



**CANADIAN
PROSTATE**

CANCER NETWORK

BRAMPTON CHAPTER

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Us TOO Brampton – April 2009 – Newsletter

Our Next General Meeting will be held on Tuesday, April 14th at 7:00 PM

"Prostate Cancer and Oxygen: New targets and New Therapies"

**by Dr. Rob Bristow Associate Professor,
Department of Radiation Oncology, Princess Margaret Hospital**

Dr. Bristow's talk will cover:

Recent data that has suggested that prostate cancers have areas of low oxygen called hypoxia.

How these low oxygen-hypoxia areas may lead to increased resistance to radiotherapy and surgery and hormone therapy.

New tests that are being developed to test for cancer hypoxia.

Based on these tests, new treatments that are being developed to offset prostate cancer hypoxia.

In Mar 2007 Dr. Rob Bristow presented "Prostate Cancer and Cellular Repair - The new LEGEND program at Princess Margaret Hospital".

His upcoming talk will present some of the latest findings of concern to us all and members can be assured of a highly informative evening!

**If you have any questions for Dr. Bristow
please email them to: questions@ustoo-brampton.com**

We look forward to seeing you in Room #2, The Terry Miller Recreation Center,

1295 Williams Parkway, at the southwest corner of Williams Parkway & Bramalea Road.

Last Meeting – Tuesday, March 10th, 2009

"Integrating Technology for Radiotherapy in Prostate Cancer" by Dr. Peter Chung

In his third visit in as many years, Dr. Chung presented a review of the "state-of-the-art" in Radiotherapy that has evolved over the last few years. He discussed the levels of risk in prostate cancer as related to the PSA level and Gleason score of an individual and the best approaches in Radiotherapy to benefit patients at each risk level. For low risk patients Brachytherapy or External Beam Radiotherapy would be indicated. For intermediate risk patients Brachytherapy may be combined with External Beam Radiotherapy. For high risk patients External Beam Radiotherapy may be combined with Hormone Therapy.

Dr. Chung reviewed study results that indicated that higher doses of focused Radiotherapy were helping to bring about better long term outcomes for patients in intermediate to high risk categories. To bring about this result without increasing side effects is a long term goal of Radiotherapy. Several techniques have been developed in recent years to increase the precision and accuracy of the applied treatment while limiting the exposure of surrounding tissues. These techniques include: IMRT (Intensity Modulated Radiation Therapy), IGRT (Image Guided Radiation Therapy) and VMAT (Volumetric Modulated Arc Therapy)

All of these techniques aim to deliver the dose as accurately as possible and in the case of VMAT in as little time as possible. They all make use of various imaging aids including CAT Scans, MRI's and Ultrasound Imaging to more accurately map the location of the Prostate. In addition gold markers are often used as additional visual aids in the process.

MRI's can deliver better images in many cases than CAT Scans and have been used more frequently in the last 5 years. IV Contrast Materials can also be used to in some cases indicate the actual position of some tumors within the Prostate. While the treatment would still be focused on the entire prostate gland, some additional dose could in theory be delivered to the site of the larger tumors. MRI's can also often clearly illustrate instances where a tumor has grown outside the prostate and this may also aid in determining the best treatment plan.

Several techniques have also been developed to offset problems that occur when the prostate moves during treatment. In the past technicians would need to manually adjust the equipment, but now moving couches and adjusting MLC's, (Multi-Leaf Collimators), have helped automate the procedure. VMAT in particular uses a moving arc treatment in combination with a automatically adjusting MLC to apply the treatment in as little as 5 minutes. The shortened treatment period also lessens the possibility that the prostate will move during treatment.

In the future expanding miniature GPS technology may even be linked to the equipment to deliver a highly accurate dose even if the prostate moves significantly during treatment.

Following his talk Dr. Peter Chung undertook questions and answers from the audience and it turned out to be a very interactive session.

We are pleased to offer the complete AUDIO recordings and SLIDES downloads of Dr. Peter Chung's talk on our web-site: www.ustoo-brampton.com

2009 Guest Speakers And Events

Tuesday, 14 April 2009 - Dr. Rob Bristow - Associate Professor,
Department of Radiation Oncology, Princess Margaret Hospital
Topic: Prostate Cancer and Oxygen: New targets and New Therapies

Tuesday, 12 May 2009 - Dr. Padraig Warde - Associate Director,
Radiation Medicine Program, Princess Margaret Hospital
and Professor in the Department of Radiation Oncology, University of Toronto
Topic: To be Announced

Tuesday, 9 June 2009 - Season's closing Pot Luck and Social
with guests from WellSpring Center
*Caring * Information * Food * Fun * Laughter * Sharing and more

We have an exciting line up of speakers and events throughout 2009 !!

Mukul Luthra, Speaker Committee: 519-853-4075 or mukul.luthra@ustoo-brampton.com

Financial Matters

A recent study came to the conclusion that Prostate Cancer may be over treated as a result of the PSA test. Before dismissing the argument, past experience suggests that to some extent this may be the case. Some patients with a low PSA and Gleason score probably have undergone treatment that may have been premature. Prostate Cancer Treatment does have its side effects, most commonly incontinence, impotence and other surgical and radiation complications. While few people would argue that these are generally worth putting up with if it saves your life, there are probably some cases where the patient could have postponed the procedure for a significant period of time without significant risk to their lives. The difficulty lies in determining which patients can be safely monitored and which may escalate quickly.

There are other problems with a Cancer Diagnosis. The doctor in most cases wants the best for the patient and may suggest an Active Surveillance Approach. The problem with this often lies with the patient. When told that you have cancer, the first thought is to treat it or remove it. Fear, in many cases, leads to early treatment which may possibly have been postponed safely for a number of years. Ultimately it comes down to the patient to decide which way to go but too often this decision is made with too little information.

That is where UsToo Brampton comes in, bringing in doctors who try to present a balanced approach to the subject. We still believe that the PSA test is an important indicator of the possibility of prostate cancer and within our own group has helped diagnose a number of members who were in the high risk (High PSA / High Gleason) category. Without the PSA test these men, myself included, may not have been diagnosed until it was too late.

So we can to some extent understand the reluctance of the government to fully fund the PSA test when studies such as this are published, but at the same time we need to push for it. For those men ultimately diagnosed, we also need to advise that they consider the alternatives to immediate treatment if that is what their doctor in turn advises. In many cases prostate cancer moves slowly and can be safely monitored and fear seldom makes a good advisor.

We haven't finalized the date yet, but our Annual Golf Tournament will happen in mid June. As usual we have an acute need for sponsors and small gifts for the event. We try to make sure that everyone goes home with a gift whenever possible. If you or someone you know can help out, contact myself or Ron Clayton 905-584-2095, e-mail: ronjudyclayton@yahoo.ca

Gary Foote, Financial Controller, 905-458-6650 or gary.foote@ustoo-brampton.com

Relay for Life 2009, Brampton Fairgrounds, Friday, June 19th

Please consider joining the Us Too! Brampton team at this year's Relay for Life. The Canadian Cancer Society continues to be a good friend to our group. They are always there when we need brochures or publicity for our events. It is important for us to support their efforts against our common enemy.

We want to make a much bigger splash this year, hence the earlier than usual start. We'd like to see all of our active members and their supporters come for the free Survivors' Reception and the initial Victory Lap.

While the Relay for Life is based on walkers staying all night, we have decided to recognize the relatively advanced ages and the infirmities of many of our members by encouraging you to come just for the Reception and Victory Lap. If you want to join the team, we plan on departing with the sun this year. A few of the walkers may choose to stay the night, but the number willing and able to do so has declined every year since we first got involved.

Note that this year there will unfortunately be 31 Luminaries in the circle of candles dedicated to our departed members. You can purchase Luminaries either in memory of loved ones who have succumbed to any form of cancer or in support of somebody still fighting. The lighting of the luminaries at sundown continues to be the most moving part of the experience.

This year, I will be walking for the first time in a few years since the car show that Sandi and I usually help to run in Lewiston, NY has been delayed.

Jim Dorsey, Relay for Life Team Captain, (905) 453-3038, jim.dorsey@ustoo-brampton.com

3rd Annual Cruisin' for a Cure, Chinguacousy Park, September 13th

Your Steering Committee members have unanimously approved the third Cruisin' for a Cure Canada, to be held once again in Chinguacousy Park. The date will be Sunday, Sept 13th.

We are getting started much earlier this year because we need to obtain more sponsors from the business community to finance the "free" PSA tests. Given the state of the economy, this will be difficult, so we MUST start early.

Note that despite all our best hopes, it appears that the Provincial Government will not be doing much to help reduce the need for our clinic. Therefore it is more important than ever that we continue to provide free PSA blood tests, especially to all the men who have been laid off recently and therefore simply cannot afford to pay for them.

If you can suggest potential corporate sponsors for Cruisin' for a Cure, please contact me directly and we will approach them first by mail and then by telephone. Potential major sponsors set their budgets for charitable donations very early each year, so we must plan accordingly. Please do not be afraid to make suggestions, we will not use your name unless you wish us to do so.

Please remember the PSA test is just one of the two most useful tests currently available to help in the early detection of Prostate Cancer. Men should always be advised to request the other test, the Digital Rectum Exam - to complete the prescreening process. This two-stage annual test can help to fulfill our primary mission of helping other families avoid the misery that our own families have all suffered in the course of our diagnoses and treatment ordeals.

Jim Dorsey, Cruisin' for a Cure Coordinator, (905) 453-3038,

or e-mail: jim.dorsey@ustoo-brampton.com

CALL FOR VOUNTEERS

As always we are in need of volunteers. We need people to serve on calling committees and to attend and contribute to our monthly Steering Committee Meetings held this month on Wed, April 29th - 7:00 PM, upstairs at Fortinos on Bovaird Drive just west of Chinquacousy Rd. If you can commit even a few hours a month please speak to us at the next General Meeting or come out to our next Steering Committee Meeting. You will be more than welcomed and have a chance to further our goal of promoting Prostate Cancer Awareness and Research.

RECENTLY DIAGNOSED? - Contact Us Too! Brampton

If you have been recently diagnosed with prostate cancer and would like to talk to someone who has been there, please call ahead and we will arrange to meet you at a convenient time and place. Alternatively, come early to one of our monthly meetings and inform the front desk of your arrival. One of our counselors will welcome you and listen to your concerns. Our monthly meetings are held on the 2nd TUESDAY of each month except July & August but we accept calls all through the year. Family members or friends and supporters are welcome! We have been there and we think we can help you deal with this very difficult period in your life. If you would like our support, please call any one of the following to arrange a meeting:

John Sleath, Awareness Coordinator, 905-456-9943, or john.sleath@ustoo-brampton.com

Sean Butterly, Counseling Associate, 905-454-4237

Regular mail costs us almost a dollar per person per month.

Anyone who would prefer to receive this newsletter via e-mail should contact Gary Foote
If you already receive your newsletter via e-mail, be sure to notify us of address changes.

Gary Foote - Newsletter Editor

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