



October, 2017

Volume 17 Issue 08

INSIDE THIS ISSUE

- 1 PCCN-Brampton News
- 2 Next General Meeting
- 2 Prostate Cancer Canada Expert Angle Webinars
- 3 Last General Meeting
- 4 Upcoming Meetings / Events
- 5 Cruisin' for a Cure
- 7 Robotic Surgery – To Pay or Not to Pay?
- 8 Recently Diagnosed?

This newsletter is made possible by an unrestricted educational grant from Janssen, Inc.

**CHECK OUT OUR
AWARENESS
ACTIVITIES AND
CONSIDER
VOLUNTEERING**

PCCN Brampton

www.pccnbrampton.ca
info@pccnbrampton.ca

Phone No: 905-458-6650

Fax No: 905-840-9474

1

PCCN Brampton News

As expected, September, which is Prostate Cancer Awareness Month worldwide, was an interesting month.

To start with, many municipalities across Canada issued proclamations designating September as Prostate Cancer Awareness Month. Sadly, we did not have the resources available to add Brampton to the list.

Check out the map showing where it did happen and the list of September events at <http://www.prostatecancer.ca/Get-Involved/Events/Prostate-Cancer-Awareness-Month> for more information.

Sadly, **Rocco Rossi** resigned in September, casting a bit of a pall over the month's festivities.

The eleventh edition of **Cruisin' for a Cure Canada (CfaCC)**, our unique one-day car, truck & motorcycle show, took place on Sunday, September 10. It was our best CfaCC ever; we set records for vehicles and spectators in attendance and for free PSA tests provided. As he has since he joined PCC, Rocco handed out the awards at the end of the day.

On September 15 and 16, **Prostate Cancer Canada Network Ottawa** sponsored an interesting conference at the Ottawa Convention and Event Centre. The theme was "**Prostate Cancer – Discover the Future**" and the future for diagnosis, treatment and support looks very bright indeed.

In addition to the expected sessions on robotic surgery, clinical trials, imaging and medical oncology, there were presentations on the psycho-social aspects of cancer treatment, naturopathy and mind-body medicine. I found myself wishing that my diagnosis had come now rather than in 1999. There are so many more resources available to newly diagnosed men and their families now!

It behooves us to try to stay abreast of current developments that might some day help our friends, relatives and coworkers.

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com

Next General Meeting, Tuesday, October 10th, 2017 – 7:00pm



Dr. Joelle Helou, MD, MSc, who is a Radiation Oncologist at Princess Margaret Cancer Centre and an Assistant Professor in the Department of Radiation Oncology at the University of Toronto has kindly agreed to stand in for **Andrew Loblaw** this month.

Dr. Helou will cover “**Quality of life following prostate cancer radiotherapy in the era of new radiation techniques**”.

She plans to compare a man’s quality of life after

- brachytherapy
- SBRT (stereotactic body radiotherapy) and
- a combination of brachytherapy and SBRT.

Dr. Helou will deal with techniques that are offered either as current standard or as part of clinical trials. Many technical developments that seem promising have occurred since most of us underwent our radiation treatments. It will be interesting to catch up on these changes.

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone 905-458-6650.

We look forward to seeing you at **Norton Place Park Community Centre**, 170 Clark Boulevard, Brampton, ON L6T 4G6. The building is located north of Clark, east of West Drive and west of Dixie Road. (**GPS coordinates 43°42'27.5"N 79°43'39.5"W**)

Parking is plentiful, well lit and free - and there are **no stairs** to be navigated.

Prostate Cancer Canada Expert Angle Webinars

The ongoing series of Expert Angle Webinars continues.

Future webinars are described at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>.

Recordings of past Expert Angle Webinars can be accessed at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Past-Presentations> where they are arranged by category: **Basics of Prostate Cancer, Health and Wellness, Testing and Diagnosis** and **Treatment and Side Effects**.

If you subscribe to the monthly e-newsletter on the “**Tune In**” page, you will be advised of future Expert Angle Webinars well ahead of time.


Last General Meeting, Tuesday, September 12th, 2017

Maureen Rowlands, the **Director of Support Services** at Prostate Cancer Canada, provided an updated overview of the health promotion and survivorship information and services provided through PCC.

Maureen's presentation focussed on the TrueNTH ("True North") Programs awarded by Prostate Cancer Canada and funded by the Movember Foundation. The relevant website is <https://truenth.ca/> and it is well worth exploring. Some of these programs will make many of us wish that they had been available when we were initially diagnosed. We can certainly recommend these resources to newly diagnosed men:

Our TrueNTH Programs


In Canada, TrueNTH is a network of healthcare professionals, researchers and patient representatives supported by Prostate Cancer Canada. Working together, the network's goal is to improve the quality of life of men with prostate cancer and their families.



Lifestyle Management

Provides men with prostate cancer the ability to enhance health and wellness through access to local and online physical activity, healthy eating and mindfulness programs and resources.


Visit



CALM

A training program for healthcare providers to help them understand and promote psychological well-being while caring for patients with advanced prostate cancer and their caregivers.


Visit



eLIFT

An electronic library to help men understand and manage the urinary and bowel side effects that may occur after receiving localized prostate cancer treatment.


Visit



Peer Navigation

The program matches prostate cancer patients and their partners or caregivers with a prostate cancer survivor who is trained to guide them through their care journey. It is accessible in-person, online or by phone.

Visit



SHAReClinic

The SHAReClinic provides patients and couples with personalized guidance and support in coping with sexual problems after prostate cancer treatment.

Visit



Upcoming PCCN Brampton Meetings / Events:

Tuesday, October 10th, 2017, 7 p.m. to 9 p.m.

Dr. Joelle Helou, Princess Margaret Cancer Centre

“Quality of life following prostate cancer radiotherapy in the era of new radiation techniques”

Tuesday, November 14th, 2017, 7 p.m. to 9 p.m.

Dr. David Palma, Radiation Oncologist & Researcher at London Health Sciences Centre, “Taking Charge of Cancer”.

Tuesday, December 12th, 2017

Annual Christmas Dinner and Social Evening.

Tuesday, January 9th, 2018

Annual General Meeting.

Tuesday, February 13th, 2018

Sharing Meeting.

NOTE: As always, we are actively searching for ways to get more members involved in meetings as we have come to believe that “preaching to the converted” is pointless.

Please, please, PLEASE share your interests and suggestions with us!

Speaker suggestions from members are always welcomed; please watch our website for complete meeting agendas and updated speaker profiles!

Jim Dorsey, Acting Speaker Coordinator:

(905) 453-3038 or Email: jfdorsey@yahoo.com

Please Note: From time to time we may have to reschedule a speaker due to unforeseen circumstances.

We will always provide as much notice as possible when a speaker must reschedule.

The End of an Era – Rocco Rossi has Resigned

We are sad to report that **Rocco Rossi**, President and CEO of Prostate Cancer Canada, has resigned effective December 31, 2017. He will become the President of the Ontario Chamber of Commerce. We wish him well and we will miss him greatly.

Rocco has probably done more to increase public awareness of prostate cancer in Canada than anybody else that we could name, and we will forever thank him for that.

11th Annual Cruisin' for a Cure Canada, September 10, 2017

On a gorgeous Sunday, more than 625 cars, trucks and motorcycles gathered at the Powerade Centre in Brampton in support of prostate cancer awareness. Spectators were estimated at 3,000 or more men, women and children. There was so much going on and there are so many people to thank that we can only hit a few highlights here.



Members of the amazing “**Team Blue**” spent Saturday night at the Powerade Centre, setting up for Sunday and were the last to leave on Sunday afternoon. Left to right, **Matt Sloski**, **Steve Hutton**, **Melissa Newton** and **Matt Porter** were invaluable as always. The legendary **David Smith**, our volunteer extraordinaire was absent as usual from the photo as he never stands still long enough to be photographed.

Paul Henshall once again served as Vendor Coordinator with his usual aplomb.

Paul Henshall once again served as Vendor



When the gates opened at 7:30, show cars were met by volunteers from the **Over ‘N’ Under Car Club**, the co-presenters of CfaCC. To the left, **Les Price**, the incoming President of the Club, stops a Pontiac GTO for a photo.

Vice President **Jim McGowan** headed up the parking crew AND donated 200 bottles of washer fluid to the first vehicles to enter the lot. Thank you, Jim!



For the fifth year, the Over ‘N’ Under Car Club operated the popular U Choose Raffle, which this year raised \$6,000, which will be included in our annual donation to Prostate Cancer Canada. These folks, led by Treasurer **Neila Boniface**, rounded up 180+ items to be raffled at Cruisin’ for a Cure, bringing their total up to nearly \$19,000. We can never thank them enough for their continuing support!

11th Annual Cruisin' for a Cure Canada, September 10, 2017

The opening ceremonies at 11 included the **Colour Party of The Royal Canadian Legion, Major William Dwight Sharpe Branch 15** of Brampton. **Miss Gillian Henshall**, Paul's daughter, in the red top in the photo below, sang the American and Canadian national anthems, a capella.



Dr. Andrew Loblaw (beside Gillian) brought a message of hope from Sunnybrook Health Sciences Centre. To our delight, Andrew was able to spend most of the day with us, consulting with a number of men and their supporters.

Craig Redick, a good friend of the late, much lamented **Percy Bedard**, updated us on **Percy's Story**, stressing hope and of the power of love. Craig is the young man in blue at the mike in the centre of the photo.

Brampton's **Rock 'N' Ray Michaels**, the bearded gentleman under the canopy, played classic "cruisin' music" all day. Phil Nedham's Top Dragster, **Mighty Mouse** was present as usual.



Left: Kids of all ages were kept entertained by members of the 501st Legion, "bad guys doing good" throughout the day.

Centre: Spectators enjoyed the sights and sounds throughout the day.

Right: Great news for **Mike Loughnan** and the rest of the Cruisin' for a Cure Committee – **Tilly Netherton** came back to help with the Blood Clinic. Shown here with volunteers **Kellie Paquette** and **Sandra Rambout**.

Our 12th Annual Cruisin' for a Cure Canada is scheduled for Sunday, September 9, 2018. Please consider getting involved in our flagship event next year!

[Robotic Surgery – To Pay or Not to Pay?](#)

Glen Tolhurst, who is a member of both PCCN Brampton and **PCCN Toronto**, as well as the founder of **PCCN Waterloo-Wellington**, brought this issue to our attention recently.

Most of our members will be aware of robotic surgery, often simply referred to as the da Vinci surgical system. In the U.S., nine out of every ten prostatectomies are now performed with aid of a robotic surgery machine, da Vinci being the most common.

Benefits often cited include less blood loss, less pain, less time in hospital, more precise cutting, shorter recovery times and quicker return to work. Wear and tear on surgeons and longer productive careers for top practitioners are also mentioned frequently.

The Ontario Health Technology Advisory Committee (OHTAC) recently advised that robotic surgery should NOT be funded by OHIP as “*there was no good evidence that robot-assisted radical prostatectomy is any better than conventional open surgery when it comes to controlling cancer or preserving urinary and sexual function.*” (The Globe and Mail, August 7, 2017.)

As with the recent misguided rejection of the PSA test for prostate cancer testing, the uproar started immediately. In fact, five members of the panel of experts that advised OHTAC, disagreed so strongly with its conclusion that they asked their names be removed from the final recommendation.

Glen is working with leaders of other chapters and with individuals to create a ground swell of public opinion to reject the recommendation. He asks that we write to the Minister of Health and to our local MPP’s to that effect. Glen can be reached at glen46nor@gmail.com.

Article references provided by Glen:

The Globe & Mail, August 7, 2017 – “[The Fight Over Robots in The Operating Room.](#)”

The Hamilton Spectator, August 10, 2017 – “[Stunning Blow to Robotic Surgery...](#)”

The Hamilton Spectator, September 26, 2017 – “[Ontario Patients Fight...](#)”



[Recently Diagnosed? – Contact PCCN-Brampton](#)

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you at a convenient time and place. Alternatively, come early to one of our Monthly General Meetings and on arrival, inform the front desk that you are a first-time attendee. One of our peer counsellors will welcome you and listen to your concerns. Our **Monthly General Meetings** are held at 7:00 PM on the **SECOND TUESDAY** of each month except July & August at the **Norton Place Park Community Centre**.

Steering Committee Meetings are held two weeks plus two days later, on the **FOURTH THURSDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, please phone for location.

Family members, friends & supporters are always welcome at any of our Meetings!

[Jim Dorsey:](#) (905) 453-3038

[PCCN Brampton Voice Mail:](#) (905) 458-6650

Note that we accept phone calls throughout the year.

If no one is available to take your call, PLEASE leave a voice mail and we will return your call as soon as possible.

[Regular “Snail Mail” Costs Money – Please Consider Email](#)

Regular printing and mailing now costs us well over a dollar per person per month.

Anyone who would prefer to receive this newsletter via e-mail should contact:
Gary Foote, 905-458-6650, E-Mail: visact@rogers.com

If you already receive your newsletter via regular mail or e-mail, please be sure to notify us of any address changes so we can continue to get it out to you.

Our newsletters are also available online at <http://pccnbrampton.ca/bram-o-gram>