



**November, 2017**  
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**CHECK OUT OUR AWARENESS ACTIVITIES AND CONSIDER VOLUNTEERING**

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**PCCN Brampton News**

October was a “catch your breath” month after a full summer of promoting **Cruisin’ for a Cure** and a busy September, including holding our record-setting 11<sup>th</sup> Annual Cruisin’ for a Cure and taking part in other events as part of “**Prostate Cancer Awareness Month.**”

Our beloved member and friend **Denis Paris** continues to suffer through a number of illnesses. Our thoughts and prayers are with Denis, wife **Jean**, daughter **Carol**, grand-daughter **Christina** and all of their extended family who have so graciously volunteered at so many of our activities over the years.

**Paul Henshall** left us in the middle of October, bound for his usual Fall trip to S.E. Asia, returning in early December. His energy, calmness and wisdom are missed.

Paul is again the Captain of the PCCN Brampton [Movember](#) Team. The theme for the **Movember Foundation’s** tenth year in Canada is “Stop Men Dying Too Young.” [Click Here to support Paul](#), or [Click Here to support the PCCN Brampton Team](#).

We recently became aware of the fact that some PCCN Brampton members who would otherwise attend our meetings cannot find our new location, **Norton Place Park Community Centre**. We will attempt to address that issue below.

Our October speaker, **Dr. Joelle Helou**, brought us information on the latest trends in radiation therapy and answered many questions from the audience. We were honoured by the presence of two couples from **PCCN Oakville-Mississauga**.

Our November 14 meeting features **Dr. David Palma**, a London oncologist and researcher who has written a book that teaches us how to get the best possible cancer care. A friend’s recent diagnosis put Dr. Palma on the other side of the desk for the first time and he then brought his expertise as a physician and his new perspective as a caregiver to bear on the issues that we all face when dealing with a diagnosis of cancer.

**Jim Dorsey – Acting Editor - E-Mail: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**

**Next General Meeting, Tuesday, November 14<sup>th</sup>, 2017 – 7:00pm**

**Dr. David Palma, “Five Steps Toward Getting Top-Notch Treatment for Prostate Cancer.”**



Dr. Palma is a radiation oncologist and cancer researcher at the **London Health Sciences Centre** and the author of the bestselling book [Taking Charge of Cancer: What You Need to Know to Get the Best Treatment](#).

The book was inspired by his best friend’s diagnosis of colon cancer. All proceeds from the sale of the book go to London Health Sciences Centre for cancer research.

Dr. Palma also runs the interesting patient website [www.qualitycancertreatment.com](http://www.qualitycancertreatment.com). The home page lists a number of interesting topics that are

commonly encountered in our travels, including:

- Naturopathic Cancer Care: Is It Safe, and Does It Work?
- Who Can Help Me Find Information About Cancer?
- Cancer Conspiracy Theories Are Bogus and Harmful to Patients.
- Have We Made Progress in the Fight Against Cancer?

In this talk, Dr. Palma will discuss the importance of obtaining high-quality cancer care and provide practical steps that patients with prostate cancer can take to ensure that they are getting good care, before, during, and after treatment.

Forward your questions or suggestions to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or call 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.

## **”Where on Earth is Norton Place Park Community Centre...**

**...and why are we meeting there anyway?”** seem to be the questions uppermost in many of our members’ minds.

Long-time members like your acting Editor mourn the loss of our initial location at the old **Peel Memorial Hospital** where we met in the basement Auditorium and had a second room that housed our library and New Member meetings. We were also allowed to visit with patients in the hospital before and after their prostatectomies. The SARS outbreak in 2003 (!) resulted in us being evicted from PMH and we were never allowed back.

We then moved to the **Terry Miller Recreation Centre**, which featured a huge room with a kitchen and ample storage. On the Con side, we had to compete with sports teams for parking spaces in a dark parking lot and the elevator to the upper level was occasionally out of service. We were evicted from that location in 2016, by which time a large room was not really necessary due to declining membership numbers.

We then moved to **Norton Place Park Community Centre**. It seemed ideal, featuring a bright room with a capacity of 40+, locked storage space and well-lit ground-level parking with no competition for spaces. Sadly, signage was lacking and of course, changes are not always welcome in any event. Attendance has never gotten back to Terry Miller levels.

This week, possibly coincidentally but also possibly due to **Karl Leutner** contacting **Brampton City Councilor Jeff Bowman**, decent signage was installed on Clark Boulevard.

**Coming from the west on Clark**, pass the Esso at West Dr. on your right, then a small retail plaza and the Brampton Transit Clark Facility at 185 Clark Boulevard, also on your right. Turn into the driveway on your left, opposite the Brampton Transit sign.

**Coming from the east on Clark**, cross Dixie Rd., then Lisa St. Pass the last high-rise apartment building, 188 Clark Bld., on your right. Turn into the driveway on your right.



## *"Where on Earth is Norton Place Park Community Centre..."*

Proceed up the driveway and bear left at the first opportunity as shown in the very crude map below and pick your parking space from the many available.

Et voila, you have found 170 Clark Boulevard, despite the City of Brampton's best efforts to keep it a secret!



If you get a chance, check it out in daylight as it is much easier to find.



## **Last General Meeting, Tuesday, October 10<sup>th</sup>, 2017**

**Dr. Joelle Helou, MD, MSc**, a Radiation Oncologist at **Princess Margaret Cancer Centre** and an Assistant Professor in the Department of Radiation Oncology at the **University of Toronto**, provided us with a good look at available radiation treatment strategies and ongoing efforts to improve patient outcomes.

One of Dr. Helou's primary fields of study is the "Quality of Life after Radiation Treatment" with a focus on new modalities related to the treatment of Prostate Cancer. Different levels of prostate cancer currently dictate radiation treatment strategies. Going forward, doctors are also starting to weigh Quality of Life (QoL) more when determining the best treatment for a patient.

As is the case with most radiation therapies, urinary incontinence, sexual dysfunction and bowel irritation are the most common side effects. Dr. Helou has been studying the effectiveness and the varying levels of side effects with different radiation therapies. These include Brachytherapy, both low and high dose, as well as standard beam radiation therapy vs higher dosage SABR treatments and combinations of both therapies.

With higher dosage radiation treatments overall treatment failure rates are reduced but there can be higher levels of urinary and bowel toxicity. While Brachytherapy is an invasive treatment, SABR is non-invasive and only requires 5 treatments as opposed to the conventional 20 treatments. Seed Brachytherapy is primarily used for low risk patients while high dose Brachytherapy that uses removable seeds can be used for higher risk patients and as a boost to conventional therapy and this appears to reduce cancer recurrence but more years of study are required for this to be conclusive. Other studies are examining combinations of Low Dose Radiation and Brachytherapy vs High Dose Radiation and Brachytherapy as well as High Dose Brachytherapy as the one and only treatment. High Dose Brachytherapy has shown good results within the first year with lower side effects thus far.

When compared to the radical prostatectomy, radiation therapies often offer better urinary incontinence and sexual dysfunction results; however, urinary and bowel irritation tend to be worse. A newer therapy known as Multiparametric MRI uses MRI guidance to deliver intense dosages of radiation targeted at the tumours themselves while reducing the radiation delivered to healthy tissue. Hopefully this will further reduce treatment failure rates and primary side effects, but like all new treatment strategies it will require years of study to determine which option is best for the patient in the long term.

During the question and answer period Dr. Helou answered a number of questions, including revealing that General Anaesthesia is often used during Brachytherapy because patients who have been "frozen" from the waist down can still move slightly and this can affect treatment.

- **Gary Foote.**



### Upcoming PCCN Brampton Meetings / Events:

Tuesday, November 14<sup>th</sup>, 2017, 7 p.m. to 9 p.m.  
Dr. David Palma, Radiation Oncologist & Researcher at London Health Sciences Centre, "Five Steps Toward Getting Top-Notch Treatment for Prostate Cancer".

Tuesday, December 12<sup>th</sup>, 2017  
Annual Christmas Dinner and Social Evening.

Tuesday, January 9<sup>th</sup>, 2018  
Annual General Meeting.

Tuesday, February 13<sup>th</sup>, 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](mailto: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.***

### 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.



**12<sup>th</sup> Annual Cruisin' for a Cure Canada, September 9, 2018**

As usual, planning started for next year's Cruisin' even before this year's event started! We are pleased to announce that the Over 'N' Under Car Club have once again agreed to run the event parking and the incredibly successful U Choose Raffle, which raised \$6,000 for the cause this year. Our thanks to all the club members and to the incoming Executive – President **Jim McGowan**, Vice President **Elio Caringi**, Treasurer **Neila Boniface** and Web Manager **Les Price**. We are all looking forward to another successful year.

We must also thank our **Principal Sponsors, Janssen Inc. and Planet Ford** as well as all of our **community partners** - the sponsors and vendors who helped make this year so successful:

- |                                      |                                      |                                      |
|--------------------------------------|--------------------------------------|--------------------------------------|
| <i>501<sup>st</sup> Legion</i>       | <i>Abrams Towing</i>                 | <i>Autoglym</i>                      |
| <i>Bloodstone Airwerx</i>            | <i>BramCity Transmission</i>         | <i>Brampton Beast Hockey Club</i>    |
| <i>Brampton Chrysler Dodge Jeep</i>  | <i>Brampton Fire &amp; Emergency</i> | <i>Brampton Flight Centre</i>        |
| <i>CAA Brampton</i>                  | <i>Canadian Cruiser App</i>          | <i>CCV Insurance &amp; Financial</i> |
| <i>Champagne Catering</i>            | <i>City of Brampton</i>              | <i>Courtyard by Marriott</i>         |
| <i>Custom Car Posters</i>            | <i>D Day Wear</i>                    | <i>Digital Moments Photography</i>   |
| <i>Diva Riding Society of Canada</i> | <i>Dr. Detail</i>                    | <i>Dr. Wayne S. Karp</i>             |
| <i>Dynacare-Gamma Laboratory</i>     | <i>Eikonic House of Barbers</i>      | <i>emzone</i>                        |
| <i>Fortino's 10 &amp; Bovaird</i>    | <i>Fortino's Mountainash</i>         | <i>Genesis Brampton</i>              |
| <i>Golden Horseshoe Mustangs</i>     | <i>Green 4U</i>                      | <i>Hagerty Insurance Agency</i>      |
| <i>Home Hardware Stores Limited</i>  | <i>HSL Rallysport</i>                | <i>Hugger Covers Inc.</i>            |
| <i>In &amp; Out Car Wash</i>         | <i>Inside Track Publications</i>     | <i>J &amp; W Alignment</i>           |
| <i>JohnVince Foods</i>               | <i>JST Printing</i>                  | <i>MAN UP Buffalo</i>                |
| <i>Medieval Times</i>                | <i>Meguiar's Canada</i>              | <i>Metro, Trinity Common</i>         |
| <i>Motorama Custom Car Show</i>      | <i>Moxie's Classic Grill</i>         | <i>Muro North America</i>            |
| <i>Nisim International</i>           | <i>Northern Performance</i>          | <i>Ontario PT Cruisers</i>           |
| <i>Ontario Street Outlaws</i>        | <i>Oscar's Roadhouse</i>             | <i>Over n' Under Car Club</i>        |
| <i>PartSource 756</i>                | <i>Percy's Story</i>                 | <i>Phoenix Custom Auto Body</i>      |
| <i>Plate Maker</i>                   | <i>Prostate Cancer Canada</i>        | <i>Prostate Extreme Team</i>         |
| <i>Rebel Legion</i>                  | <i>Reliable Mechanical Services</i>  | <i>RestorFX</i>                      |
| <i>Rick Guglietti</i>                | <i>Rico's Ice Cream</i>              | <i>Rock N Ray Michaels</i>           |
| <i>Sam's Toys</i>                    | <i>Senior Moments Motorsport</i>     | <i>Shoppers Home Health Care</i>     |
| <i>Smurfs Towing</i>                 | <i>St. John Ambulance</i>            | <i>Starbucks BCC</i>                 |
| <i>North Brampton License Office</i> | <i>Wellspring Chinguacousy</i>       |                                      |

Hopefully all of these parties will be on board again for next year!



**[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](mailto: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>