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INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 3** Last General Meeting
- 4** Upcoming Meetings / Events
- 4** The Prostate Cancer Canada Website
- 5** 16th Annual Charity Golf Tournament
- 6** 10th Annual ATV Ride of Hope
- 7** Evening of Hope, Circle of Hope
- 8** Recently Diagnosed?

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AWARENESS
ACTIVITIES AND
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VOLUNTEERING**

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PCCN Brampton News

Many of you already know this, but over the last month, while Jim and Sandi Dorsey were vacationing in the US, Sandi took ill and was admitted twice to hospitals in Arizona. She was just recently transferred, via air ambulance, to the Brampton Civic hospital and remains in serious condition in the ICU. Our thoughts and prayers go out to Jim and Sandi in a difficult time. Jim is currently driving back to Canada from Arizona.

In April, Dr. Loblaw came out to speak at our monthly meeting. He gave us a detailed review of the past, present and future of Radiotherapy and the future seems bright.

The primary finding thus far is that a smaller number of high intensity treatments can produce excellent long term results while minimizing significant side effects. Fewer treatments and better long term results can also lower health care costs so it seems very much like a win / win scenario.

Some of the recent changes in Prostate Cancer Therapy, notably Robotic Surgery, while easier on the patient than conventional surgery have serious drawbacks in terms of cost and in some cases reduced long term effectiveness.

The best treatment would be the one producing the best long term results at a modest cost while also maintaining the best long term quality of the life for the cancer patient.

The Sunnybrook Health Sciences Centre is a world leader in focusing on the best treatments for both the cancer patient and the health care system as well.

Jim Dorsey, Gary Foote - Newsletter Editors

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Next General Meeting, Tuesday, May 10th, 2016 – 7:00pm



Dr. Calvin Law - Sunnybrook Health Sciences Centre

Dr. Law attended the University of Toronto's Medical School and completed this in 1994. Dr. Law then immediately entered the General Surgery Training at McMaster University in Hamilton, Ontario. He became a Fellow of the Royal College of Physicians and Surgeons of Canada in General Surgery in 1999. During his residency, he developed an academic interest which led him to Harvard University in Cambridge, Massachusetts where he completed a Masters of Public Health in 2002. From 1999 to 2001, he was also able to complete a clinical fellowship in Surgical Oncology at the University of Toronto. He was then appointed to the surgical staff at the Sunnybrook Health Sciences Centre, and as an adjunct scientist at the Institute of Clinical Evaluative Sciences. He is currently an Associate Professor in the Department of Surgery at the

University of Toronto, with a cross appointment to the Department of Health Policy, Management and Evaluation. His clinical practice is devoted to Hepatobiliary, Pancreatic and Gastrointestinal Surgical Oncology. His research is focused on health services research and population studies, especially in 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.

You can forward your questions for Dr. Law or speaker suggestions for future speakers to info@pccnbrampton.ca or telephone our message number at 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, April 12th, 2016

Dr. Andrew Loblaw of Sunnybrook Health Sciences Centre dropped by in April to discuss **The Future of Prostate Radiotherapy.**

By definition, the best cancer treatment would be the one with excellent long term results coupled with the best long term quality of life. Ongoing studies at the Sunnybrook Health Sciences Centre focus on improving both treatment outcomes for their patients.

Up until recently, standard Radiotherapy called for 5 treatments a week for close to 7 weeks. A recent study came to the conclusion that a slightly higher dose of radiation over 4 weeks delivered the same results as the longer treatment schedule. Almost overnight this became the new standard of treatment with benefits to both patients and the health care system cost of treatment. For high risk patients studies also found that combining the 4 weeks of treatment with Brachytherapy increased the long term survival rate of patients.

An even newer approach, known as SABR, aims to bring down the length of treatment even further with as little as 5 treatments at a higher dosage of radiation. If studies confirm that this is just as effective, the cost of treatment could be reduced from over \$5000 to under \$1500. While this needs to be studied for a longer time, initial results are positive with patients experiencing less major side effects, with treatment time and costs reduced.

All forms of Prostate Cancer treatment typically result in a high percentage of patients experiencing Urinary and Sexual Function side effects. Radiotherapy patients sometimes developed bowel function issues as well. Surgical side effects are often reported as high as 50% for the first two issues. SABR, on the other hand, has shown significantly reduced side effects thus far, although it needs to be studied a few more years to get a complete picture. A new study, known as PACE is currently looking at the effectiveness of SABR vs the 20 and 39 treatment protocols and may change standard treatment within a few years.

Due to the much higher dose of radiation, the SABR treatment needs to be very precise. Initially, this was accomplished by implanting gold seeds in the prostate to aid in the targeting process. New advances in MRI Image Guided Radiotherapy may no longer require even this and may offer the ability to further increase the dose to specific tumours to raise effectiveness even more. As Dr. Loblaw states, the end goal would be to have a single treatment do the entire job benefitting both the patient and overall cost of treatment.



Upcoming PCCN Brampton Meetings / Events:

Tuesday, May 10th, 2016, 7 p.m. to 9 p.m.
Dr. Calvin Law, Sunnybrook Health Sciences Centre.

Saturday, June 4th and Sunday, June 5th, 2016
Fleetwood Country Cruize-in, Plunkett Estate, London, ON

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.

NOTE: 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](http://prostatecancer.ca/)

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) Shot Gun 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
Holes, Top Team Awards, Prize Table & Fabulous Lunch

Contact: Steve Hutton 416-716-6582

steve.hutton@pccnbrampton.com

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[Paid Participation Opportunity for Prostate Cancer Study](#)

Researchers at **Ipsos Healthcare** want to learn about the experiences and needs of patients with prostate cancer. This study might be a good fit for you if:

- You have been diagnosed with prostate cancer.
- You have received treatment to lower your hormone levels.
- You are willing to help Ipsos understand what it's like to walk a mile in your shoes.

You can participate in two ways:

- You may take part in a 60-minute telephone interview.
- You may be asked to keep a diary/journal for a week. You will be given a blank journal with some writing prompts.

To thank them for their time, patients who take part in telephone interviews will receive \$125, while those who keep diaries will receive \$400.

To take part in the research study or for more information, please contact Tugce at Tugce@crcresearch.com or call 1-866-711-5948, Toll Free.

[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



Evening of Hope, Circle of Hope – April 2016

In April, Paul Henshall attended both the Evening of Hope at North Bramalea United Church and the Circle of Hope at the Sagan Banquet Hall. He set up an information table with pamphlets on prostate cancer and with the picture display from Cruisin' for a Cure. Others from WellSpring, Canadian Cancer Society and Makeup-Feel good did likewise at the two events.

In the main hall of the church, a remembrance service was held. Ministers Jamie Holtom and Debbie Johnson led the program. First, attendees were invited to write the names of survivors and victims of cancer on Post-It notes. These were then stuck around the word HOPE written on windows.

Then, candles were lit at the front. Each person lighting a candle read a message why the candle was being lit. Originally Jim had offered to light one of the candles. Since he was travelling, Paul did so on his behalf. The service then continued with guest speakers and groups singing.

An Amazing sight to see! All in all a very inspirational event.

The Circle of Hope started 10 years ago as a group of friends supporting Nella Junipeiro after her diagnosis of thyroid cancer. As each year passed, more and more friends gathered for dinner. Before long, it took Century Gardens to stage the event! Now, Sagan Banquet Hall hosts the event. 340 survivors and supporters gathered there this year on Sunday April 24th. The survivors have been treated for all sorts of cancers, many you will never have heard of.

As always, there is a silent auction and other fund-raising activities and a bountiful buffet awaited everyone. The dessert table was just as impressive. Coffee by Starbucks even....

A surprise special guest this year was George Chavalo. He talked of the challenges he has had in his life. Then Orlando Bowen, former linebacker for the Hamilton Tigercats gave a stirring motivational speech. One feature of the event is to have all the survivors present form a circle and walk hand in hand around the floor. As each was introduced through a name card given at registration, George shook hands with or hugged every survivor. He then presented each one with miniature boxing gloves he had individually autographed!

A draw followed, the prizes being beautiful blue and white boxing robes. The Organizing Committee had been wearing them and they certainly were prizes everyone would want...!!!

As always, a great event well worth attending.



[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>