



**Us TOO Brampton  
March 2010  
Newsletter**

Visit our Web Site:

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



**Our Next General Meeting will be held on Tuesday, March 9th at 7:00 PM**

**"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)**

**After obtaining his PhD. from McGill University in Montreal, Quebec, Dr. Hassouna continued pursuing research in the clinical and basic fronts. His main interest is the field of neuro-urology with special emphasis on the use of neurostimulation to modulate the functions of the urinary bladder. His clinical expertise extends to involve voiding dysfunction and male erectile dysfunction.**

**Please send your questions for Dr. Hassouna 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, February 9th, 2009

By Dr. Sandy Sehdev, Oncologist, The Oncology Group, William Osler Health Centre.

Dr. Sehdev presented a highly detailed and informative talk on Hormone Therapy, Chemotherapy, Bone Health and Future Directions in Cancer Treatment Therapies. The presentation was followed by a good questions and answer period as well.

Androgen Deprivation Therapy is most commonly administered when earlier forms of treatment ( Surgery/Radiation/HIFU, Etc ) have failed to control the cancer or when the disease has already spread beyond the prostate gland on initial diagnosis. By reducing Testosterone levels this treatment can often control Prostate Cancer for many years. Various drug combinations and treatment regimens can often extend the effectiveness of hormone therapy, but at some point some patients stop responding to the treatment. It is thought that in many cases this is due to a form of hormone resistant cells becoming more dominant within the cancerous tissue. This progression can be monitored via PSA levels that are low while therapy is still effective and begin to rise if and when it begins to fail.

At this point in time Chemotherapy may become a viable treatment option. Chemotherapy is usually reserved for cases where measureable metastasis is present or the Gleason Score of the cancer is quite high. Modern Chemotherapy while still generating some side effects can be effective in two primary ways. It can extend survival rates by controlling the cancer's growth. It can also improve quality of life by reducing pain associated with the growth of the cancer. In the best scenario the treatment can have both of these benefits with reduced side effects.

Docetaxel is one of the more modern forms of drugs used for chemotherapy in prostate cancer. An anti-fungal agent, Ketoconazole in combination with Hydrocortisone has also been shown to be beneficial in these same two areas. A person's general medical condition may also determine whether chemotherapy is safe or not. An inactive person with other medical complications may be much more acutely affected by chemotherapy than an active person. The most dangerous potential side effect of chemotherapy is a reduced white blood cell count which can leave an individual more susceptible to infections. Hair loss, numbness and tingling in extremities and deformation of finger and toe nails are other common side effects.

Dr. Sehdev also reviewed Bone Health as it relates to prostate cancer treatment. While patients are on hormone therapy they often become susceptible to Osteoporosis. Vitamin D, Calcium and Exercise are highly important in this case to maintain bone health. Complications from osteoporosis include pain, fractures and spinal cord compression. A relatively new drug Zometa has been shown to also be effective in helping to maintain bone health and lower most of the effective risks from osteoporosis.

Dr. Sehdev ended his talk with a review of new research into controlling a major mechanism of cancer growth, namely angiogenesis. For a cancer tumour to grow, it requires a steady supply of nutrients. It manages to obtain these nutrients by stimulating the growth of blood vessels around the tumour. Some new drugs are being targeted at blocking this VegF substance with an effective trap to contain and neutralize the stimulus.

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, 9 March 2009 - Dr. Madgy Hassouna - "Bladder and Penile Rehabilitation after Radical Prostatectomy"

Tuesday, 13 April 2010 - Dr. Andrew Bayley, PMH Topic: TBA

Tuesday, 11 May 2010 - Dr. Mike Greenspan - Head of service - Urology - at Hamilton Health Sciences in Ontario and director of the hospital's sexual medicine clinic. Topic: TBA

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 Steering Committee is studying this proposal. Al Hutton has spoken with some of the Executive of Man 2 Man, soon to become Prostate Cancer Canada Network - Toronto, in an effort to understand their decision.

We will discuss the matter with representatives of PCCN and with other chapters of the former CPCN as well.

As our research into the matter proceeds, we will advise the membership of our findings and call for a vote on the matter.

If you have any questions or concerns, please address them to any member of the Steering Committee.

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



## 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.motorcycl ridefordad.org/peel/>

Early Registration will take place on Friday June 4, 2009 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

## **Financial Matters**

2010 looks to be an interesting year.

We look to continue our new partnership with Steve and Al Hutton and the Prostate Extreme Team. ( Look for their event on the next page ) At the same time we hope to form new partnerships with Man 2 Man and other Prostate Cancer Awareness Groups.

2010 will bring new challenges, first of which will be to decide on whether to join the Prostate Cancer Canada Network. That decision will ultimately be made with the goal of continuing our Prostate Cancer 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)

## **Cruisin' for a Cure Canada - 2010 Report**

As you may have heard, Chinguacousy Park is going to be closed for a year until March 2011, in order to complete a massive 25-million-dollar rebuild. The plans look amazing and should make Ching an even better venue for us in 2011, but we suddenly found ourselves without a home for this year's event.

We were advised by a number of people with the City that the PowerAde Centre might be the best alternative venue for us, even though it is not a City of Brampton facility. Accordingly, Steve Hutton and I toured the PowerAde Centre on February 1 and were very impressed.

We can rent the north parking lot, which will accommodate 700+ vehicles, along with access to a meeting room to hold the blood clinic and a lobby area where we can house the registration, health fair and raffle prize area. The cost is comparable to what we paid for the Chinguacousy site.

There are a few kinks to work out, but as of this moment, we will in fact be holding the 4th Annual CfaCC at the PowerAde Centre on Sunday, September 12.

Your usual support will be appreciated.

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**

**The Prostate Extreme Team is sponsoring the Exercise Program which is planned to start in April for UsToo & Wellspring Members. My understanding is that the Program has been designed for MEN only in that there will be more 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.**

**The Wellspring Presentation is aimed at PCa Survivors to begin in April, 2010 and is to be presented on March 10th. It is a 10 week program with one hour scheduled exercises 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 over the 10 weeks. This could vary based on the individual's personalized physical fitness assessment and exercise plan done 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 and as you know the Hormone treatment "attacks" the bones and you are required to supplement your Calcium and Vitamin D3 intake as well as doing a regular exercise routine.**

**Most of our speakers have emphasized the need for Exercise and when Steve Hutton approached Wellspring with this year's PET Sled's Donation, Wellspring suggested using some of the Funds for an Exercise Program aimed at Prostate Cancer Survivors and especially UsToo Members.**

**My understanding is that Jodi Steele will do the Presentation on March 10th beginning at 6:30 and any change to that date I will relate to you. I have the Wellspring Pamphlets to hand out at our March 9th Regular Meeting.**

**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, March 24th 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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