



March 2015
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**CHECK OUT OUR
AWARENESS
ACTIVITIES AND
CONSIDER
VOLUNTEERING**

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PCCN Brampton News

Our thoughts go out to Jim and Sandi Dorsey this month as Sandi fractured her hip during a trip to London and remains hospitalized at the Brampton Civic Hospital. Jim and Sandi are instrumental in so many of our yearly events including the "Do It For Dad" event in June and the "Cruisin' for a Cure Canada" event in September. Jim and Sandi are often on the road promoting the cause in both Canada and the U.S.

This past month saw the return of Dr. Michael Greenspan, who specializes in the treatment of the primary side effects of Prostate Cancer treatment. Immediately after surgery and after a time with radiotherapy, men often develop symptoms of incontinence and impotence. Fortunately, there are treatment approaches that can address these difficult side effects. These treatments can take the form of medications, appliances and surgical intervention, but there is hope for those that are forced to deal with these problems.

We had our first meeting of the golf committee in February with the date set for Saturday, June 27th at Glen Eagle in Bolton. We have also received our first two foursome entries to get us off to an early start. I've also had verbal confirmation from several people who could not attend a weekday event, so that is encouraging. If you know any golfers, please forward them the date and have them contact us if they are interested. We can usually accommodate individual golfers as well who would like to attend without having a foursome.

Groups like PCCN Brampton are run almost exclusively by volunteers. Some like Jim and Sandi do a lot while others contribute in smaller ways. We need each and every volunteer, so if you would like to help, please contact us.

Gary Foote / Jim Dorsey - Newsletter Editors

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



Next General Meeting, Tuesday, March 10th, 2015 – 7:00pm

Dr. Ewa Szumacher will address the topic of “**Adjuvant and Salvage Radiotherapy after Prostatectomy,**” a topic of interest to the many men who have undergone prostatectomies and to their families. Dr. Szumacher is an Associate Professor in the Department of Radiation Oncology at the University of Toronto and a Radiation Oncologist at the Odette Cancer Centre at the Sunnybrook Health Sciences Centre.

Her main educational interests are: inter-professional education and patient education. Her research focuses on different aspects of understanding the needs of cancer patients in radiotherapy practice and how the inter-professional teams in radiation oncology impact on patients care. She treats patients with breast cancer and genitourinary malignancies, particularly prostate cancer.

She completed her Masters in Higher Education at Ontario Institute for Studies in Education at the University of Toronto, with sub specialization in health profession education. She is also an affiliate scientist at the Sunnybrook Research Institute.

Dr. Szumacher advises, "My research interest is in medical education particularly in how patients communicate with their health care providers. We are developing web-based materials for patients diagnosed with prostate cancer regarding radiotherapy after prostatectomy. The content was validated among sample of patients and their healthcare providers and it is now in portal developmental stage. The project is supported by our GU site group."

You can forward your questions or suggestions to: 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 lack of interest, **we are considering cancelling the monthly telephone calls.** In addition to advising you of meeting topics, your caller is interested in how you are doing. If you are having problems, we can probably help. If you still WANT to be called every month, please advise **Jim Dorsey** at 905-453-3038 or email jfdorsey@yahoo.com.



Last General Meeting, Tuesday, February 10th, 2015

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 specializes in treating men with the common side effects of Prostate Cancer treatment. When a patient undergoes surgery they will experience a period of incontinence and impotence which generally improves over time. While radiotherapy patients seldom have these side effects immediately, they often develop them over time. The end result is that about 50% of all men who are treated will experience one or both of these problems but there are treatments that can help relieve the symptoms.

Incontinence results from, as Dr. Greenspan describes it, “a faulty washer”. It can take the form of stress incontinence, experienced when you lift a weight, strike a golf ball, etc. It can also take the form of an overactive bladder and there can be mixed forms as well. In a certain percentage of men these side effects are significant and do not get any better. Some fluids like water, cranberry, apple and grape juice are helpful while caffeine, alcoholic and citrus drinks may make the symptoms even worse. There are some medications that may help in overactive bladder conditions but results vary.

There are devices that can help but these have associated side effects as well. There are two primary treatments that are shown to have the most beneficial results treating incontinence. For mild to moderate incontinence the male sling is quite effective. For more severe cases of incontinence the artificial sphincter has provided the best results. Both are outpatient procedures that can provide relief in cases where testosterone treatment, exercise and behavioral changes have proven to be ineffective.

The other common side effect of Prostate Cancer treatment is impotence. This is caused when the nerves that pass through the prostate gland are damaged. Since nerves cannot easily be seen they are often damaged during surgery and can be damaged over time by the effects of radiotherapy. This affects the normal mechanism that creates an erection and the result is often impotence. One of the first solutions to the problem was a physical pump and this is still effective, if not particularly romantic. ED drugs, like Viagra and Cialis are effective for many men as well. There are also several types of implants that can be used when the other forms of treatment have been found to be ineffective. In either case, both side effects can be treated, so don't be shy, ask your doctor.



Upcoming PCCN Brampton Meetings / Events:

Tuesday, March 10th, 2015

Dr. Ewa Szumacher, Adjuvant and Salvage Radiotherapy after Prostatectomy

Friday, March 13th to Sunday, March 15th, 2015

Motorama Custom Car & Motorsports Expo, International Centre

Tuesday, April 14th, 2015

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

7 p.m., Sunday, April 19th, 2015

Evening of Hope for Cancer, North Bramalea United Church.

Tuesday, May 12th, 2015

Movember and PCC, Update on the True NTH program

Saturday, June 6th to Sunday, June 7, 2015

Fleetwood Country Cruize-In, London, ON.

Sunday, June 21st, 2015

2nd Annual Do it for Dads Father's Day Walk/Run, Mississauga Valley Park.

Saturday, June 27th, 2015

15th Annual Charity Golf Tournament, Glen Eagle Golf Club, Bolton.

Tuesday, September 8th, 2015

Dr. Richard Casey, Urologist and one of our chapter's favourite speakers.

Topic to be announced when confirmed.

Sunday, September 13th, 2015

9th 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

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](#)

The **Prostate Extreme Team (PET)**'s raffle, run in partnership with Prostate Cancer Canada, raised about \$45,000 for PCC this year!

1st prize, a **2014 Can-Am Outlander XMR 650 ATV**, valued at over \$13,000, was won by **Candida Jeronimo** of Toronto.

2nd prize, a **2015 Ski-DOO Sport 600-E** valued at over \$10,000, went to **Bruce McNeely** of Bruce Mines.

3rd prize, a **Freestyle TekVest**, valued at \$300, was won by **Ludger Lafortune** of Hanmer.

PET and **PCC** thank their generous donors: **Two Wheel Motorsports, Uxbridge Motorsports Marine**, and **TekVest**, with special thanks to their Official Media Partner, **The Toronto Sun**.

Our sincere gratitude to all those who purchased tickets for this year's raffle -- thank you for supporting the 1 in 8 Canadian men and their families who will face a prostate cancer diagnosis in their lifetime.

[Rock the Road Raffle – February 21, 2015](#)

The unique **2015 50th Anniversary Ford Mustang GT**, valued at \$87,487 and donated by the **[Trillium Auto Dealers Association \(TADA\)](#)**, was won by **Farook Mansoor** of Scarborough. Farook is a Mustang enthusiast and assures us that the vehicle is going to a very good home.

The official draw was held on February 21 at the Canadian International Auto Show in Toronto. The winning ticket was pulled from the raffle drum by PCC's Board Chairman, **Ted Nash** along with **Doug Sullivan**, Vice President of TADA. All told, the Raffle raised a total of \$222,000, which is great news for the most promising in prostate cancer research.

PCC extended special thanks to their official media partner, **The Toronto Sun**. They also thanked all those who purchased tickets for this year's raffle. All 13,000 tickets were sold in record time! PCCN Brampton joins PCC in thanking you for supporting the 1 in 8 Canadian men who will face a prostate cancer diagnosis in their lifetime.

Check out **www.RockTheRoadRaffle.ca** for information about the raffle and about Farook Mansoor. We are hearing some very exciting rumours about NEXT year's raffle prize(s)!



A Busy Spring and Summer Coming Up!

All PCCN chapters across Canada are struggling with declining memberships, partly because many men are reluctant to share their problems and partly because there is so much information available on the Internet. As a result, your Steering Committee has been considering that a new definition of “success” might have to consider how many meaningful conversations we have with men who have been diagnosed with prostate cancer and/or their supporters. These conversations may or may not lead to somebody joining PCCN Brampton.

Accordingly, we will continue to attend and/or organize events in Brampton and in the wider community. In addition to third-party events like trade shows and health fairs, we will participate in Prostate Cancer Canada events, especially those that include PSA blood clinics that use the procedures developed at our Cruisin’ for a Cure by **Mike Loughnan, Margaret Butterly** and **Tillie Netherton**. And of course we will hold our own **15th Annual Charity Golf Tournament** on June 27th and **Cruisin’ for a Cure Canada** on September 13th.

We welcome all men and women willing to take part in our awareness activities. If you live with prostate cancer and care about its victims, you can help. Contact **Jim Dorsey** or **Paul Henshall** if you wish to share some interesting experiences. So far in 2015, we have appeared at two motorcycle shows, a mining industry trade show and a heavy equipment trade show. Valuable contacts were made at all these events.

A sampling of upcoming events:

March 13 to 15 – Motorama Custom Car and Motorsports Expo, International Centre, 6900 Airport Road, Mississauga <http://www.motoramashow.com/>

April 19 @ 7 pm – North Bramalea United Church Evening of Hope for Cancer, 363 Howden Boulevard. http://www.nbuc.ca/events/events_annual.html#hope

June 6 to 7 – Fleetwood Country Cruize-In, 9282 Elviage Road, London, ON <http://fleetwoodcountrycruizein.com/index.html>

All summer – various cruise nights and car shows around Ontario.

All summer – our own Phil Nedham’s Senior Moments Motorsport Top Dragster will appear at various drag race meets at Grand Bend and Cayuga.

The Prostate Cancer Canada Website

Just a reminder that the PCC website at <http://prostatecancer.ca/> continues to improve and is continuously updated as well with news items, results of research, new and improved methods of diagnosis, treatment and support and many other aspects of prostate cancer. Definitely worth browsing regularly.

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

Our **9th 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:

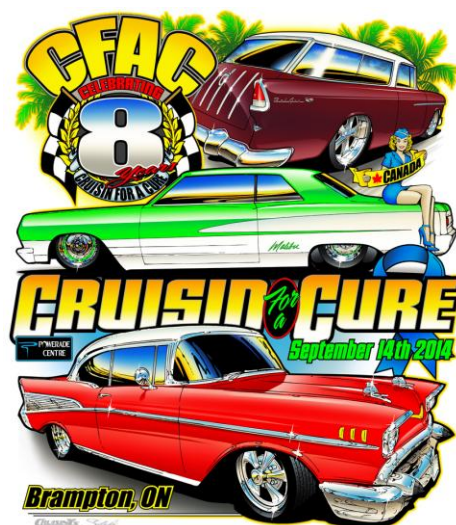
"136 men had PSAs above 1.0 ng/ml. I've calculated that if we biopsied all the guys with PSA above 1.0, we'd find 33 new G7 or higher cancers (10.3%)..."

"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. 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

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>