential to do a lot of good over the next few years and we thank Dr. Bristow for coming out and sharing it with us this month.



### 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 behalf.

**Tuesday, March 12<sup>th</sup>, 2013**  
**Dr. Vincent Sinclair, DC, "MEN'S HEALTH AND WELLNESS."**

**Friday, March 22<sup>th</sup> to Sunday, March 24, 2013**  
**MegaSpeed Car Show, International Centre, <http://megaspeedcarshow.com>**

**Tuesday, April 9<sup>th</sup>, 2013**  
**Personal Experiences Night – Come and Share YOUR Prostate Cancer Journey with Your Fellow Members**

**Tuesday, May 14<sup>th</sup>, 2013**  
**Mr. Rocco Rossi, the New President & Chief Executive Officer of Prostate Cancer Canada and Managing Director of Prostate Cancer Canada Network**

**Monday, June 10<sup>th</sup>, 2013**  
**Annual Golf Tournament, Acton Golf Club**

**Tuesday, June 11<sup>th</sup>, 2013**  
**Annual June Potluck and Social Evening**

**Sunday, June 16<sup>th</sup>, 2013**  
**Father's Day Walk / Run, Chinguacousy Park**

**Sunday, September 8<sup>th</sup>, 2013**  
**Cruisin' for a Cure Canada, Powerade Centre**

## Prostate Extreme Team's 8<sup>th</sup> Annual Sled Ride of Hope

Steve and Mary Hutton and their great group of sledders got together at the Residence Inn in Gravenhurst, ON, over the Family Day Weekend for the 8<sup>th</sup> Annual Sled Ride of Hope.

Registration and a reception took place on Friday night, with the main sled ride taking place on Saturday. The Saturday evening banquet was held in the Muskoka Boat & Heritage Centre next door to the hotel. Steve announced that he expected that the event would probably donate about \$15,000 to Wellspring Chinguacousy to help them carry on supporting cancer patients and caregivers. In the past, donations from the PET Sled Rides went to developing a successful exercise program for cancer patients co-ordinated by **Daniel Santa Mina** from Princess Margaret Hospital.

The trails were perfect and so was the weather, to the delight of all. Most participants stayed through Sunday, with a fortunate few staying even longer.



Jim Dorsey, Steering Committee, 905-453-3038, [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)



### [Patient Evidence Submissions in Support of Xtandi](#)

Xtandi (enzalutamide) is another revolutionary medication that promises relief to men suffering from advanced, metastatic Prostate Cancer. Before it can be approved for use – and ultimately for reimbursement – in Canada, it must undergo the pan-Canadian Oncological Drug Review (pCODR) process.

As described on their website at [www.pcodr.ca](http://www.pcodr.ca), “*The pan-Canadian Oncology Drug Review (pCODR) was established by the provincial and territorial Ministries of Health excluding Quebec to assess the clinical evidence and cost effectiveness of new cancer drugs and to use this information to make recommendations to the provinces and territories to guide their drug funding decisions.*”

This process starts with Patient Evidence Submissions from interested parties, including patient advocacy groups. Both Prostate Cancer Canada (PCC) and the Canadian Cancer Survivor Network (CCSN) are preparing Submissions.

Note that these two submissions are not in conflict. The more evidence submitted to the pan-Canadian Oncological Drug Review (pCODR) in support of Xtandi, the better for all concerned! However, the process is time-critical; we have only a limited time to respond as noted below.

#### **Canadian Cancer Survivor Network (CCSN) Survey, complete by March 8th:**

Can be completed at <https://www.surveymonkey.com/s/9HJKBQ5>

Or obtain a paper survey from:

**Jackie Manthorne, President and CEO**  
**Canadian Cancer Survivor Network**  
**1750 croissant Courtwood Crescent, Suite 111**  
**Ottawa, ON K2C 2B5**  
**Telephone: 613-898-1871**

**E-mail: [jmanthorne@survivornet.ca](mailto:jmanthorne@survivornet.ca) Web site: [www.survivornet.ca](http://www.survivornet.ca)**



## PCCN Brampton Bram-O-Gram

### **The Prostate Cancer Canada (PCC) Survey, complete By March 13th:**

Can be completed at <https://www.surveymonkey.com/s/pCODRXtandi>

Or obtain a paper survey from:

**Ada Keon**

**Manager, PCCN**

**1-888-255-0333 x 248**

### **Important Events Coming Up**

#### **MegaSpeed Car Show, International Centre, March 22 to 24**

This show takes place at the International Centre. We will share a booth with **Danni Stockley** and the ladies of the Chrome Divas Ladies Motorcycle Club, **John & Courtney Cisterna's** Parental Nightmare Junior Dragster and **Phil Nedham's** Senior Moments Motorsport dragster.

#### **Drag-racing Season, Cayuga & Grand Bend, May - October**

**Phil Nedham** is adding a supercharger this year, so this year spectators should be cheering even more loudly for "our" car, bearing PCCN – Brampton logos.

#### **Annual Golf Tournament, Preliminary Date, Acton Golf Club, June 10<sup>th</sup>**

The Tournament is **our largest fundraising event** every year and one of the best and least expensive golf tournaments in Southern Ontario.

#### **Father's Day Walk / Run, Chinguacousy Park, June 16th**

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.

#### **Cruisin' for a Cure, Sunday, Powerade Centre, September 8, 2013**

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

**Jim Dorsey, Steering Committee, 905-453-3038, [jfdorsey@yahoo.com](mailto: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](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.