



Prostate Cancer Canada Network-Brampton

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Dec 2003 Newsletter

OUR NEXT MEETING IS AT 7:00 P.M., TUESDAY DECEMBER 9, 2003

This is our Christmas Social & Pot Luck Evening. Please bring a food item and your appetite and be prepared to be entertained by the magical stylings of our Multimedia whiz, Mukul Luthra, assisted by his jolly elf, Don Grant. "Mikes" will be available for anyone who wishes to take the floor to make suggestions or has anything to contribute to help make it a fun evening. For this evening, let's forget about Prostate Cancer, kick back and have some fun!

Please contact our Secretary, Margaret Butterly at (905)454-4237 to offer your assistance and to see what types of food items are most needed to make the night a success.

Remember that we are now meeting in Room #2, The Terry Miller Recreation Center, 1295 Williams Parkway at the southwest corner of Williams Parkway & Bramalea Road, adjacent to the North Peel Secondary School Complex.

Although upstairs, the room is accessible via an elevator located across from the snack bar. Parking is ample and free.

NOVEMBER 11, 2003 - Dr. Robert Bristow - "Its All in Your Genes"

"The Dream is Alive", words once used to describe the U.S. Space Program, aptly described this session. Dr. Bristow held over 90 members, wives and guests spell bound as he described various projects underway at Princess Margaret Hospital under its Radiation Medicine Program (RMP). The prognoses for those of our friends and relatives who may be diagnosed with PCa in the future should become much more hopeful as these projects progress.

There are a number of measures being developed that aim to optimize the benefits of radiation to the patient while minimizing damage to healthy cells and reducing side effects, e.g. Image Guided Radiotherapy, an exciting process that closely tracks movements of the prostate gland and adjusts radiation treatments in real time.

Other advances include Dose-Escalated Radiation therapy and Intensity-Modulated Radiotherapy or "Soft Knife". The Radiation Medicine Program is investigating these techniques with the goal of integrating Tumour biology with imaging and precision radiotherapy to develop novel treatment strategies.

Dr. Bristow then turned to the topic of "Genetic Fingerprinting", which researchers believe will



allow them to improve results by tailoring treatment to the genetic makeup of each individual patient. He discussed the role and significance of Prostate Radiotherapy Biomarkers and described how some of the challenges are being addressed by advanced techniques such as the use of Laser Capture Micro dissection. The research processes are being speeded up through the use of increasingly sophisticated high tech equipment like Positive Emission Tomography (PET) imaging.

Dr. Bristow mentioned that newer equipment is expected to become increasingly available at Toronto's medical facilities. He also cautioned against over dependence on technology, describing the potential pitfalls and the challenges that lie ahead. The research that he described so well is expected to yield results over the next 10 years and is funded by a number of government and private organizations.

In conclusion, Dr. Bristow expressed his dream with this message of hope: "In a better world, prostate cancer treatments would be individualized to each and every patient, be noninvasive, less toxic and always lead to a cure".

Dr. Robert G. Bristow M.D., Ph.D. F.R.C.P.C. is an Assistant Professor in the Department of Radiation Oncology, University of Toronto, a Scientist at the Ontario Cancer Institute and a Staff Physician at Princess Margaret Hospital. Members can contact Dr. Bristow through his website:

<http://www.bristowlab.123ts.com> or email him at: rob.bristow@rmp.unh.on.ca

Those of you who missed this presentation or who wish to review the information will be pleased to learn that the session may be heard or downloaded as MP 3 Streaming Audio on our web site - <http://www.ustoo-brampton.com>. In addition, an Audio CD of Dr. Bristow's presentation has been prepared and submitted for entry into the 'Audio Books' section of Brampton library at the Chinguacousy and Four Corners branches. The CD may also be requested through other library branches. A Library call number will be posted on the web site and published in the Newsletter shortly.

A MESSAGE FROM THE CHAIR

Allow me to reflect on this past year: While the advent of SARS put a serious dent in our monthly meetings, it did not slow down our other activities.

A successful golf tournament was run, we continued the awareness activities and above all newly diagnosed men and their partners who sought our help were seen and apprised of their options. Our continued success as a group is the result of the many volunteers who are stepping up to play a part, whether it be serving on the telephone committee, putting out name tags or preparing the coffee, to name but a few.

My thanks to one and all. May you all enjoy a happy Christmas and a healthy New Year.

- Fred Norris, Chairman, (905) 877-8092 e-mail: fred.norris@ustoo-brampton.com

2003-2004 GUEST SPEAKERS

Speakers have now been confirmed for all of the remaining meetings of the 2003 - 2004 season:

Tuesday January 13, 2004 - To open the New Year, Dr. Mohammed Ibrahim has agreed to host an Open Forum and field your questions about prostate cancer.

Tuesday February 10, 2004 - Michael J. Scime, B.Sc., M.Sc, MLT will describe "PSA Methodology". We hope that Dr. John Srigley will also attend to discuss "Gleason Scores" with us.

Tuesday, March 9th, 2004 - Tanya Giaquinto, has become a perennial favourite of our group and will once again update us on the topic of "Nutrition" at this meeting.

Tuesday, April 13th, 2004 - Alex Isbister will return to discuss Cancer and Its Sexual Implications.

Tuesday, May 11th, 2004 - Arlene Dalton, who gave us an excellent yoga demonstration last year, has also agreed to an encore and will discuss "Stress Management" at our meeting.

The Speaker Committee always welcomes your suggestions for future speakers.

PLEASE NOTE: Audio CD's of many of our recent meetings are available at the Chinguacousy Branch of the Brampton Public Library and from our New Member committee.

Don Grant, Speaker Committee, (905) 793-7376 email: don.grant@ustoo-brampton.com

NEW MEMBER MEETINGS

Paul Middleton is rapidly moving into the position of New Member Coordinator under the tutelage of Don Grant, who will soon be heading to Florida for the winter.

New Member meetings are normally held on the fourth Tuesday of each month at Suite 304, 57 Mill Street.

The next scheduled meeting will be held between 6:30 p.m. and 8:00 p.m. but probably a week earlier than usual, on Tuesday, December 16, so please be sure to phone ahead to confirm the date.

Please contact: Don Grant, Member Relations, at (905) 793-7376 email: don.grant@ustoo-brampton.com or Sean Butterly, Special Consultant at (905) 454-4237 or Chairman, Fred Norris, at (905) 877-8092 email: fred.norris@ustoo-brampton.com

FREE P.S.A. CLINIC

Michael Dunn advises: "In your November newsletter you mentioned the free P.S.A. Clinic at the Wm. Osler Health Centre from 1:30 p.m. to 4:00 p.m. every Thursday & Friday. I wish to expand on the hours of operation. The nurse in attendance at the Clinic confirmed to me that they take P.S.A. patients only until 3:30 p.m. Patients arriving at the Clinic after 3:30 p.m. will be turned away. This 3:30 cutoff time is to ensure that all patients will be processed by 4:00 p.m. Also, pediatric needles are available to draw the blood sample. These needles leave little or no bruising."

Thanks, Mike.

While bookings are not necessary, it is best to phone ahead: (905) 796-4066 extension 24010. Patients must present a requisition from their referring physician with diagnosis included. These clinics are exclusively for cancer patients or for individuals who are suspected of having prostate cancer.

Don Grant, Member Relations, (905) 793-7376 email: don.grant@ustoo-brampton.com

FINANCE

No one on your Steering Committee or indeed in the general membership needs any reminding that this year, 2003, has been the most turbulent in our group's history. Financially we have come through in reasonable condition, but we must ask ourselves, "Can this continue?"

No arrangements have been made to have a 'Theatre Night' this season, and next year's Golf Tournament may be in doubt, both due to lack of administrative interest. This comes about mainly because those individuals who have run these activities in the past feel that it is up to someone else to step in for a change. These efforts require a lot of time and dedication to see them through. The rewards are in knowing that you have done something useful for the community through our support group, or maybe in just knowing that you have returned the effort and support that others have exerted on your behalf in past years.

This brings us to the issue of 'Fund Raising'. As most of us in Us Too! Brampton are aware, we raised nearly \$6,000 last year in support of the Canadian Prostate Cancer Network's 'Living Proof' campaign, which informed the general public across Canada about the importance of annual Prostate Cancer check ups.

This same dedication to our common mission is seen in the CPCN's pamphlets, advertising, TV talks and discussions, and now in the new booklet 'Prostate Cancer, a Booklet for Patients'. In my opinion, the CPCN can be extremely proud of this effort, as the booklet is the best one I have ever seen dealing with PCa basics.

This much needed information is costly, and the CPCN continues to require our financial support.

Now that 'Income Tax' donation relief can be obtained we are in a better position to approach industries and firms for contributions. Perhaps even you might want to 'think about approaching your place of business'.

Therefore, if you wish to do something useful for your Country and Community, about the only thing left to say is: DO IT!

To paraphrase John. F. Kennedy....."Ask what you can do for your Country".

After all, we live in the best country in the world; let's do our best to keep it that way for future generations.

So climb aboard... Give Fred or myself a call...and have a great holiday season!!

- Gerry Brunjes, Treasurer, (905) 791-3043, email: gerry.brunjes@ustoo-brampton.com

AWARENESS

Fred Norris and Don Grant made a different type of presentation to twelve nurses in the main floor recovery room at Wm. Osler Health Centre. The question posed by Head Nurse Shirley Kent was,

"What happens to the patients when they leave here?" or in effect "What do you [Us Too!] do?" It was the first time we have made a presentation promoting our organization. Usually, we promote awareness, our new member programs or our regular speaker meetings. Fred & Don made the presentation in hospital protective clothing, which in itself was a sight to behold!

Otherwise, "Awareness" continues to be fairly quiescent; there have been no further responses from Costco or from Fortino's regarding presentations at their stores. It will not be possible to conduct any meaningful presentations before Christmas because of other commitments. However, I am working with CPCN to expand distribution of their latest campaign featuring Steve "Red Green" Smith to the Family Health Care group of pharmacies across Ontario. I am hopeful that CPCN will be able to add FHC pharmacies nationwide to their distribution list.

The Brampton Public Library system has received the new flyer for New Members as well as "Living Proof" posters.

On November 13th I attended the Procter & Gamble Health Fair at their Toronto offices. There was some interest but regrettably not the enthusiasm that I had expected. Perhaps next year's event will be better. However, I did meet with one P&G employee whose colleague has recently been diagnosed. That man - apparently only in his late thirties - is now in contact with the Newmarket support group.

There is one presentation planned for mid-January for CAW Local 1967 members.

I am waiting for other GTA support groups to agree to participate in the March Home & Garden show, running from the 18th to the 21st of March, from 10:00 a.m. to 9:00 p.m. each day. I expect to assign one group from the area to staff each day of the four-day show. To allow for contingencies and unavoidable absences, at least eight volunteers from our group will be needed to provide staffing for the 11 hours of our day. Anyone interested in helping out, please contact me.

Ian Smith, Awareness Coordinator, (905) 454-3880, NEW e-mail: ian.smith@ustoo-brampton.com

OUR WEB SITE CONTINUES TO EVOLVE - www.ustoo-brampton.com

Check the web site frequently for new items of interest to all. For example, you can now download MP 3 audio presentations by Dr. Robert Bristow ('It's All in Your Genes' - November 11, 2003),

Dr. Richard Casey ('Clinical Trials in Prostate Cancer' - October 14, 2003), Dr. Stanley Flax ('Brachytherapy or Radical?' - September 9, 2003), Tanya Giaquinto ('Nutrition' - March 11, 2003) and Alex Isbister ('Cancer and Emotion' - February 11, 2003).

Contact Mukul Luthra, Multimedia, (905) 873-8367, email: mukul.luthra@ustoo-brampton.com

STILL DON'T BELIEVE IN PERSONAL COMPUTERS OR THE INTERNET?

We have just received the following invitation from researchers at Princess Margaret Hospital. This is your chance to participate in any or all of a series of three hands-on computer training courses. After taking these courses, you will know how to access the Internet to research issues that concern you and the researchers will have your opinions on an important effort to teach newly diagnosed patients and their relatives to live with Prostate Cancer and its aftermath. Please do consider taking part:

RESEARCH STUDY: ATTENTION PATIENTS WITH PROSTATE CANCER INTERESTED IN ATTENDING AN INTERNET TRAINING COURSE?

Are you interested in volunteering for a study designed to test the course and teaching materials for an Internet training course designed for Patients with Prostate Cancer?

TO BE ELIGIBLE FOR THIS STUDY, YOU MUST:

- Have a diagnosis of prostate cancer OR
- Be a partner/friend of a patient with prostate cancer

If you are interested in participating in this study, please call Joan Basiuk, Clinical Research Coordinator, at 416-946-4501 ext. 2282. This study is supported by a grant from the Change Foundation.

YOU ASKED FOR IT! (A SEASONAL JOKE, THAT IS)

Did you know... According to the Alaska Department of Fish and Game (and my wife), while both male and female reindeer grow antlers in the summer each year, male reindeer drop their antlers at the beginning of winter, usually late November to mid-December.

Female reindeer, on the other hand, retain their antlers till after they give birth in the spring. Therefore, according to every historical depiction of Santa's reindeer, every single one of them - from Rudolph to Blitzen - has to be a girl reindeer. We should have known! Only women, while pregnant, would be able to drag a fat man in a red velvet suit all around the world in one night and not get lost!

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PROSTATE CANCER AWARENESS!

Prostate Cancer Canada Network - Brampton

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