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

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PCCN Brampton News

Our January meeting saw Swapnil Rege come out to address the group. His topic of Cancer Related Fatigue was one that many of us have experienced. There are many factors that combine to cause these symptoms but there are things you can do to help offset the condition. Exercise, activity management, education, healthy eating and optimizing sleep quality are all fundamental to overcoming this often debilitating pattern we commonly fall into.

This month Larry Zacher will drop by from Wellspring to tell us something about the programs they offer in Brampton for cancer patients and caregivers in need of support.

You may have recently heard rumours of unrest between PCC and the related PCCN Support Groups. Some groups have complained that PCC is not doing enough in the areas of Prostate Cancer Awareness and the promotion of the PCCN Groups. Our opinion is that they are doing an excellent job with the resources they have available.

People need to be aware that major funding from sources such as Movember is not under their control. Those monies are earmarked for PCa research and cannot be used for other purposes. It is events like "Do It for Dads" that provide discretionary funds that can be used for awareness. Our conversations with Rocci Rossi and his team have found them very open to our needs and suggestions. The various groups need to understand that we are in this fight together and that only so much can be done with the funds available. Let's combine our efforts and ideas and avoid antagonizing one another. We can get much more done together.

Jim Dorsey / Gary Foote - Newsletter Editors

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Next General Meeting, Tuesday, Feb. 11th, 2014 – 7:00pm

Larry Zacher, a Board Member of Wellspring Chinguacousy will be joining us Tuesday February 11th to speak about Wellspring and the programs they offer. Founded in Toronto in 1992, Wellspring is an innovative network of centres providing high-quality cancer support, education and coping skills to a growing number of individuals, family members and professional caregivers in Canada.

Wellspring Chinguacousy is a cancer support centre located in Brampton. It is a warm, inviting home where cancer patients and their families can come to talk with others who understand what they are going through. They can also attend programs that help them cope with the emotional and psychological impacts of the disease. All programs and services are offered free of charge and without referral.

Wellspring programs are open to individuals and caregivers who are coping with any type of cancer, at any stage. They include individual and group support, coping skills, expressive therapies, energy work and educational workshops and presentations and are housed at home-like, non-institutional centres.

You can visit their web-site www.wellspringching.ca for additional information.

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



Last General Meeting, Tuesday, Jan. 14th, 2014 – 7:00pm

Swapnil Rege, MSc PT, came out to visit us in January and addressed the topic of **Cancer-Related Fatigue**. He is the Clinic Director and a Physiotherapist at Centric Health's Life Mark Physiotherapy office on Fisherman's Drive in Brampton.

As Swapnil stated: "Cancer-related fatigue (CRF) is one of the most common side-effects reported as a result of treatment and the cancer disease process. CRF can last for months or even years post-treatment. Recognizing CRF is the first step in determining appropriate treatment strategies. This talk outlines the causes of CRF, identification of CRF and different strategies to decrease fatigue."

This form of fatigue manifests itself as a persistent form of tiredness and it is generally not relieved by sleep like normal fatigue. It exists almost independent of the level of exertion in a person's daily routine. There are various physical factors that contribute to the effect, namely anemia, treatment after affects and muscle loss. Anxiety, depression and sleeping problems can also work to make it worse.

80 to 90% of patients undergoing cancer treatment can experience varying degrees of this fatigue and 15-20% of fatigue cases can occur even before treatment.

The good news is that there are things that you can do about it. These include exercise, activity management, education, optimizing sleep quality and even cognitive behavioural therapy.

Exercise can lower fatigue by 40-50% with aerobic exercise helping but resistance training (weights / tension) provide the most benefit. Generally exercise is safe post treatment if done properly and has the additional benefit of improving survival rates and reducing the chance of cancers reoccurring. You can see noticeable benefits with about 30 minutes a day of activity.

Since fatigue tends to make you want to avoid exercise it is important to plan the activity at times when you feel at your best and not to overdo it in the beginning. Planning activities and scheduling rest periods can help you to overcome the condition in most cases. Exercising with a friend can often help with motivation.

Eating well and not eating late at night can also help with fatigue and improve your sleep quality which is also essential to your body's healing processes.



Upcoming PCCN Brampton Meetings / Events:

Kim Vogel is our Speaker Coordinator. If you have any ideas for suitable interesting speakers for our monthly PCCN Brampton meetings, you can contact her at (416) 806-9619 or Email: kimvogel@leaderabilityconsulting.com

Tuesday, February 11th, 2014
Larry Zacher – Wellspring Chinguacousy

Tuesday, March 11th, 2014
Maureen Rowlands, PCC's Director of Support Services
Prostate Cancer Canada Survivorship Programs

Tuesday, April 8th, 2014
Dr. Stuart Edmonds, PCC's VP, Research, Health Promotion and Survivorship
Prostate Cancer Canada Research Programs

Tuesday, May 13th, 2014
Tentative – Dr. Robert Bristow, University Health Network
New Developments

Tuesday, June 10th, 2014
End of Year Potluck and Social Evening
A Special Guest is Possible as Well!

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: We try as best we can to plan great speakers and topics; however, 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.*



Your Invitation to Participate in a Research Study

In November Dr. Guy Falkner and Dr. Linda Trinh presented to the group about the benefits of being active for cancer survivors. At that time they mentioned a project they were working on that was a mobile application designed to reduce prolonged sitting.

They are moving forward with the project and are looking for participants to help them out by providing their thoughts about sedentary behaviour and the desired features of the design of the mobile application to reduce sitting time. Participants will be compensated \$20 upon completion of the study.

Participant criteria:

- Diagnosed with prostate cancer
- Currently receiving androgen deprivation therapy (ADT), and/or have received ADT for at least 6 months
- 18 years of age or older
- Proficient in English

You will be participating in two 70-minute interviews to discuss your thoughts. The interviews will take place before the general meeting held on the second Tuesday of each month at the Terry Miller Recreation Centre.

**FOR MORE INFORMATION PLEASE CONTACT: DR. LINDA TRINH
(RESEARCH CO-ORDINATOR) AT (416) 978-4795**



[Expert Angle: Prostate Cancer Canada Webinars](#)

You can find out more about Prostate Cancer Canada's relatively new program of webinars at <http://prostatecancer.ca/Support/Expert-Angle>

The Expert Angle sessions address topics important to men with Prostate Cancer and their caregivers as well as the general public and clinicians.

PCC uses interactive on-line technology to make leading experts in Prostate Cancer accessible to anyone, regardless of their location.

The platform used allows PCC to communicate with individuals in a variety of settings, e.g., homes, support group meetings and community centres.

Upcoming sessions:

- Tuesday, February 25th @ 7 p.m. EST **Dr. Danny Vesprini**, *Everything You Need to Know About Active Surveillance*. [Register Here](#).
- Tuesday, March 4th @ 7 p.m. EST **Dr. Scott North**, *Clinical Trials: Everything You Need to Know*. [Register Here](#).

[New at prostatecancer.ca](#)

The new **Prostate Cancer Information Service (PCIS)** allows newly diagnosed men to speak with medical professionals on the telephone.

Telephone 1 -855-PCC-INFO (1-855-722-4636) or email support@prostatecancer.ca

The Prostate Cancer Information Service (PCIS) provides information and support throughout the cancer journey. Available in a number of languages, these confidential and evidence-based services include:

- *phone line*
- *email response*
- *distribution of resources*
- *referral to Prostate Cancer Canada programs*

The PCIS is available for everyone, including:

- *men with prostate cancer*
- *a patient's circle of care (partners, caregivers, family, friends)*
- *the general public*
- *healthcare professionals*



[Do it for Dads Walk Run, Sunday, June 15, 2014](#)

Excerpts from an email sent by Rocco Rossi to all participants in past Peel Region Father's Day Walks:

This year, the Father's Day Walk Run has been renamed to the Do it for Dads Walk Run. But it's more than just a name change.

This is our first step towards creating a rallying cry to empower Canadians to end this terrible disease. And I am asking you to join us again this Father's Day to honour the men in your life.

Please register now and join the thousands of people across Canada who are coming together to help improve the odds for the 1 in 7 men who will be diagnosed with prostate cancer in their lifetimes.

When you register early you will be automatically entered into a draw to win a \$50 gift certificate for your choice of Bon Appétit or Canadian Tire! But you have to register before March 15th to qualify.

Please register online now and Do it for Dads this Father's Day!

*Thanks,
Rocco Rossi
President and CEO
Prostate Cancer Canada*

Note that we are moving the walk to Mississauga Valley Park, just east of Square One in Mississauga. Our event will now be called the Peel Region – Mississauga Do it for Dads Walk.

Paul Henshall has already created the **PCCN Brampton** team. You can donate and/or join the team [HERE](#).

Further information will be provided as the date draws closer.



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 the fourth WEDNESDAY of each month, September through June, at 7:00 PM. We are in the process of relocating these meetings and will advise the new location as soon as it is confirmed.

Family members, friends & supporters are always welcome at any of our Meetings!

Jim Dorsey: **(905) 453-3038**

Gary Foote: **(905) 458-6650**

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 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

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.