



**CANADIAN  
PROSTATE**

**CANCER NETWORK**

**BRAMPTON CHAPTER**

Visit our Web Site:

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



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

**Our Next General Meeting will be held on Tuesday, October 13th at 7:00 PM**

**"The Timing Of Hormones after Treatment Failure"**

**By Dr. Andrew Loblaw**

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

**Back by popular demand, Dr. Loblaw will present on a topic of great interest and one that we have been waiting for quite some time.**

**In his talk Dr. Andrew Loblaw will cover several topics of interest to our members:**

- 1. To understand the benefits, side effects, risks and Timing of Androgen deprivation therapy.**
- 2. To understand recent research findings in the treatment of localized prostate cancer with radiation**
- 3. To review new radiation treatments which implement the findings of #2**

**Members might recall that this topic was originally to have been presented by Dr. Loblaw in Feb. 2008 but unfortunately had to be cancelled due to a snow storm which had ground all of the GTA practically to a halt.**

**Well you finally have this 'not-to-be-missed' opportunity to hear Dr. Loblaw's presentation.**

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

**Parking as always is free.**

## Last Meeting – Tuesday, September 8th, 2009

"The Gale and Graham Wright Prostate Cancer Centre - North York General Hospital" and "An Open Forum on Prostate Cancer"

Dr. Michelle Flax & Dr. Stanley Flax

The Terry Miller hall was filled to near capacity with around 65 members, wives and guests attending as Dr. Michelle Flax & Dr. Stanley Flax opened our season with this first-of-its kind joint session. Both doctors have drawn record audiences at our previous meetings.

Dr. Stanley Flax's talk was on the "The Gale and Graham Wright Prostate Cancer Centre - North York General Hospital" but prior to really getting into it, he shared information on the new PSA test. Known as PCA3, this new test has been talked about in medical circles and in the news but this was the first time we received more information about it.

He explained that the PCA3 ( Prostate Cancer Antigen 3) is a Prostate Cancer Gene that is used to detect prostate cancer. The test relies on relating the ratio of the PCA 3 messenger RNA protein with the PSA protein and from this ratio determining the risk of prostate cancer.

The PCA3 test is not a blood test but a urine test with a urine sample being taken immediately following a prostatic massage (similar to a DRE) to release fluid into the urethra. The first 20 cc or so are analyzed looking for the DNA protein. Quoting some of the numbers that have been worked out statistically, ratios greater than 35 indicated a high risk of prostate cancer while below 35 meant low risk. Insufficient DNA implied the test was inconclusive.

The test provides another tool in the diagnosis of prostate cancer and could be used in many relevant ways. At the moment the test is not accepted or covered by OHIP but if it gets used and accepted widely it may hopefully become main stream.

He presented "The Gale and Graham Wright Prostate Cancer Centre" that has now been operational for over 2 years and currently sees about 2500 patients a year.

Dr. Flax walked the audience through a 'virtual' tour of the dedicated facility as he talked about its inception, background, staff, the referral process, and the patient resources available. He also discussed the Center's workings and operations, Doctors and hospital affiliations.

Citing the traditional hurdle of 'delay' in getting treatment, he explained how patients had benefited as result of this dedicated facility where services were integrated efficiently under one roof. For example Biopsy facilities were available on site and results could be obtained expediently. This eliminated patient wait time, significantly speeding up the process from 'referral' to 'diagnosis' and 'treatment'. Thus the main push behind the center has been to give priority to Cancer patients which he felt was a major step forward. Future directions lay in customized treatment options and on prevention.

Dr. Michelle Flax followed up with her talk discussing the Emotional and Psychological impacts of the diagnosis of Prostate Cancer. She praised the Chapter's work in providing the needed support, describing what we were doing as really 'Phenomenal' and making a difference where it mattered most. She talked about the many types of stresses a diagnosis of cancer can bring - the uncertainties, the sense of frailty and vulnerability, the anger and the

depression. She spoke on aspects of spousal and family support and touched upon many of the coping strategies to prevent falling into a negative cycle. Michelle has offered to recommend us to many programs designed to help members, spouses and families cope with this chronic stress. In her closing remarks she encouraged living in the present and advised the use all of the resources available to live as fully as possible.

Dr. Michelle Flax would really like to hear from members spouses and understand their perspective and feelings about the impacts of prostate cancer on their marriage and lives. There has been a gap in this area and spouses feedback can help build better programs to serve their needs better. Many of you have asked for her email address and here it is: [michelleflax@rogers.com](mailto:michelleflax@rogers.com)

Following the talks there was "Open Forum" to answer medical and psychological questions about prostate cancer with the doctors participating as a 'panel' and addressing audience queries from both a medical and emotional perspective.

In concluding the evening Jim Dorsey made announcements regarding the upcoming 'Cruisin' For A Cure Canada' event scheduled Sep 13. He elaborated on many of the improvements, added features and attractions of the show that would make it much more enjoyable, on a bigger scale than before and appealing to a wider age group.

#### About Dr. Stanley Flax:

Dr. Stanley Flax is a long standing member favorite and a strong supporter of Us-Too! Brampton. He has lectured worldwide and is a renowned leader in technology with special interests in minimally invasive surgery, practicing both adult and pediatric urology.

#### About Dr. Michelle Flax

Dr. Michelle Flax is a Clinical Psychologist in Private practice in Toronto for the past 22 years. She Teaches at the Toronto Institute of Contemporary Psychoanalysis. Her Major area of interest is in relationships of significance; writing and speaking about the relationship between patient and therapist. She is focused jointly with Dr. Stanley Flax on a program she has created to help those diagnosed with prostate cancer.

Audio and pictures of the events are available 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, 13 October 2009 - Dr. Andrew Loblaw  
Topic: "Timing of Hormones after Treatment Failure"

Tuesday, 10 November 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.

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

### 3rd Annual Cruisin' for a Cure Status Report

On Sunday, September 13, at least 280 beautiful vehicles showed up for an entertaining day in the sunshine.

298 men took advantage of the free PSA tests. We will advise you of the results when they become available. We would expect that some 8% to 15% of these men will be advised to seek further diagnosis.

Our thanks to all of the volunteers who turned up on the day of the event to help out. Next year we will be much better organized; every year we get better and better.

Our thanks also to our many partners and sponsors, especially Wellspring Chinguacousy, BramCity Transmission and Oscar's Roadhouse. We have some big plans for working more closely next year, possibly staging a "Weekend to end Prostate Cancer".

Two days after the event, Sandi & I headed to California to sit with one of our granddaughters while her parents went to Hawaii - without us. This week we are vacationing "down the shore" in New Jersey, enjoying the quiet.

See you all at the Monthly Meeting on the 13th.

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)

### Financial Matters

UsToo was involved in several awareness events in September. On Sunday, September 13<sup>th</sup> 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 Sandy Dorsey, for their usual Herculean efforts, and all the volunteers coming out and making the event its usual success.

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](mailto:scornellc543@rogers.com)

Gary Foote, Financial Controller, 905-458-6650 or [gary.foote@ustoo-brampton.com](mailto: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, Oct 28th 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 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**

**E-Mail: [gary.foote@ustoo-brampton.com](mailto:gary.foote@ustoo-brampton.com)**

**Telephone: (905) 458-6650**

**Alternate: [visact@rogers.com](mailto:visact@rogers.com)**