



October 2014
Volume 14 Issue 8

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This newsletter is made possible by an unrestricted educational grant from Janssen, Inc.

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

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PCCN Brampton News

On a sad note, late this summer we lost Patricia Loughnan, wife of Mike Loughnan, our Blood Clinic coordinator and a quiet contributor to the cause in her own right. Our sympathies go out to Mike and his family in a difficult time.

In spite of this recent loss, Mike was there at our Cruisin' for a Cure Canada event on September 14th to manage the PSA blood clinic for which we are very grateful. The event was a solid success with new records set for the number of cars that attended and we have now eclipsed 2000 PSA blood tests. The OPP Golden Helmets put on a great display of precision driving which never fails to amaze. Further details can be found in Jim Dorsey's write up below.

This September was also our 20th anniversary as a Prostate Cancer Support Group and we were very fortunate to have Dr. Mojtaba Beheshti as our guest speaker. This was very appropriate as he was instrumental in the creation of the group in its beginnings along with two nurses, Sandy Stevens and Jackie Gray, who were unable to attend. They were able to get space for the group to meet at Peel Memorial Hospital. With several founding members, including our past chairman Fred Norris, the group got off to a solid start and has endured since that time.

This month we have a long time friend, Dr Robert Bristow, speaking at our meeting and he is always a very popular speaker, so if you are able to attend, it will be well worth it.

Jim Dorsey / Gary Foote - Newsletter Editors

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Next General Meeting, Tuesday, October 14th, 2014 – 7:00pm



Dr. Robert Bristow MD, PhD will address the topic of ***Genetic Tests and Prostate Cancer-The Next Wave***. His presentations always generate worthwhile discussions.

Dr. Bristow is currently a Clinician-Scientist and Professor within the Departments of Radiation Oncology and Medical Biophysics at the University of Toronto. He is a Senior Scientist at the Princess Margaret Cancer Centre where he treats genitourinary cancers. His primary research interests are in DNA damage signaling and repair, genetics of prostate cancer progression and treatment response.

Dr. Bristow is the lead Principal Investigator for the Canadian component of the ICGC whole genome prostate cancer sequencing project (Canadian Prostate Cancer Genome Network or CPC – GENE) and is Head, Campbell Family Research Institute – PMH Prostate Cancer Research Program. He also serves on the Scientific Advisory Board/Committee for Prostate Cancer Canada (co-Chair), the Prostate Cancer Foundation (USA), the Canadian Cancer Society Research Institute, the Movember Global Action Plan (GAP) and the Cancer Research Society. He is past Chair of the Radiation Biology and Cancer Biology Committees of ASTRO and CARO. He is Editor of the 5th Edition Basic Science of Oncology and has over 200 published papers and book chapters.

Dr. Bristow has won a number of awards including the Virginia Logan Lectureship (Thomas Jefferson University), the Picchione Scholar Award (Pathology – Dalhousie University), the Vivian Sakyly Visiting Professor (Oncology – McGill University), the John F Ferguson Prostate Cancer Hero Award (Prostate Cancer Canada) and is twice a Canadian Foundation for Innovation awardee. He was made a Canadian Cancer Society Research Scientist in 2004 and an ESTRO Honorary Fellow in 2011.

Source: <http://events.oicr.on.ca/speaker-biographies>

Please forward your questions or suggestions to: [**info@pccnbrampton.ca**](mailto:info@pccnbrampton.ca)

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, September 9th, 2014



It is only fitting that Dr. Beheshti was our honoured guest at this very special meeting. Twenty years ago he presented the peer support concept to a group of 150 interested men and women at *Peel Memorial Hospital*.

Dr. Beheshti's vision and passion subsequently inspired many. In the beginning, he was ably assisted by two local nurses, **Sandy Stevens** and **Jackie Gray**. With the dedicated guidance and support of these three professionals, a number of local men created the

Us TOO Brampton Prostate Cancer Support Group, now *PCCN Brampton Inc.*

240,000 men are diagnosed yearly with Prostate Cancer with 90% of cases localized. 5 year survival rates are nearly 100% and yet over 4000 men die in Canada each year from the disease. The PSA test, while not perfect, has helped in the early diagnosis and treatment of Prostate Cancer. Nearly 40% of diagnosed men can be put on Active Surveillance with periodic PSA tests, Digital Exams and occasional biopsies where indicated. For many men observation can be preferable to active treatment. For active cancers the many current treatments available are greatly improving survival rates.

For survivors to remain healthy they need to exercise regularly. This not only reduces fatigue, anxiety and depression but improves general quality of life and reduces the possibilities of Prostate or other cancers reoccurring. The same can be said of a balanced diet, high in fruit and vegetables with some supplements like vitamin D & Calcium. Reducing Alcohol consumption and smoking will also have positive benefits.

Dr. Beheshti also went on to describe the major side effects of treatment, surgical, radiation and hormone therapy. Urinary and Erectile Dysfunction are the most common with the first two treatments. Muscle and bone loss are more common with hormone therapy. Again diet, specific supplements and exercise remain your best defense when it comes to remaining healthy. We would like to thank Dr. Beheshti for his talk this month and for his aid in forming the group. For more information on our history you can check out our web-site: <http://pccnbrampton.ca/about/pccn-brampton-history>



Upcoming PCCN Brampton Meetings / Events:

**Tuesday, October 14th, 2014
Dr. Robert Bristow, University Health Network
Topic T.B.A.**

**Tuesday, November 11th, 2014
Member & Partner Testimonial Night**

**Tuesday, December 9th, 2014
Christmas Potluck and Social Evening**

**Tuesday, January 13th, 2015
Dr. Richard Casey, Urologist
Topic T.B.A.**

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: 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.

Expert Angle: Prostate Cancer Canada Webinars

Learn more about PCC's webinars at <http://prostatecancer.ca/Support/Expert-Angle>.

The Expert Angle sessions use interactive on-line technology to make leading experts in Prostate Cancer accessible to anyone, regardless of their location.

Videos of previous sessions can be accessed from the Expert Angle website and viewed via **YouTube**.

8th Annual Cruisin' for a Cure Canada, Sunday, September 14th



Our thanks go out to all who made 8th Annual Cruisin' for a Cure for Prostate Cancer the best ever! We attracted **519 cars, trucks and motorcycles** and most importantly, provided **335 free, confidential PSA blood tests**, which will be followed up by **Dr. Andrew Loblaw of Sunnybrook**. During a recent conversation, Dr. Loblaw estimated that **some 25% of the test scores were elevated** – a record that we did not want to set.

As always, the amazing vehicles and their great owners, who turned out in record numbers were the stars on the grounds.



Our long-standing car club partners – the **Golden Horseshoe Mustang Association**, the **Ontario PT Cruisers** and Brampton's own **Over 'n Under Car Club** – all made major contributions to the day and to the funds raised. **Lisette Stauch of Oscars Roadhouse** and **Bill Stellings of BramCity Transmission** kept the crowds fed and watered.

8th Annual Cruisin' for a Cure Canada, Sunday, September 14th



John Percy of Milton brought his beautiful BLUE 1949 Ford pickup truck, the 2,000th show vehicle to attend a Cruisin' for a Cure Canada since our first show in 2007.

Scott Collins, an Amsoil dealer from Burlington, was the 2,000th man to get stuck in our clinic.



Mention has to be made of our tireless volunteers - too many to list here – who ran a near perfect operation once again. They were led by our very able Team Leaders, **Steve Hutton** on logistics, **Sean O'Neill** on traffic control, **Mike Loughnan** in the Blood Clinic, **Sandi Dorsey** and **Jean Paris** on Registration, **Christina Paris** on merchandise sales, **David Smith** in charge of entertainment, **Gary Foote** in administration and **Cynthia Basso** on volunteer coordination.

Our major sponsors, **Janssen Inc.**, **Amgen** and **Meguiar's Canada** plus all of our loyal community sponsors contributed so much in terms of dollars and merchandise to support the show.

8th Annual Cruisin' for a Cure Canada, Sunday, September 14th



Entertainment included the **Ontario Provincial Police Golden Helmets Precision Motorcycle Team** and our own **Brampton's Batman**.

We will be back bigger and better next year, on **September 13, 2015**.

Jim Dorsey, Cruisin' for a Cure Coordinator, 905-453-3038, jfdorsey@yahoo.com

A New Website Dealing with Advanced Prostate Cancer

We have just been made aware of an outstanding new website created by our friends and sponsors at **Janssen Inc.** Of particular interest is the section on metastatic prostate cancer, which all of us "thrivers" dread. Fortunately, advanced prostate cancer is getting more attention than ever and wonderful new diagnostic methods and treatments should lie ahead. <http://www.prostatecancermatters.ca/>

PCCN Brampton's Movember Team



Prostate Cancer Canada and The Movember Foundation recently signed a new three-year agreement and **Paul Henshall** has once again set up a PCCN Brampton team to raise awareness and funds for prostate cancer.

You can join the team or donate at
<http://ca.movember.com/team/1535445>

You can also talk to Paul at one of the meetings or email him at paul.henshall@gmail.com or telephone him at (905) 601-1519.



[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

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