



**CANADIAN  
PROSTATE**

**CANCER NETWORK**

**BRAMPTON CHAPTER**

Visit our Web Site:

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



## **Us TOO Brampton – May 2009 – Newsletter**

**Our Next General Meeting will be held on Tuesday, May 12th at 7:00 PM**

**"Radiotherapy for Prostate Cancer: Hypoxia, Hormones and Hope"**  
by: **Dr. M. Milosevic MD, FRCPC**

**Clinician Scientist, Radiation Medicine Program, Princess Margaret Hospital, Toronto**

**Dr. Milosevic has kindly accepted to fill in for Dr. Padraig Warde who is unfortunately unable to attend as originally scheduled. We welcome Dr. Milosevic and are indeed grateful for his acceptance.**

**Some of Dr. Milosevic's current research projects:**

- \* Hypoxia and IFP in cervix cancer**
- \* Biologic imaging of cervix and prostate cancer with dynamic CT and MRI**
- \* Inhibition of angiogenesis in cervix cancer**
- \* Hypoxia in prostate cancer**
- \* The effect of androgen ablation on prostate cancer hypoxia**
- \* IMRT for cervix cancer**
- \* Internal movement of the cervix and uterus during radiotherapy**
- \* Image-guided Brachytherapy for cervix cancer**
- \* Pelvic lymph node localization for radiotherapy using MRI and ultra-small particles of iron oxide (USPIO)**
- \* Spatio-temporal variability in the structure and function of human tumors**

**If you have any questions for Dr. Milosevic  
please email them 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.**

## Last Meeting – Tuesday, April 14th, 2009

**"Prostate Cancer and Oxygen: New targets and New Therapies" by Dr. Robert Bristow**

Dr. Bristow gave an excellent presentation to the 50 plus members and guests focusing on the latest research in Prostate Cancer. PSA test results and Gleason scores have long been the benchmark to determine whether patients require treatment and in turn which treatments may be appropriate. Still, there have always been areas of uncertainty in determining suitable treatments. Patients with low PSA & Gleason scores may not require any immediate treatment, but some do develop more aggressive forms of Prostate Cancer. Of those with similar PSA values and Gleason scores most respond well to Radiotherapy while a few do not.

What was needed was a new tool to determine which cancers may become aggressive and which may respond well to certain treatments and not to others. In an extensive histological study of prostate glands, donated by surgical patients, a pattern began to evolve that may help to explain the differences between aggressive and non-aggressive cancers and point the way to more effective individualized treatment.

What they found in those patients with more aggressive cancers were areas of the prostate gland that were Hypoxic ( Poorly Oxygenated ). The greater the area of hypoxic cells the greater the likelihood that the cancer would be aggressive and not respond well to Radiotherapy. This is due to the fact that Radiotherapy requires oxygen to be affective. In low oxygen environments cancer cells are far more likely to survive treatment. It was also found that Hypoxic cancer cells were more resistant to Chemotherapy treatments as well.

In studies that combined Hormone Therapy with Radiotherapy it was found that treatment results improved and this appears to be related to the fact that hormone therapy actually increases the oxygen levels of the prostate cells. Future studies and research will look at using this information to both target hypoxic cells within the prostate as well as further increase the oxygen levels in the prostate to limit growth and facilitate treatments.

For those of you that missed the session or would like even more information, we are pleased to offer the complete AUDIO recordings and SLIDE downloads of Dr. Robert Bristow's talk on our web-site: [www.ustoo-brampton.com](http://www.ustoo-brampton.com)

## 2009-2010 Guest Speakers And Events – See Website For Complete List

**Tuesday, May 12<sup>th</sup>, 2009 - Dr. M. Milosevic**  
Clinician Scientist, Radiation Medicine Program, Princess Margaret Hospital, Toronto  
Topic: Radiotherapy for Prostate Cancer: Hypoxia, Hormones and Hope

**Tuesday, June 9<sup>th</sup>, 2009 - Season's closing Pot Luck and Social with guests from WellSpring**  
\*Caring \* Information \* Food \* Fun \* Laughter \* Sharing and More !

**Tuesday, Sep 8<sup>th</sup>, 2009 - Dr. Michelle Flax and Dr. Stanley Flax will open our season with a round of not to be missed presentations!!**  
Topics: To be announced

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

## Financial Matters

It's at this time of year that we need to get focused as a group to help raise a little money to help with our awareness events. Our basic membership fees and door donations do little more than attempt to cover our rent, newsletter and printing expenses.

With the loss of our annual Theatre Night, the Golf Tournament and Crusin' For A Cure Canada events need all of our assistance to be successful. This year may prove even more challenging with a slow economy and corporate sponsors hard to come by.

Our annual Golf Tournament this year will be held on Monday, June 22<sup>nd</sup> at the Acton Golf Club. We have opted to keep the entry fee at \$85. for another year which is an excellent value. This includes your Green Fees, Power Cart and Barbeque Luncheon as well as a prize.

As usual we have an acute need for sponsors and small gifts for the event. We try to make sure that everyone goes home with a gift whenever possible. If you or your company could supply a small gift or gift certificate it would be warmly appreciated. If you golf, or know someone who does, invite them out to the event. We will hopefully have between 100 & 120 participants this year to make the event its usual success.

Also, if you or someone you know can help out, contact myself or Ron Clayton 905-584-2095, e-mail: [ronjudyclayton@yahoo.ca](mailto:ronjudyclayton@yahoo.ca)

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

## Relay for Life 2009, Brampton Fairgrounds, Friday, June 19<sup>th</sup>

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](mailto:jim.dorsey@ustoo-brampton.com)

### **3<sup>rd</sup> Annual Cruisin' for a Cure, Chinguacousy Park, September 13th**

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, Sept 13th.

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 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 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](mailto:jim.dorsey@ustoo-brampton.com)

## 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, May 27<sup>th</sup> - 7:00 PM, upstairs at Fortinos on Bovaird Drive just west of Chinquacousy 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 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 of address changes.

Gary Foote - Newsletter Editor

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