



**February, 2019**  
**Volume 19 Issue 2**

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**Please Consider Volunteering**

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**PCCN Brampton News**

Due to the terrible weather, only eight of the hardiest of our members came out on Tuesday, **January 8th** for the **Stop / Start / Continue Meeting**. Some good ideas were presented but our perennial lack of volunteers must be faced.

On Tuesday, **February 12<sup>th</sup>**, we will again hold a **Sharing Meeting** where all are welcome to share their experiences and discuss current concerns. These meetings always seem to result in some useful discussions and often a newer member remarks upon how valuable the experience has been.

Our March meeting will feature **Polin Hung** from **St. John Ambulance Education and Outreach**. **Paul Henshall** and I met Polin at a health fair several years ago and through her we have booked St. John's services for the past two Cruisin' for a Cure shows. The April speaker and topic will be announced soon. **Dr. Andrew Loblaw** will join us for the May meeting.

The **Rock the Road Raffle's** gorgeous Acura NSX sports car donated by the **Trillium Auto Dealers Association** will be awarded to some lucky individual on February 22<sup>nd</sup> at the Toronto International Auto Show at the Metro Toronto Convention Centre. Tickets are still available as shown on Page 5.

On January 21<sup>st</sup>, Prostate Cancer Canada announced its new recommendations on **PSA blood testing**. PCC is endorsing the recommendations of the Canadian Urological Association (CUA) on PSA testing. Further information on Pages 6 & 7.

To repeat, **Prostate Cancer Canada Network Brampton** started life in September 1994 as the **Us TOO Brampton Prostate Cancer Support Group**. To mark our twenty-fifth year of operation, we will be coming up with ways to celebrate this landmark in conjunction with Prostate Cancer Canada's 25<sup>th</sup> Anniversary. Your suggestions for speakers and past members that might be appropriate to invite and/or recognize would be most welcome.

**Jim Dorsey – Acting Newsletter Editor**

**E-Mail: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**

### **Next General Meeting, Tuesday, February 12<sup>th</sup>, 2019 – 7:00pm**

This will be our annual **Sharing Meeting** and it will be facilitated by **Paul Henshall**. All in attendance will have the chance to share their own current status and to find out how other members are doing.

These meetings are always very informative and give us the opportunity to support our fellow members and to be supported in our turn. Please consider coming out and sharing your experience and concerns with the group.



You can forward your questions or suggestions to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or telephone **905-458-6650**.

We look forward to seeing you at **Wellspring Chinguacousy Cancer Support Centre**, 5 Inspiration Way, Brampton, ON L6R 0L7. The building is located west of Torbram Road and south of Father Tobin Drive.

Parking is well lit and free - and there is **an elevator!**



### **Last General Meeting, Tuesday, January 8<sup>th</sup>, 2019**

**Paul Henshall** led the eight members brave enough to come out on a dark and stormy night through the **Stop / Start / Continue** exercise. The major thrust of the meeting became "**How to use our activities to advertise our presence and grow our participation**". Some areas covered:

We should be getting our message into doctors' offices through the TV sets that many offices use to display public service announcements and advertisements. Apparently, the programming originates with Rogers. Therefore, we need to establish a connection with the branch of Rogers that creates that streaming service to the offices. **[Editor's note: This is in the works. If anybody happens to notice a contact on a TV in their doctor's office, please pass it on to us.]**

**Mike Loughnan** reported that there are clusters of urologists in buildings away from the hospital where the cost of office space is more reasonable. For instance, there are 9-10 urologists in a building in the plaza at Chrysler and Williams Parkway. There will always be an office manager of some type who should be approached to establish our presence and to get literature into the waiting area.

We need to advertise our meetings on the handouts we give men at the blood clinic in simple wording. Similarly, we need to do so at any venues where we have a presence such as the **Rogers Health Fair** or our **Golf Tournament**. Perhaps a 2'X3' vinyl cut board? Similarly, a simple message on a sticker on the pamphlets at Wellspring is needed. **[Editor's note: Every PCC or PCCN brochure that we distribute carries our contact information. If YOU run across any without current meeting location and phone numbers, please advise.]**

Everybody should have a supply of PCCN Brampton business cards detailing our meeting location and times to hand out to individuals and health providers when the opportunity arises.

Our website needs to be refreshed or recreated. Spending some money to get someone to do it might be necessary as our internal resources are very limited. PCCN Oakville / Mississauga uses a lady in Milton to maintain their website.

**[Editor's note: As we have been mentioning for years, we are in desperate need of volunteers. Man or woman, young or old, if you are dedicated to the cause of prostate cancer awareness, PLEASE step up and give us a hand. We will find the answers together.]**



## PCCN Brampton Bram-O-Gram

### Upcoming PCCN Brampton Meetings / Events:

Tuesday, February 12th, 2019  
Annual Sharing Meeting.

Family Day Weekend, Friday, February 15th to Monday, February 18th, 2019  
Prostate Extreme Team 14th Annual Sled Ride of Hope  
Gravenhurst, ON, [http://www.prostateextremeteam.com/2019\\_ont\\_sled.html](http://www.prostateextremeteam.com/2019_ont_sled.html)

Friday, March 8th to Sunday, March 10th, 2019  
PCCN Brampton booth at Motorama Custom Car & Motorsports Expo  
International Centre, <http://www.motoramashow.com/>

Tuesday, March 12<sup>th</sup>  
Polin Hung, St. John Ambulance Outreach & Education; Topic To Be Announced.

Tuesday, April 9<sup>th</sup>, 2019  
Speaker & Topic To Be Announced.

Tuesday, May 14<sup>th</sup>, 2019  
Dr. Andrew Loblaw, Sunnybrook Health Sciences Centre; Topic To Be Announced.

Tuesday, June 11<sup>th</sup>, 2019  
Annual End of Season Social Evening.

**NOTE: As always, we are actively searching for ways to get more members involved in meetings as we know 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)**

## [Rock the Road Raffle 2019](#)

The most valuable car ever to be offered in **Prostate Cancer Canada's** annual **Rock the Road Raffle** has been generously donated by the **Trillium Automobile Dealers Association (TADA)**. This year's grand prize is a beautiful red **2018 Acura NSX**, valued at **\$235,158.65**.



Photo credit:  
[www.topspeed.com](http://www.topspeed.com)

*For the first time, tickets can be purchased online at <https://www.rocktheroadraffle.ca/#order> ! Or call 1-855-441-1267 or buy at the [2019 Canadian International Auto Show](#).*

The draw will take place at noon on **February 22<sup>nd</sup>** at the Auto Show. **Tickets cost \$25 each or three for \$60. As of Feb 4th, 85% of the 30,000 available tickets have already been sold**, so if you want tickets, we recommend that you go online or phone SOON!

## [PCC's Expert Angle Webinars](#)

The library of Expert Angle Webinars continues to grow as more of the new, shorter sessions are added. Current webinars will continue to be listed in three categories at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>.

You will be asked to register for each session, but once you have registered for a session, you can view it whenever you want as often as you require.

Recordings of ALL past Expert Angle Webinars can still 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**. Note that you do not need to register to view some of the older webinars.

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



### [Prostate Cancer Canada's Recommendations on PSA Testing](#)

On January 21<sup>st</sup>, Prostate Cancer Canada announced that it is endorsing the **Canadian Urological Association (CUA)** recommendations on PSA testing, which draw on the results of several large clinical trials, an ongoing review of the evidence emerging from these studies and the evolving positions of other relevant international organizations like the **United States Preventive Services Task Force (USPSTF)**.

The PCC's new PSA position was disclosed to PCCN members and other interested parties during a confidential Webinar session on January 16<sup>th</sup> and can be summarized as:

**PCC supports the PSA test as a key step in early diagnosis.**

**PCC endorses the *Canadian Urological Association (CUA)* recommendations on PSA testing:**

1. The decision of whether or not to pursue PSA testing should be based on shared decision making after the potential benefits and harms associated with testing have been discussed.
2. For men electing to undergo testing, start at age 50 in most men and at age 45 in men at an increased risk.
3. For men electing to have a PSA test, intervals between testing should be individualized based on previous PSA levels.
4. Discontinuation of PSA testing should be based on age, current PSA level and life expectancy.

Much more information can be obtained on the PCC website at [www.prostatecancer.ca/PSA](http://www.prostatecancer.ca/PSA) including Frequently Asked Questions and a link to the CUA recommendation, which goes into great detail.

PCC also announced that their website and all of their existing materials will be revised to reflect these recommendations. An Expert Angle webinar on the subject is also planned.

Physician education programs will be developed in cooperation with the CUA. As many of us have observed, some family doctors are against ordering the PSA test for their patients. This will continue to be addressed by PCC.

Advocacy efforts will continue, including pushing for OHIP to cover the PSA tests. **Ontario and BC are the only Provinces that do not cover the cost of PSA tests.**

We will continue to provide free PSA blood tests at Cruisin' for a Cure in September. **Note that we will continue to recommend that men discuss prostate cancer and PSA testing at age 40.** We have a number of members who were diagnosed in their 40's.

**PCC's Recommendations on PSA Testing (Continued)**

## THE PSA TEST

TO DETECT PROSTATE CANCER

Prostate Cancer Canada endorses the Canadian Urological Association's PSA testing recommendations summarized here.



### What is it?



- A blood test measuring amount of the prostate specific antigen (PSA) protein
- It's normal to have PSA in your blood, but high levels can mean something is wrong - potentially prostate cancer

### Should I get tested?



### Am I at risk?



- Before deciding to be tested, discuss advantages and disadvantages with your doctor

- Age
- Family history of the disease
- Black men

### When should I start being tested?



- Age 50
- Age 45 if at high risk

### How often should I be tested?



### When should I stop testing?



- It depends on your PSA levels and can be different for each man

- It depends on your PSA level, age and general health
- Usually at age 70
- In your 60s if PSA levels are low

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FOR MORE INFORMATION  
[prostatecancer.ca/PSA](http://prostatecancer.ca/PSA)

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### [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 **Wellspring Chinguacousy Cancer Support Centre**, 5 Inspiration Way.

**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, also at Wellspring Chinguacousy.

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 and one-on-one discussions 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>