



CANADIAN PROSTATE

CANCER NETWORK

BRAMPTON CHAPTER

Visit our Web Site:

www.ustoo-brampton.com



Us TOO Brampton – February 2009 – Newsletter

Our Next General Meeting will be held on Tuesday, February 10th at 7:00 PM

"Sex, Intimacy and Prostate Cancer" by Dr. Andrew G. Matthew, Ph.D., C.Psych

Dr. Matthew will discuss the challenges faced by couples after prostate cancer treatment. He will talk about treatment impact on couple's sexuality, intimacy, and long-term relationship well being.

Combined information from the scientific literature and patient and partner interviews will be used to explore:

- 1) the type and prevalence of sexual dysfunction and associated distress**
- 2) medical treatments for sexual dysfunction**
- 3) patient and partner response to medical treatments for sexual dysfunction**
- 4) an innovative combined medical-psychosocial treatment approach to sexual health and relationship well being.**

Dr. Matthew is Assistant Professor, Department of Surgery, and Department of Psychiatry, University of Toronto Division of Surgical Oncology, University Health Network, Princess Margaret Hospital.

At his last appearance at our chapter meeting in Sep 2006, Dr. Matthew had presented : "Navigating the Emotional Side Effects of Prostate Cancer"

We are looking forward to his upcoming talk and you can be assured of a highly informative session! If you have any specific questions for Dr. Matthew 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.

Parking as always is free.

Last Meeting – Tuesday, January 13th, 2009

Around 25 members, wives & guests attended a presentation organized by the Wellspring Foundation for our Chapter.

Representing Wellspring were Judi Perry Brinkert, Regional Director for Wellspring Cancer Support Foundation, Jane Thomas Yager, program leader of the Healing Journey Program and Roy Robertson, a prostate cancer survivor and Healing Journey co-facilitator.

Judi provided the audience with an overview of Wellspring, how it came about, their mission, their support services and programs and their operations at various locations in Canada. Wellspring's programs are of a diverse nature, featuring both drop-ins and registered sessions and range from the well known Healing Journey to Tai-Chi and Yoga and extend even into the field of Art Therapy. The programs are free of charge and open to individuals and caregivers who are coping with any type of cancer, at any stage. Judi detailed these programs and services so our members could avail of them as needed.

Jane Yager provided an in depth coverage of the Healing Journey program from its conception and development by Dr. Cunningham and how the program helped to cope and overcome many of the deep rooted anxieties and fears following a Cancer diagnosis. She described the goals and milestones accomplished as one journeyed through levels 1 to 5 of the program towards an inner healing process, the time frames and where and when one could avail themselves of the program. As part of her presentation Jane also let us view, in part, a Video showing a real life interactive group session in the Healing Journey program.

Roy Robertson, a prostate cancer survivor, spoke with great emotion about his cancer journey and how the Healing Journey had benefited him. Roy was diagnosed with prostate cancer in 1995 and after being introduced to the Healing Journey program through Princess Margaret Hospital in 1998, he not only completed levels 1 through 4, he became a peer support volunteer and Co- Facilitator for Wellspring, Halton - Peel.

The seeds of this evening's event trace back to an initial meeting and tour, early last year, by our Steering committee of the newly opened and very impressive Wellspring Chingacousy facility. A commonality of our goals and purpose was immediately felt as was the scope for cooperative efforts. We made a modest beginning by sharing our speakers listing with Wellspring and it is posted at their centers to actively promote our meetings to visitors.

It was to further such cooperation that this evening was planned, the idea being to bring first hand awareness to our members about Wellspring and facilitate participation in the Healing Journey and other programs. Turn out this evening was diminished, as of course many January and February events are, by foul weather conditions. There was also a hockey game on that evening. Nonetheless much interest was generated in what Wellspring had to offer based not only on member's questions but by the interaction with Wellspring's representatives. Brochures were available for members and they could also enroll on the spot if they wished to. Many members expressed strong interest and we certainly hope more will, as word spreads over time, take advantage of the excellent programs Wellspring has to offer.

The event Picture Gallery is featured on our web-site: www.ustoo-brampton.com

2009 Guest Speakers And Events

Tuesday, 10 March 2009 - Dr. Peter Chung,
Staff Radiation Oncologist, Princess Margaret Hospital
Topic: To be Announced

Tuesday, 14 April 2009 - Dr. Rob Bristow - Associate Professor,
Department of Radiation Oncology, Princess Margaret Hospital
Topic: To be Announced

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

Long before my own diagnosis and treatment for Prostate Cancer I had already had a lot of experience dealing with the disease. As a university student with medical aspirations, I worked both summers and week-ends as an assistant in a Urology Ward at the Toronto East General Hospital. I worked with a number of excellent Urologists including Drs. Bill Ortved, Mel Sutton, Bill Ainslie and Bill Forder. Dr. Forder was the youngest of the group and someone I thought might still be practicing when I went to my own Urologist to get the results of my Biopsy. After the less than wonderful news, I brought up the subject of Dr. Forder to see if my Doctor knew him. As it turns out he did, however he told me that Dr. Forder had died recently from advanced Prostate Cancer. Just the news you need at a time like that.

So began my personal journey with the disease, one that I have been told that I may have beaten but that suggestion never completely leaves you all that confident, as a recurrence is always a possibility. Thankfully, Prostate Cancer does leave a calling card if it returns and that calling card is an elevated PSA test. For those of us that have been diagnosed with Prostate Cancer, that test is now free, but for the majority of the population, it is still an out of pocket expense. To make things worse, some family physicians still seem reluctant to advise their patients to even have the test. While the PSA test is far from perfect, it is still one of the few early indicators of Prostate Cancer and an early diagnosis is still the best aid to treatment.

That is where events like "Cruisin' For A Cure Canada" come in, to help raise awareness of both Prostate Cancer and the need for regular PSA testing. UsToo! Brampton funds these tests at the event at a cost of about \$30 per test. If we can't get the Ontario Government to pay for these tests, as they should, then hopefully we can get a few more corporate sponsors to help cover the cost. If you have any ideas to help in this area please contact:

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

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, August 30th

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, August 30.

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 that 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 dreaded DRE or 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

This year as always we are in need of volunteers. This often requires only a few hours of your time a month, but participation is essential to ensure the continued health of the organization. We need people to serve on calling committees to remind members of meetings and to attend and contribute to our monthly Steering Committee Meetings held this month on Wednesday, February 25th 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

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 if your e-mail address changes. Anti-Spam features occasionally stop the newsletter from going thru so if you don't receive it for any reason please notify me and we'll get you a copy somehow.

Gary Foote - Newsletter Editor

gary.foote@ustoo-brampton.com

Telephone: (905) 458-6650

Alternate E-mail: visact@rogers.com