



Us TOO Brampton November 2009 Newsletter

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www.ustoo-brampton.com



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

"Prostate Cancer Treatment - From Focal Therapy to Combined Therapy"

By Dr. Charles Catton

Associate Professor, Department of Radiation Oncology, University of Toronto

Dr. Charles Catton has been on staff in the Department of Radiation Oncology at the Princess Margaret Hospital since 1989.

In his upcoming talk Dr. Charles Catton will provide us some of the latest information and research combining treatments for prostate cancer.

Amongst other insights, Dr. Catton's talk is expected to help us better understand the technology- its application and progress - and what is being done and what can be done today to improve the prognosis by combined therapy.

Dr. Charles Catton has a particular interest in the development of New Radiotherapy Techniques for prostate cancer. He last presented at our Jan 2008 meeting to an audience of around 65 members, including many guests, a very informative talk on Post-Operative Radiotherapy for Prostate Cancer.

Indeed some folks had made the effort to come from as far away as Brighton to listen. His upcoming talk will undoubtedly be of immense value to our group and indeed provide vital information for many members.

If you have any questions that you would like Dr. Catton to address during the meeting 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.

"Embracing Technology and the Timing Of Salvage Hormones"

Dr. Andrew Loblaw

**Staff Radiation Oncologist, Director of Radiation Oncology Research,
Sunnybrook Health Sciences Centre**

Dr. Loblaw was back by popular demand presenting a topic of great interest. His presentation contained an interesting mix of his passion for clinical research into various aspects of prostate cancer treatment and his love of exotic cars. With the aging population of the Baby Boomers entering their prime years for prostate cancer it's predicted that the diagnosis of the disease will go up substantially in the next few years. Combining PSA testing, the patient's age and family history should give doctors the tools needed to diagnose the disease early when treatment outcomes are generally excellent.

Dr. Loblaw indicated that the goal of the treatment centre at Sunnybrook is to reach the level of 99% treatment effectiveness with 1% or less serious side effects or as he put it: "Cure without Compromise". Dr. Loblaw reviewed the history of Radiotherapy and with the focus on how recent developments are helping to reach the goals that they have set. Newer technology has helped to deliver radiation therapy more accurately with the aid of CT Scans, MRI's and computer aided treatment plans. This approach increases effectiveness by killing more of the cancer cells while at the same time reducing damage to adjacent tissue reducing side effects.

Most recently, high dosage radiotherapy utilizing gold markers and computer aided treatment, known as the Calypso System, delivers full radiation treatment in five weekly sessions. This shows excellent promise to further increase effectiveness and reduce side effects. There are several ongoing studies to compare the long term effectiveness of this approach when compared to the more traditional 39 standard treatments over 8 weeks. The weekly interval of the new approach allows the body to more fully repair itself before the next treatment. This approach appears to provide excellent PSA control and relatively low rates of Erectile Dysfunction at the same time. Thus far reported side effects have been fairly minor as well.

Brachytherapy now offers the possibility of temporary high intensity seeds that are removed after treatment which can be an alternative to the existing permanent seed therapy used primarily for low risk patients. Brachytherapy and Radiotherapy are excellent post surgical options as well when it has been determined that the cancer appears to have migrated beyond the capsule of the prostate gland. In some cases Radiotherapy may also be suggested in the case of a reoccurrence or prostate cancer. This is usually done after CT Scans and Bone Scans have determined that the cancer has not spread much beyond the location of the prostate gland even if it has been surgically removed. Long term disease control improvements have been demonstrated when this follow-up therapy is provided.

In the second half of the presentation Dr. Loblaw discussed Hormone Treatment also known as Androgen Deprivation Therapy. This is generally used in the event prostate cancer reoccurs and does not respond to other treatment. It may also be part of a combined treatment regimen including follow up radiotherapy or even surgery in some cases. Depending on the initial treatment, be it surgical or radiation therapy, follow up PSA levels usually determine the point at which Hormone Therapy will begin. This therapy may take the form of continuous or stop and start therapies. Since hormone therapy comes with its own side effects and risks there is ongoing research trying to determine the optimum starting point

and timing method to determine the best mix of quality of life and disease control. One current study is trying to compare starting therapy immediately after noticing a PSA jump to that of holding off until a certain PSA level is reached. Results from that study and the comparison between the continuous and start and stop methodologies will come in around 2012 at which time we should have a much better idea as to the best approach to balance both the benefits and drawbacks of this common therapy.

Dr. Loblaw also noted that while hormone therapy is usually quite effective it does come with a number of side effects that can affect quality of life and should be considered. Hot flashes and reduced sex drive are common problems. Diabetes and Heart Disease may also be unwanted possible side effects. Other effects like reduced muscle mass, energy level and bone thinning can be offset by exercise, supplements and diet. Hormone therapy is also quite expensive costing up to \$5000. per year. In Ontario many patients may qualify for assistance through the Trillium Drug Plan in this case. The removal of the testicles is also an option with the primary benefit being reduced cost. In this case the potential benefits of a start and stop hormone approach on quality of life are lost as the effects are permanent however. Due to the side effects of hormone therapy Dr. Loblaw discourages the startup of hormone therapy unless indicated by a significant rise in PSA readings after primary treatment.

One question in the Q&A session involved ways to proactively work to prevent a reoccurrence of prostate cancer post treatment. Dr. Loblaw indicated that diet and lifestyle changes (eating well, getting enough sleep and exercise) could be significant. Some dietary choices and supplements, namely Vitamin D, Lycopene from Stewed Tomatoes, Resveratrol from Red Wine and Grape Juice and Capsaisin from Chili Peppers, may have beneficial effects as some research has indicated. More research should be done but it is difficult to obtain funding for studies even though the province could benefit significantly from reduced health care costs.

Around 45 members attended Dr. Loblaw's session. The audience included several newcomers, seeking information, a trend that has been on the rise in our recent meetings.

The talk was followed by a highly interactive question and answer session. First to be addressed were three questions received by email followed by many more from the audience. Member response and enthusiasm was so intense that the session extended well past our usual hours. Those who submitted the email questions and wish to review the responses can listen to the Audio Recordings (Q&A) of this session.

Audio and pictures of the events are available on our web-site: www.ustoo-brampton.com

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

Tuesday, November 10th, 2009 - Dr. Charles Catton,
Associate Professor, Department of Radiation Oncology, University of Toronto
Topic : “Prostate Cancer Treatment- from Focal Therapy to Combined Therapy”

Tuesday, 8 December 2009 - Year end Christmas Pot Luck Social and Lucky Draw.

Tuesday, 12 January 2010 - Dr. Woods - Maple Leaf HIFU clinic will present the latest information and updates on High Intensity Focused Ultrasound (HIFU) Treatment.

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

3rd Annual Cruisin' for a Cure Status Report

We are still analyzing the results of the blood tests administered on September 13. Stay tuned. One major problem encountered this year was that a number of men supplied invalid contact information for their doctors and results were not received from the lab. If you happen to know someone whose results have apparently gone astray, please have him leave me a voicemail at 905-453-3038 so we can follow up.

As well, we sold out of show and Bomber Gal T-shirts very quickly. A large number of people ordered and paid for T-shirts to be supplied later. I now have these additional shirts in my possession. If you happen to know somebody who is waiting for these shirts to arrive, please have him or her contact me to arrange pickup. I hope to arrange to deliver shirts on a Saturday at Oscar's Roadhouse later in November.

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

Awareness Thoughts or My Recent Travels

On September 28, my grandson Cody and I attended Debbie Baker's 10th Annual Cruisin' for a Cure in Costa Mesa, CA. This occasion was made especially poignant by the fact that Debbie's beloved Jim, the inspiration for the show, died in April, 2009 after a valiant and uncomplaining 15-year battle with PCa. This was my fourth CfaC and I intend to keep attending. Every year, 3,500 plus very special vehicles show up for this amazing event. If you are ever in the area the fourth Saturday of September, don't miss it!

See www.cruisinforacure.com for more information about this year's show and note that they tested a record 1,160 men between Friday night and Saturday night, using a spectacular mobile testing center operated by Project Zero:

http://www.zerocancer.org/site/PageNavigator/PRO_Drive_Against_Prostate_Cancer

On Friday, October 23, Sandi & I drove to Dover, OH, to meet John Henderson, the power behind Men Against Prostate Cancer, based in Canal Fulton, OH. Check out their website at <http://menagainstprostatecancer.com>

MAPC specializes in delivering free PSA tests to smaller communities, especially those with high unemployment rates. They use the same mobile testing centers used by Cruisin' for a Cure in Costa Mesa. MAPC is most active in Ohio, but they plan to move into other states as local volunteers and other resources are acquired.

They involve every social group and business in every community that they visit, starting with a breakfast meeting of all possible participants well in advance of the screening day. In Dover, the local Buehler's Market provided parking and an indoor registration area while local churches, the VFW and other service organizations used their members to spread the word and attract men for testing.

Volunteers from the local Red Cross and a paintball center (of all things) provided staff to distribute information and help with filling out paperwork on the day of the event. Sandi and I were amazed at the enthusiasm of all of the MAPC representatives and local volunteers and by the fact that they provided 320 free PSA blood tests.

There are some amazing things being done out there! If you've seen an event that inspired you, please share it with us. And if you feel moved to see similar events in our community, please step forward and propose it. We NEED your ideas and your energy - and you might amaze yourself!

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

Us Too! Brampton and the Santa Claus Parade

For the first time, we are entering a float in the parade. It starts at 5 p.m. on Saturday, November 21. See details at <http://www.bramptonbot.com/santa2/index.htm>
Our appearance will build on the awareness of our group and our efforts that has increased every year. We have a committee of volunteers working on the design and construction, led by our friend Bill Stellings of BramCity Transmission. Bill is providing his special events van to tow a hay wagon that will feature one of the trophy-winning hot rods from Cruisin' for a Cure.

The float will also feature illuminated Christmas trees, Christmas music and banners publicizing Us Too! and our Cruisin' for a Cure. Our friends Sean O'Neill, who has helped so much with Cruisin' for a Cure since its inception and Steve Hutton of Prostate Extreme Team have been instrumental in helping with our application and the design and construction of our float. We hope that you will be there to cheer us on.

We are in need of strings of white and pale blue Christmas lights. If you can lend us some, please label them clearly and bring them to the November 10 meeting OR leave a voicemail message at (905) 453-3038 to arrange for delivery or pickup. They will be returned to you after the parade.

Jim Dorsey, Tel.: (905) 453-3038, or e-mail: jim.dorsey@ustoo-brampton.com

Financial Matters

On Sunday, September 13th this year's edition of Cruisin' For A Cure Canada went off well in far better weather and with substantially improved attendance. The increased revenue was unfortunately directly offset by the cost of the 298 PSA tests that UsToo provided free of charge to the general public. This still remains an issue that the Ontario Government refuses to address but we will keep making the point for them until they do. Our thanks to Jim and Sandi Dorsey, for their Herculean efforts, and all the volunteers that helped with the event.

On the same day Gentleman's Choice held their annual Charity Golf Tournament in support of UsToo Brampton. Our thanks go out for their efforts and generous donation. Hopefully we can better co-ordinate our events next year. Our thanks to Morris Rambout for representing us at the Golf Tournament as well. You can rarely find him far from a golf course in either case.

I would also like to call on the general membership for volunteer callers. These callers are typically assigned about 10 members to contact once a month to invite them out to the meetings and events and to check on their wellbeing to see if we can be of help. If you can spare an hour or two a month to help out please contact:

Stewart Cornell – (905) 866-6918 scornellc543@rogers.com

Gary Foote, Financial Controller, 905-458-6650 or gary.foote@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, Nov 25th 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

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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