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

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PCCN Brampton News

At our November 14 meeting, the very personable and knowledgeable **Dr. David Palma** described ***Five Steps Toward Getting Top-Notch Treatment for Prostate Cancer***. Dr. Palma wrote a best-selling book inspired by his best friend's recent diagnosis, treatment and subsequent death from cancer. It was a very moving and informative session.

We also welcomed new Members **Felix Fahey** and his wife **Wende** as well as **Shaf Khan**, all of whom contributed to the Q&A and socializing that followed Dr. Palma's presentation.

Our own **Paul Henshall** has again served as the Captain of the PCCN Brampton **Movember** Team. We are embarrassed to admit that he was also **the only member** of the "Team" this year. However, Paul has raised \$685 as of December 2nd, up from \$210 last year. This includes his own donation of \$105 matching the largest public donation to the Team. Donations can still be made to Paul or to the PCCN Team. [Click Here to support Paul](#), or [Click Here to support the PCCN Brampton Team](#).

More on this next month, but Prostate Cancer Canada recently announced that this year's **Rock the Road Raffle** is back with its most valuable prize yet. It's a **custom 2017 Porsche 911 Carrera Cabriolet** valued at over \$176,000, including more than \$20,000 in custom upgrades. As always, the vehicle has been donated by TADA – the **Trillium Automobile Dealers Association** – so 100% of ticket proceeds go to prostate cancer research. \$25 a ticket or 3 for \$60. To order, call **1-855-441-1267** or visit: www.rocktheroadraffle.ca (Ontario residents only).

Please do consider coming out to our **December 12 Christmas Social Evening**. Regrettably, Sandi and I will not be there as we are taking some belated beach time this year. But **Steering Committee** members **Gary Foote, Paul Henshall, Geoff Hoar, Victor Horvath, Steve Hutton, Karl Leutner, Mike Loughnan** and **Morris Rambout** will all do their best to be there.

Jim Dorsey – Acting Newsletter Editor

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PCCN Brampton Bram-O-Gram

[Next General Meeting, Tuesday, December 12th, 2017 – 7:00pm](#)

This is our annual Christmas Social Evening, with no scheduled speaker. It will be a relaxed evening of visiting with members new and old and catching up. Sadly, our regular Christmas guest, **Anne Breakey Hart** of **Prostate Cancer Canada**, will not be available to attend the meeting this year due to major changes to PCC's structure and executive. She will instead come to our January meeting to formally accept our annual donation.

We will be reviewing 2017's activities and describing our plans for the coming year. Hopefully, we will implement some major new programs in 2018. As always, your opinions and inputs are welcome.

The Steering Committee has again voted to bring in Chinese specialties from **Mandarin Restaurant** rather than holding a Potluck. This has been very well-received for the past two years.

As we requested last year:

- ALL members and guests MUST RSVP so that we can order enough food.
- We are continuing to request a token charge of \$5 per person to help defray the cost.

Please keep in mind that while the Mandarin is noted for its buffet, what you will see on the serving tables is what we have for all to share. There will be no courteous staff restocking empty containers. Last year, everything seemed to work out fine and nobody went away hungry.

PLEASE R.S.V.P. to GARY FOOTE @ 905-458-6650 OR EMAIL visact@rogers.com

Regardless, please have a very Merry Christmas and a Happy & Healthy 2018!

Forward your questions or suggestions to: info@pccnbrampton.ca or call 905-458-6650.

We look forward to seeing you at **Norton Place Park Community Centre**, 170 Clark Boulevard, Brampton, ON L6T 4G6. 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 plentiful, well lit and free - and there are **no stairs** to be navigated.



Last General Meeting, Tuesday, November 14th, 2017

Dr. David Palma, “Five Steps Toward Getting Top-Notch Treatment for Cancer.”

Dr. Palma is a radiation oncologist and cancer researcher at the **London Health Sciences Centre** and the author of the bestselling book: [Taking Charge of Cancer: What You Need to Know to Get the Best Treatment](#). All proceeds from the sale of the book go to London Health Sciences Centre for cancer research.

Dr. Palma is involved in the treatment of Lung and Prostate Cancer at the London Health Sciences Centre. His own father was diagnosed with low risk prostate cancer at an early age but even though active surveillance was recommended, he couldn't live with the uncertainty and opted for treatment. Dr. Palma had another personal experience with cancer when his best friend was diagnosed with colon cancer. Sitting down with his friend, they went over treatment options and worked to make sure that he received the best treatment. Sometime later he spoke to his friend, who was taking a long vacation at the time, to check into which doctor he was seeing while he was out of the country. The answer, to his dismay, was no one. When his friend returned to Canada and did visit his doctor they found that the cancer had returned and a relatively short time later his friend died from the returning cancer.

He then realized that what was lacking in the treatment strategy that he and his friend had worked on was a sound follow up strategy. This is a very important part of the overall treatment approach, particularly in the first five years, to make sure that the cancer is monitored and, if it should return, follow up treatment is undertaken before it can spread.

This experience led him to write his book, as an aid to cancer patients in general, to give them insights into getting the best treatment and follow up care. It is very important, as he states in the book, for patients to take a proactive role and ask their doctor the right questions. His recommended steps for the best treatment would include the following:

- Know all your treatment options (Surgery / Radiation / Brachytherapy, etc.)
- Get copies of all of your medical reports (Pathology / Imaging / Blood Tests) and ask the doctor to go through the results with you.
- Get a second opinion, read treatment guidelines and review them.
- Ask the doctor whether he does a high volume of the treatment you are considering. Doctors who perform higher volumes of a treatment generally have the best results.
- Devise or ask for a Cancer Survivorship Care Plan. What follow up do I need and who is going to do it? For further help you can devise your own plan at: <https://www.cancer.net/about-us/asco-answers-patient-education-materials>



Upcoming PCCN Brampton Meetings / Events:

**Tuesday, December 12th, 2017
Annual Christmas Dinner and Social Evening.**

**Tuesday, January 9th, 2018
Annual General Meeting.**

**Tuesday, February 13th, 2018
Sharing Meeting.**

**Family Day Weekend, Friday, February 16th to Monday, February 19th, 2018
Prostate Extreme Team 13th Annual Sled Ride of Hope
Gravenhurst, ON, http://www.prostateextremeteam.com/2018_ont_sled.html**

**Friday, March 9th to Sunday, March 11th, 2018
PCCN Brampton booth at Motorama Custom Car & Motorsports Expo
International Centre, <http://www.motoramashow.com/>**

**Tuesday, March 13th, 2018
Speaker & Subject To Be Announced.**

**Tuesday, April 10th, 2018
Dr. Rupri Mitha ND, In GoodHands Wellness
Subject To Be Announced**

**Tuesday, May 8th, 2018
Speaker & Subject To Be Announced.**

**Tuesday, June 12th, 2018
Annual End-of-Season Social Evening and Potluck.**

NOTE: As always, we are actively searching for ways to get more members involved in meetings as we know that “preaching to the converted” is pointless.

Please, 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 notice as possible when a speaker must reschedule.



[New Format for PCC's Expert Angle Webinars](#)

On November 14th, we received an email with the Subject of “**New Expert Angle Webinar Series Now Available**”, which read:

Prostate Cancer Canada is pleased to announce a newly reformatted Expert Angle Webinar Series!

New Expert Angle webinars will offer shorter snapshots of important topics across the prostate cancer care continuum for viewing at your leisure. Unlike traditional live webinars at a scheduled date and time, this new format will be more convenient, accessible, and easily digestible for our viewers. Upon completing the registration form, the webinar is available for viewing immediately.

PCC is committed to offering a full range of prostate cancer-related topics across the cancer journey including screening, diagnosis, treatment and follow-up care. Expert Angle webinars will be presented by leading experts across the country including healthcare professionals and researchers.

To tune in to PCC's first on-demand webinar, [click here](#).

Previous Expert Angle Webinars have been roughly one hour in length. The new ones will be much shorter. For example, the first one, on the subject *TrueNTH Lifestyle Management: Wellness Resources for Men with Prostate Cancer*, by N. Culos-Reed of the University of Calgary, was only 11 minutes long. The subject was covered concisely, and the video and audio quality of the webinar was excellent.

Apparently future webinars will continue to be listed at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>.

Recordings of past full-length Expert Angle Webinars can still be accessed at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Past-Presentations> where they are arranged by category: **Basics of Prostate Cancer, Health and Wellness, Testing and Diagnosis** and **Treatment and Side Effects**.

We are attempting to clarify if and where the new shorter Expert Angle Webinars will be catalogued.

If you subscribe to the monthly e-newsletter on the “**Tune In**” page, you will be advised of future Expert Angle Webinars well ahead of time.

”Where on Earth is Norton Place Park Community Centre...

Just before our November 14th meeting, a visible sign for **Norton Place Park** was finally installed on Clark Boulevard. It is not illuminated, but it is clearly visible from the street.



Directions follow:

Coming from the west on Clark, pass the Esso at West Dr. on your right, then a small retail plaza and the Brampton Transit Clark Facility at 185 Clark Boulevard, also on your right. Turn into the driveway on your left, opposite the Brampton Transit sign.

Coming from the east on Clark, cross Dixie Rd., then Lisa St. Pass the last high-rise apartment building, 188 Clark Boulevard, on your right. Turn into the driveway on your right.

Proceed up the driveway, bear left at the first opportunity and pick your parking space from the many available.

12th Annual Cruisin’ for a Cure Canada, September 9, 2018

We have once again booked the north parking lot at the **Powerade Centre, 7575 Kennedy Road South**, as the location for our Cruisin’ for a Cure Car, Truck & Motorcycle Show and PSA Blood Clinic.

New and existing sponsors, vendors and exhibitors are being approached already and response has been excellent.

Serious promotion, as always, will start with our usual 10’ x 40’ booth at the **Motorama Custom Car and Motorsports Expo** at the **International Centre, March 9th to 11th, 2018.**



[True NTH \(True North\) Peer Navigation Program](#)

On November 24th, we were made aware of an exciting pilot program funded by the Movember Foundation. It seeks both survivors and caregivers to learn how to help "...both patients and their caregivers navigate the prostate cancer journey in Canada."

We have long lamented the fact that we have not been seeing as many new members as we used to see. One of the most obvious reasons for this is that most men would rather look for their own answers to an issue than come to anybody else for help.

Literally millions of links to information on prostate cancer can be found through a simple web search, thereby making peer support even less attractive. As we all know or at least suspect, some of these links are potentially dangerous.

Through this new program, we could take advantage of the same technology that has apparently made support groups ineffective or irrelevant in some peoples' minds. Patients and caregivers would be provided with the best available information this way.

A full description of the pilot program can be found at <https://peernavigation.truenth.ca/> You can then apply to become a **Peer Navigator** or a **Caregiver Navigator** by clicking the **<Apply to be a Navigator>** button in the upper right corner. Some excerpts from the page:

To qualify to become a Peer Navigator, a man must:

1. Have undergone treatment for prostate cancer in the past, and be able to support others.
2. Be open to providing mentorship to other men, in-person, over the phone or online.
3. Act as a bridge between health professionals and patients by knowing who to contact when issues arise.
4. Be comfortable using an online platform to log interactions with the participants that you mentor.

Then, in order to become a Peer Navigator:

1. First, you need to [Apply to be a Peer Navigator](#). Your application will be reviewed by TrueNTH.
2. If you meet the eligibility criteria, you will be asked to participate in an interview.
3. If selected by the program, you will be notified of a Peer Navigator training course to complete.
4. Once your training is complete, you'll join a community of Peer Navigators to support one another.
5. As a Peer Navigator, you may be paired with up to three men to provide mentorship to.
6. You will then be able to chat and meet with those you mentor for the duration of the pilot program.



PCCN Brampton Bram-O-Gram

[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. If you wish to attend Steering Committee Meetings, please phone for location.

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

[Jim Dorsey:](#) (905) 453-3038

[PCCN Brampton Voice Mail:](#) (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 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, 905-458-6650, 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>