



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

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**PCCN Brampton News**

After Dr. Richard Casey's visit, last month, we thought it would be good to listen to Dr. Loblaw's view on the PSA test. This we were able to do, by playing a recorded Webinar.

These are available on the PCC website at:

<http://prostatecancer.ca/Support/Expert-Angle>

This gave us further insight into the PSA controversy and some of the weaknesses of the study. We still feel that the PSA test can be useful, but patients need to be aware that many forms of prostate cancer do not require treatment and that lifestyle changes can play a huge role in keeping us healthy without the need for treatment, in many cases.

Over treating non aggressive forms of the disease can be just as risky as doing nothing, so we need to be informed when making a decision to seek treatment. We want to catch all of the aggressive forms of the disease that we can, but we can't ignore the problems of over treatment and the potential side effects that people must endure that may be unnecessary.

November means Movember and as usual PCCN Brampton has a team lead by captain Paul Henshall. You can join the team or pledge support at: [moteam.co/pccn-brampton](http://moteam.co/pccn-brampton)

Movember is the largest source of funds for Prostate Cancer Canada as well as an increasing range of men's health initiatives. While it may seem in some arenas to be a man's world, this is definitely not the case when it comes to men's health which is often surprisingly rather neglected.

**Gary Foote / Jim Dorsey - Newsletter Editors**

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## PCCN Brampton Bram-O-Gram

### *Next General Meeting, Tuesday, November 10<sup>th</sup>, 2015 – 7:00pm*

This month's speaker will be Dr. Jordan Robertson, Naturopath

With a background in medical research and evidence based medicine, **Dr. Jordan Robertson, Naturopath and Acupuncturist** has developed a unique Health Centre in downtown Burlington, focused on natural and effective treatments for all of your health concerns. If your goals are to enhance your health, better manage your medical conditions, then a Naturopathic approach may be just what you need.

As a medical author, professor, Naturopath and Acupuncturist, Dr. Robertson has the unique combination of extensive clinical experience and research background that allows her to effectively manage medical care as patients move toward better health.

As we are seeing more and more frequently, traditional medicine, Dr Casey being an example, is also leaning more toward promoting diet and exercise as the building blocks of a healthy life. The occurrence and effects of many diseases can be avoided, or at least reduced, by adopting a healthy lifestyle. Before this became popular in traditional medicine, Naturopathy had embraced this with a focus on getting healthy rather than simply treating the affects of a disease.

Dr. Robertson will introduce us to the field of Naturopathic Medicine and their approach to better health.

You can forward your questions or suggestions to: [info@pccnbrampton.ca](mailto: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.



### *Last General Meeting, Tuesday, October 13<sup>th</sup>, 2015*

We were without an official speaker this month but had a number of alternative presentations to help keep things interesting:

First we had a brief review of the latest Cruisin' for a Cure Canada event that was held on Sunday, September 13<sup>th</sup> and was still a successful endeavor in spite of the weather.

After that we viewed a Webinar Presentation by Dr. Loblaw, detailing his response to the PSA testing controversy. There are pros and cons to PSA testing and this webinar provided some insights into the ongoing debate.

Dr Loblaw reviewed the criteria for the studies that were meant to measure differences in long term mortality risk for men who did have PSA tests vs those who did not. The main thrust of the study was that there were no significant differences but this was muddied by the fact that some men in the not tested group had their PSA tested and some in the tested group did not.

On the plus side, PSA testing can catch aggressive Prostate Cancer in its earliest stages. PSA alone cannot determine the relative aggressiveness of the disease, but in combination with a digital rectal exam and a biopsy, it can identify serious forms of the cancer. This can lead to successful treatment and a very high cure rate if caught early enough.

On the negative side, it most often catches non aggressive forms of the disease and can lead to over treatment. It is estimated that 65-70% of non aggressive forms of prostate cancer will never need treatment. With changes in diet and exercise it is quite possible that this number could be a lot higher. Prostate Cancer also grows slowly in most men so Active Surveillance is generally recommended for men with non aggressive or indolent disease.

Providing we educate men to let them know that this is the case, at least they are aware of potential problems down the road. It is something that can be monitored and treated if it should require it at a later time. Fear is the principal reason that men tend to overreact and seek treatment where none may be necessary so we need to educate as well as advocate for PSA testing until a better test is available to detect potentially dangerous cancers.

As these studies are further discussed in the medical community there may be new criteria developed to let men know when and if they should be concerned, but for now it is important to let them know that treatment is not always necessary at least for non aggressive cancers.

More expert angle webinars can be found on the Prostate Cancer Canada Web-site:

<http://prostatecancer.ca/Support/Expert-Angle#.VSMI7-FwG6E> .



### Upcoming PCCN Brampton Meetings / Events:

**Tuesday, November 10<sup>th</sup>, 2015**  
**Monthly meeting, Dr. Jordan Robertson - Naturopath.**

**Tuesday, December 8<sup>th</sup>, 2015**  
**Annual Christmas Potluck and Social Evening.**

**NOTE: We are searching for ways to get more members involved in meetings as we have come to believe that “preaching to the converted” is pointless.  
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](mailto: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

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. This site is definitely worth browsing regularly. The excellent Expert Angle Webinars can be accessed at:

<http://prostatecancer.ca/Support/Expert-Angle#.VSMI7-FwG6E>



### [Cruisin' for a Cure Summary](#)

We usually provide a quick summary of each year's Cruisin' for a Cure. But this event has grown steadily since 2007, and it is now attracting major local and national attention. Our members should recognize what we have accomplished over the past nine years.

Our car, truck and motorcycle show is the only event of its type in Canada providing prostate cancer testing. The procedures that **Mike Loughnan** has developed with the help of **Ann Ramdat-Mangar** of LifeLabs are being used by **Prostate Cancer Canada** at their **Wake Up Call Breakfasts**. **Margaret Butterly** and **Tillie Netherton** have worked at blood clinics at Wake Up Call Breakfasts in Vaughan and Toronto.

To date, **we have provided 2,476 free PSA blood tests** at Cruisin' for a Cure. While we do not yet have the summaries by PSA range for this year, **290 or 13.4% of the tests provided through 2014 returned high scores**. We expect similar results this year.

Because the tests are confidential, we cannot say how many of the men tested turned out to have prostate cancer. But this year Paul Henshall and I spoke to five men whose cancers were detected and treated over the winter because of blood tests received in 2014.

Our **9<sup>th</sup> Annual Cruisin' for a Cure Canada** was held on **Sunday, September 13** at the **Powerade Centre**. For the first time in nine years, we had some serious rain and it looked as if we would be "rained out".

Looking at the numbers, the event was not successful – **199 show vehicles registered** vs. 519 in 2014; **216 free PSA blood tests provided** vs. 335 in 2014. But the numbers don't tell the full story.

Recognize that many of the vehicle owners do NOT drive their vehicles in the rain. The fact that their owners chose to show up is a tribute to their dedication to the cause of prostate cancer awareness. Many other loyal supporters drove their regular vehicles to the show and stayed to support the cause by purchasing tickets on our various draws.

The volunteers who staffed the information area spoke with more individuals than in any prior year. **Dr. Andrew Loblaw** also reported that he spoke with a number of men about their situations.

While we were disappointed in the weather and in the reduced numbers of both show vehicles and tests, we still feel that this year's Cruisin' for a Cure Canada was a success. We have been told by many attendees that they had a great time regardless of the weather and that they are looking forward to our **TENTH Annual Cruisin' for a Cure Canada** on September 11, 2016. And they are talking about prostate cancer....

Jim Dorsey at **905-453-3038**, email [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com).



### *Movember from Afar*

Here in a follically challenged part of the world, beard-wise that is, I shall stand out as one of few with a MO!

We have our PCCN Brampton team is shaping up with 5 members so far. Remember, this is open to both Mo Bro's and Mo Sista's. Victor, Paul and Gary are PCCN-ers while Nikola is a friend in G'town and Navin is a friend in India!! Neil Vogel, husband of our speaker coordinator has also joined.

I haven't set a goal but Victor is aiming for \$1000 and Navin for \$500. That would be a proud achievement on their parts and I wish them all the best in achieving it.

MOvember is now supporting 3 areas of men's health: prostate cancer, testicular cancer and men's mental health issues.

Testicular cancer occurs most frequently in males from 15 to 29 years of age, a fact that startled me.

After the terrible crash in Vaughan that killed 4 persons, numerous first responders have had bouts of Post Traumatic Stress Disorder. We have seen that in the news also for military veterans. So finally men are learning to release negative feelings. MOvember is certainly at the cutting edge in financing this area of men's health.

Because Prostate Cancer Canada receives the majority of its funding from Movember and since it is spreading its funds over three vital programs, we need to get directly involved in this month-long fund raiser so that the portion available to PCC helps better meet its programming targets. Moving right along 13 hours ahead of you,

Paul Henshall - [moteam.co/pccn-brampton](http://moteam.co/pccn-brampton)



**Cruisin' for a Cure Photos**



dedicated to Percy Bedard



Dark Skies



9<sup>th</sup>

Tilly at work

CfaCC



Sandra & Patricia at work



U Choose Tables



Phil Nedham's "Mighty Mouse"



John never drives in the rain!



Glen Tolhurst  
Ready to greet  
visitors



Villains doing good



The winners of the People's Choice awards



Even villains need PSA tests!



**[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](mailto: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>**