



November 2012
Volume 12 Issue 11

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**VIEW THE
EVENTS IN THE
PLANS FOR 2012
SECTION AND
CONSIDER
VOLUNTEERING
IF YOU CAN**

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PCCN Brampton News

After a busy September, October was a welcome break for some of us. Jim Dorsey and Paul Henshall, our resident clowns (see the picture below) went to the PCCN conference in Regina and were treated to some fine western hospitality.

We made a new contact in Dr. Chatterjee, a Urologist operating out of the Brampton Civic Hospital as well as Orangeville. He reinforced the view that many Urologists advocate which is that Active Surveillance is a completely viable approach to monitor the disease for many men with less aggressive forms of Prostate Cancer. The primary indicators of this are low Gleason scores and PSA levels.

Recent criticism of the PSA test has been primarily focused on the fact that many men that have less aggressive forms of the disease are often over treated. This is often the result of pressure from the patient who is uncomfortable living with cancer. This is also something we stress in our awareness efforts. Active surveillance is something to be embraced so that the diagnosis of more aggressive cancers can still be made. Any form of treatment has risks and these need to be balanced against the risk that the disease will progress.

November will also see us participating in the annual Santa Claus Parade. If you have a knack for seasonal decorating please contact Jim Dorsey and he'll gladly bring you on board.

Daniel Santa Mina will be visiting us once more on November 13th to discuss the latest Cancer & Exercise Findings. We hope to see you there.

Gary Foote / Jim Dorsey – Newsletter Editors

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Next General Meeting, Tuesday, Nov 13 2012 – 7:00pm

**Daniel Santa Mina,
“Latest Developments in Exercise for Cancer Patients”.**

Daniel directs cancer related exercise programs at Princess Margaret Hospital.

He has been studying the effects of exercise on cancer patients for some time. He will be bringing us up to date on the latest findings in this area.

These findings offer hope to those dealing with cancer and trying to avoid a recurrence of the same cancer after treatment. At the same time exercise can lessen the side effects of treatment and help patients to deal with them.

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, October 9th, 2012

Dr. Suman Chatterjee "Preventing and Treating Prostate Cancer"

Our speaker last month was Dr. Chatterjee, a Urologist working out of Brampton Civic Hospital and Orangeville's Headwaters Hospital. He has specific interest in surgical oncology and laparoscopic procedures. Dr Chatterjee came to speak to us about current issues in the management of Prostate Cancer.

One of the topics Dr. Chatterjee went over was Active Surveillance. This is becoming more accepted by both the Urological profession and patients as well when they take the time to understand it. Any of the primary treatments such as Surgery or Radiation therapy have substantial risks and side effects and these may not be necessary in many cases of low grade Prostate Cancer.

While this is something that is evolving Dr. Chatterjee gave us his definition of Indolent Disease. Results consisting of a Gleason score of 6 (3 + 3), less than 3 positive biopsy cores and less than 50% positive in any one core makes a patient an excellent candidate for Active Surveillance. As the name suggests, this is an active option. Doctors do not simply wait to see if you develop symptoms. There are follow-up examinations, PSA tests and biopsies to confirm that the disease remains relatively inactive which is often the case for many men. Most men diagnosed with Prostate Cancer will not develop an aggressive form of the disease but until we have a better way to determine that, this is a solid treatment option.

Even for men that have a more aggressive form of the disease and have undergone one of the primary treatments a reoccurrence is always a possibility. The PSA test is an excellent measure in this case of whether the cancer has begun growing again.

In this case Androgen Deprivation Therapy is the next logical treatment and can often halt the progression of the disease for many years. Even if this becomes ineffective after a number of years, new drugs like Zytiga (abiraterone-acetate) and Jevtana (cabazetaxel) offer hope to control Advanced Prostate Cancer and improve quality of life.

Hormone Therapy has also shown positive results when combined with Radiation Therapy. Oddly enough it has not shown the same results when used in conjunction with Surgery. The side effects of hormone therapy, muscle and bone loss can be



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combated with a combination of weight training exercise, Vitamin D and Calcium supplements and an overall healthy diet and lifestyle.

Proscar and Avodart which are often used to treat enlarged prostate glands have shown in studies to reduce the incidence of low grade Prostate Cancer. At the same time however there has been a small increase in the number of aggressive cancers detected. This may just be a sampling problem as the reduced size of the prostate may increase the likelihood of obtaining a positive core for an aggressive cancer.

[Upcoming PCCN Brampton Meetings / Events:](#)

Tuesday, November 13th
Daniel Santa Mina
New Findings on Exercise and Cancer

Tuesday, December 11th
Annual Pot Luck Supper Get Together

Speaker suggestions from members are always welcomed; please watch our website for complete meeting agendas and updated speaker profiles!

Jim Dorsey, Acting Speaker Committee:
(905) 453-3038 or Email: jfdorsey@yahoo.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 try to provide as much advance notice as possible when a reschedule occurs.

Stay Fit with Janice & Exhilarate with Beverly presents:
Zumba Event To Benefit Prostate Cancer Canada - Nov 10, 2012
Get different flavours from a variety of Zumba Instructors.
Event is open to everyone who is a Zumba fan or may become one!

Contact: Stay Fit With Janice 416 697-4959
Exhilarate with Beverley 416 559-7502

TICKETS \$15.00 IN ADVANCE - \$20.00 AT THE DOOR

Recent Awareness Activities

The Prostate Cancer Survivors' Conference
Regina, Saskatchewan October 3rd through 6th



We were fortunate! We were able to book direct to Regina via Air Canada. Others flew either to Calgary or Edmonton and then to Regina or vice versa at the end. Prior to our arrival, others on the PCCN Task Force or Advisory Council had been meeting for one or two days to address their agenda.

We started the evening with a cocktail reception. Following that, we proceeded to the Opening Gala Dinner. The most dramatic effect was of course that most men sported the two-tone blue tie! A lot of the ladies wore the equivalent in scarves.



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As with events in smaller centres, political dignitaries are very much in attendance. The Mayor of Regina, Pat Fiacco and the Honorable Brad Wall, Premier of Saskatchewan headed the greetings bearers. The Honourable Nancy Heppner, minister of Central Services gave the keynote address, centred around her late father's journey with prostate cancer.

Interspersed with the meal were many Elvis hits delivered by Saskatchewan's best Elvis impersonator, Rory Allen.

Thursday morning started off with, what else, food.....

Dr Stuart Edmonds discussed the national prostate cancer research strategy, and indirectly affirmed the way our fund raising is being applied.

We then learned how Saskatchewan's Prostate Cancer Patient Pathway works. The main feature was that, a patient is assisted through the process (nightmare?) by a Nurse Navigator. This sounded like a marvelous advancement in stress relief.

Part of the afternoon's more free form agenda was Laughter Therapy presented by Peter Davison. Despite his recent diagnosis of Parkinson's, he has managed to climb to Base Camp on Mount Everest, get married and now has a 1-year old son, all at age 50. He literally taught us laughter techniques.

We then boarded buses for a short trip to RCMP headquarters where we had the opportunity to tour the Heritage Centre's wonderful museum. Many took time to purchase from a wide variety of souvenirs in the gift shop. We then sat down to a delicious dinner featuring bison stew. The Curator described the museum's development at one point. The evening finished with a video presentation by Dr. Tetteh Ago on the formation of a new group, PCCN Blacks in Nova Scotia.

Friday morning started off with, what else, food.....

PCCN Brampton's good friend, Dr. Gerard Morton, then discussed the temporary brachytherapy being implemented at Sunnybrook Odette Cancer Centre.

The afternoon was divided between Survivors' and Partners' sessions both entitled, "Reflections on Diagnosis, Side Effects of Treatment and Living with Cancer".



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Both sessions reported excellent feedback on the learning and sharing that they evoked. The evening was free so delegates scattered to the four corners of the city.

Saturday morning started off with, what else, food....

Peter Davison returned to deliver a keynote speech on “Celebrating Unsung Heroes”. He used as a prime example the Sherpa’s who made Hillary’s first scaling of Mount Everest possible. And peppered through it all was more of his Laughter Therapy.

He ended with a nostalgic collection of photos he took throughout the conference. Each table had a bag of red clown noses for each attendee.... That is the source of the ones sported by Jim and Paul....

The trip home was as uneventful as the one just a few brief days before. Just one difference: so much to think about, so many friendships renewed and so much inspiration for further advocacy on behalf of prostate cancer issues and awareness.

Yes it is Movember time again!

The Movember movement has broadened their scope to include both Prostate Cancer Research and Men’s Mental Health issues.

Their catch phrase: Changing the face of men’s health.

Join our team or support our team or an individual!!

Go to ca.movember.com

And click on Register or Donate

Our team is called: PCCN-Brampton

Our team URL is: <http://ca.movember.com/team/492989>

We are up and running!



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 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 of every month except July & August in the Community Room at the Fortino's at Main & Bovaird, 60 Quarry Edge Drive, Brampton, ON L6V 4K2.

Note that Sean Butterly has offered to be available during our Steering Committee Meetings to meet you one on one at Fortinos if you prefer.

Family members, friends and supporters are always welcome at any of our Monthly General Meetings or Steering Committee 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 close to 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, be sure to notify us of any address changes so we can continue to get it out to you.