



## Us TOO Brampton April 2010 Newsletter



Visit our Web Site:

[www.ustoo-brampton.com](http://www.ustoo-brampton.com)

**Our Next General Meeting will be held on Tuesday, April 13th at 7:00 PM**

**"What's New in Hormone Therapy for Prostate Cancer ?"**

**Dr. Andrew J. Bayley**

**BSc, FRCPC, MD, Assistant Professor, Department of Radiation Oncology, University of Toronto, Staff Radiation Oncologist, Princess Margaret Hospital/University Health Network.**

**Dr. Bayley is well known to our group and very popular with the members. At his last appearance in Nov 2005 Dr. Bayley had held a captive audience of over 50 with his talk on "The Importance of Clinical Trials & Image Guidance in Radiation Therapy".**

**In his upcoming session Dr. Bayley will update us the latest developments in the field of Hormone Therapy - a topic of immense value to our members - so be sure to attend!**

**Please send your questions for Dr. Bayley to: [questions@ustoo-brampton.com](mailto: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.**

**Parking as always is free.**

**Last Meeting – Tuesday, March 9th, 2010**

**"Bladder and Penile Rehabilitation after Radical Prostatectomy"**

**Dr. Madgy Hassouna, ChB, FRCSC, MB, MSc, PhD  
Affiliate Scientist, Division of Fundamental Neurobiology  
Toronto Western Research Institute (TWRI)**

**Dr. Magdy Hassouna's talk was attended to by over 50 members, spouses and guests. His very informative talk discussed in straightforward terms the definition of Rehabilitation and the trauma Radical Prostatectomy created on the area surrounding the prostate and how and why it impacted Penile and Bladder functions. He shared his perspectives on the data and statistics for both Erectile Dysfunction and loss of Bladder control. The information was a confirmation of what we have felt and feared all along - that mainstream medical data on ED portrayed a more optimistic picture than the collective real life experience of our members.**

**Dr. Hassouna stressed on the importance of early Rehabilitating practices and presented the various medications and methods that should be deployed soon after Prostatectomy to reduce the chances of Erectile dysfunction and its severity. He also presented many of the methods that could be used to improve voiding function depending upon the extent controlling muscles had been impacted.**

**The talk was followed by a Questions and Answer session with Dr. Hassouna providing detailed explanations to many queries from the audience.**

**Audio/Video files are available on our web-site: [www.ustoo-brampton.com](http://www.ustoo-brampton.com)**

**2010 Guest Speakers And Events – See Website For Complete List**

**Tuesday, April 13<sup>th</sup>, 2010 - Dr. Andrew Bayley  
- "What's New in Hormone Therapy for Prostate Cancer ?"**

**Tuesday, May 11<sup>th</sup>, 2010 - Dr. Tim Davies, MD, FRCSC, Henderson Hospital  
- "Improving the Quality of Life after Prostate Cancer Treatment  
- there is more to life than your PSA reading"**

**Tuesday, June 8<sup>th</sup>, 2010 - Season Ending Pot Luck Dinner and Social  
- Possible presentation by Wellspring Chinguacousy**

**We have an exciting line up of speakers and events throughout 2010!!  
Please watch for announcements on this website, in our newsletter and at our meetings.**

**Suggestions are always welcome !**

**Mukul Luthra, Speaker Committee: 519-853-4075 or [mukul.luthra@ustoo-brampton.com](mailto:mukul.luthra@ustoo-brampton.com)**

## Invitation To Join The Prostate Cancer Canada Network

Recently, the Canadian Prostate Cancer Network (CPCN) combined with Prostate Cancer Canada to form Prostate Cancer Canada Network (PCCN). As you will recall, Us Too! Brampton was a chapter of the CPCN. Us Too! Brampton has been invited to join this new national group and become Prostate Cancer Canada Network - Brampton. The following list contains the most commonly noted Positives and Concerns of the Steering Committee:

### Positives:

- A United National voice for Prostate Cancer awareness
- PCC has great resources with other Organizations and the Medical community that we will have direct access to
- Having the name Prostate Cancer Canada in our new name makes a much easier sell to potential sponsors and volunteers

### Concerns:

- Loss of Us Too Name and Identity
- Concern about possible future membership dues
- Concern about Us Too voice being heard at Prostate Cancer Canada

It should be noted that Prostate Cancer Canada has stated that they want nothing to do with our current fund raising activities like our Annual Golf Tournament or Cruisin' For A Cure. We would remain as a separate group, joined together in name only. PCC wants our added voices to join their National Campaign to get Prostate Cancer Awareness out far & wide.

In either case this issue will not be decided without the consent of the general membership. If you have any questions or concerns about this matter please contact a member of the Steering Committee:

Jim Dorsey: 905-453-3038 [jim.dorsey@ustoo-brampton.com](mailto:jim.dorsey@ustoo-brampton.com)

## Financial Matters

There are a lot of events coming up in the next few months.

Sunday April 11<sup>th</sup> - The Evening of Hope – North Bramalea United Church – 7:00 PM

Sunday April 18<sup>th</sup> – The Circle of Hope Event - Century Gardens Recreation Centre  
340 Vodden St. E., at 12:00 noon.

Tuesday April 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> – Women's Car Care for the Cure 7:00 – 9:00 PM

Friday June 19<sup>th</sup> – Relay For Life – Brampton Fairgrounds – 6:00 PM to 7:00 AM

Monday June 21<sup>st</sup> – 10<sup>th</sup> Annual Us Too Charity Golf Tournament – Acton Golf Club

2010 will continue to present new challenges, including our decision on whether to join the Prostate Cancer Canada Network. That decision will ultimately be made with the goal of continuing our PCa Awareness efforts to best effect in Brampton and across Canada.

Gary Foote, Financial Controller, 905-458-6650 or [gary.foote@ustoo-brampton.com](mailto:gary.foote@ustoo-brampton.com)

**6<sup>th</sup> Annual Evening of Hope - North Bramalea United Church - April 11, 2010 – 7:00 PM**

**363 Howden Blvd., Brampton, Ontario - Time: 7:00 - 8:30 PM Phone: 905-458-8003**

**Special guest Anne Parker, one of the first women to undergo genetic testing for the breast cancer gene has survived cancer three times. Anne's battles against cancer will be the subject of a movie from the same producer and cinematographer who make the Oscar-winning film, Monster.**

**Special guest Lauren Donnelly has found a way to ease the journey of young people living with cancer as a mentor and a newly launched social networking site for teens living with the disease.**

**Dr. Stephen Reingold, Chief of Oncology at Brampton Civic Hospital will talk about successes in cancer treatment.**

**Candle-lighting ceremony to honour loved who have been afflicted with the illness.**

**Networking with cancer support groups to learn about their services in the community.**

**Evening of Hope is an opportunity for us to connect with others who are experiencing cancer now or have in the past; and to remember loved ones.**

**3<sup>rd</sup> Annual Women Car Care for the Cure, April 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup>**

**Our good friend Bill Stellings of BramCity Transmission & Auto Service is once again holding this very special event. ALL proceeds go to the Breast Cancer Foundation.**

**Content: A presentation on Breast Cancer Awareness and a workshop designed to teach women the basics of car care and daily maintenance. Free refreshments and prizes are provided.**

**Speaker: Kris Newman, a Registered Nurse specializing in Breast Cancer diagnosis.**

**Location: BramCity Transmission & Auto Service, 9 Beech Street, Brampton L6V 1V2. The shop is located two blocks west of Kennedy Road, just north of Queen Street.**

**Times: All 3 days from 7 – 9 p.m.**

**Cost: \$20 (100% to the Breast Cancer Foundation)**

**Tickets: Contact Sarah or Zoey at 905-450-9393**

**Bill and his fiancé Kris are the two lovely people who have run the BramCity Special Events van, providing beverages and barbecue to our Cruisin' for a Cure show for the past two years. BramCity has also provided advertising, door prizes and dollars to support the cause of Prostate Cancer Awareness. The award-winning Us TOO Brampton Santa Claus Parade float could not have happened without their support in November.**

**Ladies, please support Bill & Kris in this worthy community effort.**

**Jim Dorsey, Cruisin' for a Cure Coordinator, [jim.dorsey@ustoo-brampton.com](mailto:jim.dorsey@ustoo-brampton.com)**

# You are invited to



## ***Circle of Hope's 7th Annual Get Together***

*Circle of Hope is a cancer support group for people whose lives have been touched by cancer; whether they have the disease or are supporting a friend or family member who has had or currently have it. We create a warm environment with fun, laughter and an opportunity to meet new people.*

*The Canadian Cancer Society, Thry'vors & Wellspring Chinguacousy will be present.*

Guest Speaker:

Dr. Stephen Michael Reingold, MSc, MD, FRCPC,  
Medical Oncologist

**When:** Sunday, April 18<sup>th</sup>, 2010

**Where:** Century Gardens Recreation Centre  
340 Vodden Street East, Brampton

*(corner of Rutherford Rd. & Vodden – east of Kennedy Rd)*

**Time:** 12:00 pm – refreshments will be served  
1:00 pm – presentation

**RSVP:** By April 6, 2010 to Nellie Junipero @ 905-843-1345  
or email: [circle\\_of\\_hope@sympatico.ca](mailto:circle_of_hope@sympatico.ca)

[www.thecircleofhope.com](http://www.thecircleofhope.com)

***“Be a Friend and Bring a Friend.”***



## **The Fourth Annual 2010 MOTORCYCLE RIDE FOR DAD - PEEL REGION**

*"If I had gotten checked this time last year, I wouldn't be planning my own funeral today."*

- Charlie Pester, Kingston educator and role model

It was the words of Charlie Pester in 2000 that inspired a group of friends to do something to raise awareness and funds for the fight against prostate cancer.

From its humble beginnings, the Ride For Dad has grown to include 25 cities across Canada and plans are underway for several more. Today, more than 100,000 men, women and children have been involved... raising over \$5,000,000 to fight prostate cancer.

The Ride For Dad is an annual fundraiser that sees riders raise money through pledges for prostate cancer research and education. The event brings together motorcycle enthusiasts, members of the community, members of the local police service and community leaders.

### **Join the fight!**

The 2010 Peel Region Motorcycle Ride For Dad will take place on Saturday June 5, 2010. This event raises money for Education and Research into Prostate Cancer. This Poker Run will cover a scenic route through Peel and Halton Regions. Approximately 180 kilometres in length, the ride starts and finishes at the Peel Regional Police Association, 10675 Mississauga Road, Brampton, Ontario.

**Registration: \$25 or Free if you bring in \$100 or more in pledges.**

**Riders receive a complimentary gift bag and a barbeque lunch.**

**Lots of Prizes to be won!**

**CHECK OUT THE WEBSITE FOR YOUR REGISTRATION FORM, UPDATES AND ALL OF THE DETAILS!**

**<http://www.motorcycleridefordad.org/peel/>**

**Early Registration will take place on Friday June 4, 2010 at the Peel Regional Police Association at 10675 Mississauga Road, Brampton, Ontario**

**Ride Day Registration will take place starting at 7:00 am at Peel Regional Police Association at 10675 Mississauga Road, Brampton, Ontario**

## Cruisin' for a Cure Canada – Sunday, September 12, 2010

It is confirmed: We have rented the north parking lot of the Powerade Centre at 7575 Kennedy Road South. This lot will accommodate 700+ vehicles. We will also have a meeting room to hold the blood clinic and a lobby area to house the registration, health fair and raffle prize areas.

Mike Hardcastle, the General Manager of the Powerade Centre and Mike Griffin, the President of the Brampton Battalion Hockey Club have both been very cooperative. We foresee some mutually beneficial joint marketing opportunities here.

On March 13, Steve Hutton and I toured the Performance World Car Show at the International Centre, promoting Cruisin' for a Cure among vehicle owners and vendors. The response was very exciting as our show is now well known and accepted. We were promised continuing support from Meguiar's Canada and Canadian Hot Rods Magazine. A number of major car clubs have promised to attend; several of them also expressed interest having us make presentations on Prostate Cancer to their members.

From now until September 12, we would appreciate your usual support. Talk about the event, pass along contact information for any interested parties or make suggestions on how we can improve the event. We need vehicles to display and sponsorships of all kinds. PLEASE get involved; YOU can make a big contribution to the cause of Prostate Cancer awareness.

Jim Dorsey, Cruisin' for a Cure Coordinator,  
Tel.: (905) 453-3038,  
Or e-mail: [jim.dorsey@ustoo-brampton.com](mailto:jim.dorsey@ustoo-brampton.com)

## Wellspring Exercise Program

Steve Hutton and the Prostate Extreme Team are sponsoring an Exercise Program which is planned to start in April for UsToo & Wellspring Members. The Program is designed for MEN in that there will be an emphasis on weight bearing exercises. As you know one of the "keys" to survival is to maintain your bones and exercise is usually one of the suggested routes.

It is typically a 10 week program with one hour of scheduled exercise two days a week. Wellspring will determine when the 20 sessions will begin and end and the number of groups required. The program begins with 4 Cardio Exercises and 4 Non Cardio and works up to 6 Cardio and 6 Non Cardio over the 10 weeks. This could vary based on the individual's personalized physical fitness assessment and the exercise plan devised by Wellspring.

The recent November, 2009 Wellspring Cancer Smart Pamphlet emphasizes the need for Cancer survivors to maintain exercise as one of the secondary preventions of having less chance of the cancer returning. For Hormone participants, it is imperative that they maintain their bones as the Hormone Treatment "weakens" the bones and you need to supplement your Calcium and Vitamin D3 intake as well as doing a regular exercise routine.

Please notify a member of the Steering Committee if you would like to participate in this exercise program at Wellspring along with a list of times that you would be available.

Al Hutton

## **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 28th at 7:00 PM, upstairs at Fortinos on Bovaird Drive just west of Chinguacousy 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](mailto:john.sleath@ustoo-brampton.com)

Sean Butterly, Counseling Associate, 905-454-4237

**Regular Mail Costs Us** about 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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