



Prostate Cancer Canada Network-Brampton

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Jun 2006 Newsletter

OUR NEXT MEETING WILL BE HELD AT 7:00 P.M. ON TUESDAY, JUNE 13, 2006

Our summer closing **Pot Luck and Social Evening** with light music!
And a lucky draw offers great prizes! [Tickets available at the sign-in desk.]
Bring along your favorite dish and a food item as well! ;-)

Send any suggestions for the evening to: **Fred Norris, Chairman, 905-877-8092** or e-mail:
fred.norris@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 is free.

MAY 13, 2006 "THE MANAGEMENT OF POST-PROSTATECTOMY INCONTINENCE"

Around 65 members, wives and guests attended **Dr. Jonathan Giddens**'s session on a topic that is always of great interest to our members. Dr. Giddens explained that a temporary period of incontinence almost certainly effected everyone following a prostatectomy but in most case lasted several weeks to perhaps months.

However **in some cases**, Dr Giddens explained, **incontinence may be prolonged or permanent and of varied degree.** As part of his talk Dr Giddens screened a video produced on this subject by the American Medical Services [AMS] for Us Too!

He described some of the causes of incontinence, its severity levels, some of its inconveniences and impacts on life style while citing associated data.

During his talk he expanded on several of the different levels of treatments options available to manage incontinence. Dr. Giddens stressed how **'Kegel' exercises** not only prevented incontinence often associated with aging but were vital to reduce the incidence and severity of incontinence following a prostatectomy. He described the basics of 'Kegelling', the duration and frequency and recommended that they be done before and after the operation.

Dr. Giddens discussed the use of medications, injectable bulking agents and supportive devices but cautioned that benefits from many of these could not always be assured or long term. He then focused on surgical procedures using implants such as the **'Male Sling'**, a minimally invasive 45 minute outpatient procedure with a high success rate for mild to moderate cases and the **'Artificial Urinary Sphincter'** (AUS), an hour long outpatient procedure considered the 'Gold' standard in managing moderate to severe incontinence. He covered their operating principles, the likely



candidates, the procedures, advantages and possible complications and how these were managed. He shared statistical data on their success and re-operating rates.

The talk was followed by what turned out to be a very educational Question and Answer session. Dr. Giddens responded in depth to the many questions and concerns posed by our members, guiding them and suggesting the options for their specific condition. A very informative evening indeed for everyone - one with a hopeful message that with the technology available no one need live with the fear and embarrassment associated with incontinence.

We thank Dr. Giddens for a very informative, interactive and educational session. We hope that he will address our group again in the near future!

The **Audio recording** of this session is in 2 parts:

Part 1: Talk - <http://www.ustoo-brampton.com/Audiostreams/Giddens/incontinencetalk.rm> [Talk time: 36:39 minutes].

Part 2: Q& A - <http://www.ustoo-brampton.com/Audiostreams/Giddens/incontinenceqa.rm> [Talk time: 21:57 minutes].

Library call Number: Audiobook 616.99463 Gid Availability: Early June 2006

Slides: We were advised by Dr. Giddens that the slides of this session are proprietary; therefore we cannot offer them for download.

In his opening remarks, Chairman Fred Norris made announcements pertaining to the availability of **Audio CD's** of our talks, the upcoming **Golf Tournament** and **Relay for Life**, the **June Pot Luck** and the matter of **member 'suggestions'**.

The talk ended somewhat earlier than our usual time but most of the group stayed on to socialize. Member **Jose Palad**, who recently completed a very difficult period of Chemotherapy, shared his story of how he had coped through prayer and music. He touched the group by playing a short violin piece that had given him hope and solace through these trying times. The evening thus closed amidst much applause from the audience.

A MESSAGE FROM THE CHAIR

The busy month of June brings to a close our 12th year as a chapter. First is our "**Pot Luck**" supper on **June 13th**, a night when we try to relax and put the worries of this disease behind us. We will rummage up some items and have a draw as well as being convivial with all present.

We have extended an invitation to **Michelle Karker**, the new manager of the **Canadian Cancer Society** office in Brampton along with her hard working sidekick **Sue Scarfone** who is responsible for organizing the local Relay For Life, to join us on this evening.

June 19th is our annual **Golf Tournament** which we have stressed many times as being a fun day for all participants. It is a way for us to increase awareness of the disease while at the same time enjoy chasing the little white ball through 18 holes. The day ends with a barbecue and prize giving for all participants.

Finally on **June 23rd** an Us Too! team will once again take part in the **Relay for Life**. Three major highlights of this twelve-hour event are the very moving Opening Ceremony, the Survivors Lap and the lighting of the Luminaries in honour of those who have succumbed to this disease and in support of those who continue to fight.

The **CPCN Annual Conference** takes place in Calgary at the end of July; three of our members have signed up to attend.

Of course the Steering Committee will continue to meet throughout the summer to ensure that next season will start with a bang.

Meanwhile from the Steering Committee to all of you: have a happy, healthy and safe summer.

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

2005-2006 GUEST SPEAKERS & EVENTS

Monday, June 19, 2006 - The **6th Annual Us Too! Charity Golf Tournament** will be held at the **Acton Golf Club**.

Friday, June 23, 2006 - The **2006 Relay for Life** will start Friday evening and run overnight to Saturday morning at **The Brampton Fairgrounds**.

Tuesday, October 10, 2006 - **Arlene Dalton** will conduct a session on the health benefits of **Yoga**.

Tuesday, November 14, 2006 - Dr. Pdraig Warde (**Topic to Be Announced**).

Future Speakers - Your suggestions and recommendations for future speakers are always welcome!

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

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 meetings are held on 2nd TUESDAY of each month except July & August but we accept calls all through the year. Family members or friends and supporters are welcome!

There is no obligation to join anything. 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 obtain meeting dates and locations: **Sean Butterly, Counseling Associate** at 905-454-4237 or **Fred Norris, Chairman**, at 905-877-8092 e-mail: fred.norris@ustoo-brampton.com or **Ian Smith, Vice Chairman** at 905-454-3880 e-mail: ian.smith@ustoo-brampton.com

6th ANNUAL CHARITY GOLF TOURNAMENT - MONDAY, JUNE 19, 2006

Where: **Acton Golf Club**

When: **Monday, June 19th**

Register: **8 a.m.**

Tee Time: **9 a.m.**

Format: **Shotgun Scramble**

For More Information Contact the Coordinator or any member of our Golf Committee:

Morris Rambout, 905-793-8843

Sean Butterly, 905-454-4237

Jack Dainton, 905-793-0205

Fred Norris, 905-877-8092

As always, we are actively searching for prizes. If you have any suggestions, please contact me or any of the Committee Members.

Peter Barhydt, Golf Coordinator, 905-838-3265, e-mail: peter.barhydt@ustoo-brampton.com

CANADIAN CANCER SOCIETY 'RELAY FOR LIFE' - FRIDAY, JUNE 23 to SATURDAY, JUNE 24, 2006

The 2006 edition of the Relay for Life will once again be held at the **Brampton Fairgrounds, 12942 Heart Lake Road** between **Mayfield Road** and **Old School Road**.

Registration opens at **5 p.m.** on Friday evening; Opening Ceremonies start at **7 p.m.** and Closing Ceremonies at **7 a.m. Saturday** morning.

Even if you are not interested in walking in the Relay, please join us for the **Survivors' Reception at 5 p.m. on Friday**, stay for the Opening Ceremonies and then take the **Survivors' Victory Lap** with your fellow survivors. You deserve it!

You can also purchase **Luminaries** for \$5 each to honour those who have succumbed to Cancer or who continue to fight it.

Finally, you can **volunteer** to assist with the operation of the Relay for Life.

I will have all necessary forms with me at the June Pot Luck. In the meantime, please go to the Canadian Cancer Society's web site for more information.

You can still register for the **Survivors' Victory Lap** at https://secureccs.ca/eventmodule.aspx?lng=en&did=2&eid=27&pg=survivor_step0 or pledge the **Us Too! Brampton Team** at https://secureccs.ca/eventmodule.aspx?lng=en&did=2&eid=27&pg=donation_step0

This year's walkers are: **Ken Clarke, Ian Clarke, Frank Connolly, Sandi Dorsey, Gary Foote, Julia Foote, Megan Foote, Michael Loughnan, Mukul Luthra, Denis Paris** and **Ian Smith**. **Tilly Netherton** is once again a volunteer worker at the event, but as always she will be by to make sure we stay awake!

If you wish to join us, please don't be shy. Go on line or see me at the June 13th meeting. Your participation will be most welcome.

Jim Dorsey, Us Too! Brampton Team #83 Captain, 905-453-3038, e-mail: jim.dorsey@ustoo-brampton.com

FINANCE

Earlier in May, **Dr. Stanley Flax** cycled a segment of the Cairo to Cape Town bike ride, i.e., the **Tour d'Afrique**.

This he did in support of two charities close to his heart, **The Stephen Lewis Foundation**, fighting AIDS in Africa, and financial help for **the new hospital in Brampton** to ensure we get a "State of the Art" facility.

Dr. Flax appealed for donations for either one or both of these causes, and on behalf of the membership of "Us Too! Brampton", your Steering Committee authorized a donation of \$500 from our funds to support his efforts.

You have often heard the phrase "**Charity begins at Home**".

This simply means that charity begins within ourselves, not with someone else. Individually, we do make a difference. Charity is not necessarily the giving of money. Your time, knowledge and effort are often more valuable to a charitable cause.

However, I prefer not to look upon Dr. Flax's efforts as charities, but rather as urgent needs. Over the years, we have managed to maintain our "Us Too!" group largely through the generosity of our membership and peripheral donors who have supported our annual fund raising efforts. I refer to the "**Golf Tournament**" and the "**Theatre Night**". Theatre Night last year was quite a let down, with poor attendance, so... let's put a better effort into ticket sales this for year's event at the **Lester B. Pearson Theatre** on **November 1st, 2006**. The show is an **Agatha Christie** murder mystery called "**And Then There Were None**".

I regret to say that almost 20% of the membership did not contribute the requested \$10 annual subscription this past season. Be honest now. Don't you think this is a very small amount of money to help maintain our efforts to provide top level information about medical, nutritional, mental and physical well being for anyone in our area who feels the need?

If you doubt what I say, just check our web site and review the 20 or so speakers, and their talks, which we have obtained for you over the past few years.

Among our most pressing concerns is the recent lack of new members. You can help us, and the general public, by **accepting Ian Smith's Awareness Challenge** and talking to men about PCa, your personal experience and your support group.

Awareness is the "First Line of Defense" against this insidious disease.

The second is your support based on your lifetime of experience.

Remember, "**Charity begins at Home**".

Sincerely, **Gerry Brunjes, Finance, 905-791-3043**, e-mail: gerry.brunjes@ustoo-brampton.com

AWARENESS CHALLENGE (WORTH REPEATING, IAN!)

Us Too! Brampton has sponsored PSA Clinics in an attempt to raise public awareness of the importance of initial PSA testing in middle-aged men. The last clinic at Shoppers World in September 2005 produced similar useful though limited results as did the first event held at Bramalea City Centre two years ago. Unfortunately we are limited in how often we can hold clinics by the availability of space at the malls.

There is another option. It is well known in the publicity business that "**Word of Mouth**" is **one of the most effective means of advertising** both in a positive and in a negative sense. Naturally I shall focus only on the positive! Since we are "survivors" we know and understand the nature of our individual treatments. And we all come into daily contact with other people that give each of us the opportunity for casual conversation.

Now for the challenge. **I am suggesting that each member of the group take it upon himself to become much more proactive in raising awareness of prostate cancer.** This would take the form of initiating conversations when the timing is "right," with anyone with whom you come into contact as you go about your daily business. Of course you must use your own judgment to decide when there is an appropriate opportunity for a casual conversation starting with an enquiry such as,

"May I ask a man-to-man type question?" leading to, **"Have you had a PSA test?"**

From my own experience, such enquiries have more often than not produced a positive response leading to a conversation about the importance of an initial PSA test. I have several recent examples: a 57-year old man who seemed to know very little about the prostate gland and its associated problems and a black worker approaching his 40th birthday. On both occasions my "targets" welcomed the conversation. There have been refusals at other times but that is to be expected.

To emphasize my earlier statement about word-of-mouth advertising, we could do much more to increase awareness by initiating such conversations than by relying on PSA clinics. We all have daily contact with many other persons. Use those opportunities to "**Spread the Word**".

Will YOU accept the challenge?

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

Jim Dorsey - Newsletter Editor

905-453-3038

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PROSTATE CANCER AWARENESS!

Prostate Cancer Canada Network - Brampton

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