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PCCN Brampton News

The weather on Tuesday, **February 12th** was so bad that only Paul Henshall showed up in his all-wheel-drive Subaru. Accordingly, we will postpone the **Annual Sharing Meeting** to April 9th. Remember that 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 features **Polin Hung** from **St. John Ambulance Education and Outreach**. (I approached St. John Ambulance after my beloved Sandi died so suddenly on April 28th. I had no clue what to do when I found her.)

Dr. Andrew Loblaw will join us for the May meeting. Andrew has become an integral part of our support group, between his informative annual presentations at our Member Meetings and serving as our referring physician at **Cruisin' for a Cure**.

June is of course our **Annual End of Season Social Evening**.

Sadly, the **Rock the Road Raffle's** gorgeous Acura NSX sports car donated by the **Trillium Auto Dealers Association** and worth over \$235,000 was not won by yours truly. Next year!

On January 21st, 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 25th 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

Next General Meeting, Tuesday, March 12th, 2019 – 7:00pm

Polin Hung, Unit Chief, Outreach & Education, St. John Ambulance Peel Branch – “First Aid Training and Volunteering in Your Community”



Polin has been a volunteer with St. John Ambulance since 2008 as a Medical First Responder, providing advanced medical first aid at community events, notably the **Pan Am / Para Pan Am Games** and **Ontario Summer Games**.

She also serves as the Unit Chief of Outreach and Education, leading a team of **St. John Ambulance Ambassadors** who educate the community on the importance of first aid training and giving back through volunteering.

Her other passions include working as a **Professional Engineer** for the **Government of Canada** and being an adoptive parent to an assortment of rescues from **Animal Services** and **Toronto Humane Society**.

Polin is well known to **Paul Henshall** and **Jim Dorsey** from various community health events where she volunteered to provide medical first aid. After many conversations, we asked her if St. John Ambulance could provide first aid services for our Cruisin' for a Cure every September. Over the past two years, the St. John Ambulance volunteers have become an integral part of our annual event.

Since its founding in Quebec City in 1883, [St. John Ambulance](#) has been providing first aid training and volunteer services to Canadian communities. Their stated mission is:

“To enable Canadians to improve their health, safety and quality of life by providing training and community service...through community service, and first aid, and CPR training.”

Please come out on March 12th and meet Polin; her presentation promises to be quite informative.

You can forward your questions or suggestions to: 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!**



SECOND Last General Meeting, Tuesday, January 8th, 2019

The results of the annual **Stop / Start / Continue** exercise bear repeating. The major thrust of the meeting became "**How to use our group and individual activities to advertise our presence and grow our participation**". Some areas covered:

1. **Get our message into doctors' offices through the TV** displays that many offices use to display public service announcements and advertisements. Supposedly, 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: I obtained contact information from the TV in my doctor's office, but nobody has returned my email or voice mail.]**
2. **Approach the clusters of urologists** in buildings away from Brampton Civic 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.
3. **Advertise our meetings on the handouts** that 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 eg 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.]**
4. **Provide everybody with PCCN Brampton business cards** detailing our meeting location and times to hand out to individuals and health providers when the opportunity arises. **[Editor's note: If you want business cards, you only have to ask me at a meeting.]**
5. **Refresh or recreate our website, www.pccnbrampton.ca** . Spending some money to get someone to do it might be necessary as our internal resources are very limited. **[Editor's note: Walter Eadie of PCCN Oakville / Mississauga has a.]**

[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:

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 12th
Polin Hung, St. John Ambulance Outreach & Education; Topic To Be Announced.

Tuesday, April 9th, 2019
Annual Sharing Meeting, Rescheduled from February 12th.

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

Tuesday, June 11th, 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

Our Annual Golf Tournament CANCELLED?

We are on the verge of cancelling the Tournament because attendance and revenues have been shrinking steadily. While we did still make a profit last year, it was not enough to justify the massive effort put out by our faithful volunteers. **Steve Hutton** and his crew did their utmost to make it work but they are all younger people who really cannot spare the time.

We have lost other stalwart volunteers like **Gary Foote** and **Morris Rambout** for personal reasons. If we wish to save the tournament, it is going to require someone who cares enough to do so to step forward and volunteer to run the Tournament. **It is such a shame to abandon one of the creations of our founding members, especially in our 25th year!**

The Winner of The Rock the Road Raffle 2019

From Prostate Cancer Canada's Facebook Page:

Please join us in congratulating the winner of this year's Rock the Road Raffle winner of the 2018 Acura NSX: **Harold Mutter**, ticket #19273. **The raffle raised more than \$600,000**, which is great news for the most promising in prostate cancer research. Our gratitude to all who purchased tickets for this year's raffle, resulting in **a sellout of 30,000 tickets**. Thank you for supporting the 1 in 7 Canadian men who will face a prostate cancer diagnosis in their lifetime.

A special thank you to our generous partners at the **Trillium Automobile Dealers Association** who donated the car. Our gratitude to the **Toronto Star** and **McCann Canada** for generously supporting the campaign, and the **Canadian International AutoShow** for donating a booth. Because of the generosity of our partners, **100% of the proceeds from the raffle will be directed to prostate cancer research, education and support services.**

www.rocktheroadraffle.ca



Our very own **Paul Henshall** worked at the PCC booth at the Auto Show on Sunday, February 24th, basically providing security for the NSX until the show ended at 6 p.m.

He was able to get a couple of pictures with Harold, who was understandably “gob-smacked” by his unexpected win.

It is our hope that Harold will in fact bring his prize to our 13th Annual Cruisin’ for a Cure on September 8th at the CAA Centre.

Our First Principal Sponsor for Cruisin’ for a Cure Canada!

Mr. Brian Sargeson, the long-time President of **The Brampton-Bramalea Kinsmen** has just advised us that they will once again be donating \$2,500 to Prostate Cancer Canada Network Brampton Inc. to co-sponsor free confidential PSA blood tests for men over 40 years of age at “Cruisin’ for a Cure Canada” on September 8, 2019. They made their first donation in 2018.

Our sincere thanks go out to this group that does so much good in Brampton!



[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.

[What's New in PCa from PCCN Oakville-Mississauga](#)

Walter Eadie has created another list of interesting items selected from the many news items that flash past us every day. These caught my eye:

Prostate Cancer, Nutrition, and Dietary Supplements <https://www.ncbi.nlm.nih.gov/pubmed/26389501>

This PDQ cancer information summary has current information about the use of nutrition and dietary supplements for reducing the risk of developing prostate cancer or for treating prostate cancer. It is meant to inform and help patients, families, and caregivers.

The end of 39 treatment radiation? - In October 2018, the American Society of Radiation Oncologists strongly endorsed moderately hypofractionated IMRT (20 or 28 treatments) for primary radiation treatment. Since then, there has been another publication of a randomized clinical trial with 10 years of follow-up. The advantages for the patient are large: fewer visits than the conventional 38 to 44 treatments, with a concomitant reduction in costs. https://prostatecancerinfo.net/2019/02/18/sbrt-has-non-inferior-acute-and-late-term-toxicity-vs-imrt-in-two-randomized-clinical-trials/?fbclid=IwAR0dCMIIn0CgmGftWTIbAPV-nqPRu3GAeD358cY8DUEHyn50XpWzOr-y_0Dg

ADT Online Educational Program is continuing - Sessions will be held on March 20th, and April 18th, at 6:00 p.m. EST.

The ADT Online Educational Program is a free educational resource for prostate cancer patients in Canada who have recently started or who are about to start hormone therapy. The program is as much for the partners of patients as it is for the patients themselves. **Class structure:** A single, 1.5 hour online interactive, facilitated class using the GoToMeeting platform. Canadian attendees receive a free copy of the book: "*Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones, 2nd Ed.*" **To register:** Fill in the form at www.LifeOnADT.com or send an email to LifeOnADT@gmail.com.

Cover the PSA Test! – A New PCC Campaign



Ontario is one of only two Provinces that do not fund the PSA blood test – **until you have actually been diagnosed with the disease**. This must be fixed to save our men’s lives!

Prostate Cancer Canada has launched a website that allows Ontarians to send an email to their Members of Provincial Parliament (MPPs) explaining that no one should lose a father, brother, husband or friend over an affordable blood test. Check out this new website:

<https://www.psatestsforontario.ca/>

One test can make all the difference. A quick and easy PSA blood test can help save a men’s lives by catching prostate cancer early. Nearly every other province covers the cost—so why doesn’t Ontario? Ontario’s government should do everything it can to help catch cancer early.

[Take 30 seconds and send an email to your local member of provincial parliament explaining that no one should lose a father, brother, husband, or friend over an affordable blood test.](#)

This system allows you to select the wording that you prefer. The system also selects your correct MPP based on your address and postal code. Try it out.

As **Anne Breakey Hart** stated in an email on March 1st: *“This is the message at the heart of our push for fair, equal access to PSA tests for all Ontarians. Please forward this email to your PCCN groups, friends and family – the more Ontarians involved, the more likely we are to get PSA tests funded!*

Launching today, our site is about the loved ones in all our lives who may be saved somewhere down the road by catching prostate cancer early.

But we can’t do it alone. For our message to stick, we need your support. Every letter of support and every retweet, like, and share makes a world of difference.

Thank you for your support.”



PCCN Brampton Bram-O-Gram

[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 TUESDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, they are also held at Wellspring Chinguacousy.

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

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

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

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

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>