



**June, 2019**

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***Please Consider Volunteering We Need YOU!***

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***PCCN Brampton News***

Eighteen members attended **Dr. Andrew Loblaw's** informative presentation "**Hormone Therapy for Prostate Cancer**". He covered research results into new areas and gave me hope that there will be treatments available when and if any of us suffer the return of our prostate cancer.

June 11<sup>h</sup> is of course our **Annual End of Season Social Evening**. We will be providing dinner from the **Mandarin Buffet** as we did last year. **PLEASE be sure to let us know if you are coming** so that we have enough food. All are welcome. Please come out and renew old friendships and possibly create some new ones.

For the information of newer members, we do NOT hold member meetings in July or August. However, we are always available by telephone or email during the summer if you need us.

Update: During April and May, we were advised that a total of SIX Brampton men have been treated or are about to be treated for prostate cancer because of PSA tests that we provided on September 9<sup>th</sup>, 2018. **Cruisin' for a Cure Canada** can be safely described as "**The Car Show That Saves Men's Lives**" – or at the very least, improves the quality of their lives through early detection and treatment.

We had a great time at the **Rotary Club of Brampton's 16<sup>th</sup> Annual Rib 'n' Roll** in **Gage Park** from May 24<sup>th</sup> through May 26<sup>th</sup>. We must thank **John Sanderson** and his Rotary Club committee for making us so welcome. We did NOT try the ribs as the lineups were very long, but the music was great and so were the people.

Despite Mother Nature's spectacularly cantankerous behaviour lately, we do hope that Spring and maybe even Summer are not far away. Have an excellent July and August and we will resume our monthly meetings on September 10<sup>th</sup>, when we mark our 25<sup>th</sup> Anniversary as a prostate cancer peer support group.

**Jim Dorsey – Acting Newsletter Editor**

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



## PCCN Brampton Bram-O-Gram

### [Next General Meeting, Tuesday, June 11<sup>th</sup>, 2019 – 7:00pm](#)

This is our annual the **End of the Year Social Evening**.

Once again, **the Steering Committee has decided to bring Chinese specialties from the Mandarin instead of holding a potluck**. As we do at Christmas, there will be a \$10 per person charge, \$5 per additional family member, so \$15 per couple, to help defray the costs. Please RSVP to Gary Foote of your intention to attend: 905-458-6650 or [visact@rogers.com](mailto:visact@rogers.com).

Once again, **let's all wear plaid – the wilder the better** – to the June Potluck and Social Evening so that we can take another group photo to submit to PCC in support of **Prostate Cancer Canada's** annual [Wear Plaid for Dad](#) campaign. This campaign is a simple way to raise funds for PCC's research, awareness and support programs and to get people talking about prostate cancer.

This initiative is being supported by a number of celebrity [Ambassadors](#), ranging from sports icon **Don Cherry** to Canadian actor **Eric McCormack** to philanthropist & survivor **DW. Brett Wilson** to auto racer **James Hinchcliffe**. Check out the posts to [the PCC Facebook page](#).

This year, Prostate Cancer Canada has partnered with several corporations that are donating portions of their sales to PCC. Go to <https://www.plaidfordad.ca/shop> for links to the offerings from **Hill Street Beverage Company** (non-alcoholic beverages), **Indochino** (plaid men's suits and shirts), and **Head and Penn** (tennis rackets and balls).

Hill Street is a particularly generous partner that has a very [entertaining and informative website](#) featuring an appeal from Eric McCormack and a well-worded plea that ends with *"...we're asking you to help convince the 50+ year old men in your life to go get tested. The survival rate for prostate cancer is close to 100% when detected early."*

There is also a link to the [PCC Store](#) where you can purchase a range of PCC-branded items, ranging from pens to BBQ kits to tee shirts to Indy cycling jerseys. Finally, the Shop site mentions the "[Plaid for Dad Golf Day](#)" that the good folks at **ClubLink** ran on May 21<sup>st</sup> at its four locations around Southern Ontario. **Jim Dorsey** was fortunate enough to run the registration table at their beautiful **Glen Abbey Golf Club**. This event started in 2015 and the participants include men with prostate cancer and their friends and family members.

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 downstairs at **Wellspring Chinguacousy Cancer Support Centre**, 5 Inspiration Way, Brampton, ON L6R 0L7, west of Torbram Road and south of Father Tobin Drive. Parking is well lit and free and there is an elevator if you require one.

## **Last General Meeting, Tuesday, May 14<sup>th</sup>, 2019**

**Dr. Andrew Loblaw, BSc MD MSc FRCPC CIP FASCO, “Hormone Therapy for Prostate Cancer”.**



Dr. Loblaw is one of our favourite speakers and is the referring physician for our **Cruisin’ for a Cure** show on September 8<sup>th</sup>.

Dr. Loblaw’s latest visit to the group was focused on complementary ADT hormone therapy when provided in conjunction with various radiotherapy treatments. Dr. Loblaw has been instrumental in bringing the SABR methodology to the forefront of Prostate Cancer treatment. This form of treatment can yield equal or better results than conventional radiotherapy in six or fewer treatments by applying a highly focused, higher dosage of radiation over a shorter time period. Studies indicate that this provides good results with fewer side effects. This is also of financial benefit to both hospitals and patients who don’t need to return to hospital for upwards of 40 conventional treatments.

Additional studies, which Dr. Loblaw presented, have now shown that all types of radiotherapy can benefit from the addition of ADT hormone therapy started before or shortly after conventional forms of radiotherapy, including Brachytherapy. When the frequency of treatment failure was studied, those patients who had supplementary hormone therapy exhibited reduced treatment failure and increased life expectancy over the period of the study.

While a 36-month treatment period, whether continual or intermittent, seemed to provide the most benefit, a later study found almost the same result with an 18-month treatment protocol. These benefits seem to be most pronounced in moderate to high risk cases. It should be noted that while the risk of dying from Prostate Cancer is significantly reduced with the addition of hormone therapy there was some increase in the risk of dying from other complications. Hormone therapy also causes a degree of muscle and bone loss, but these can be offset by weight and resistance training exercises.

Dr. Loblaw also spent some time discussing Salvage therapies after prostate cancer treatment failure. While this usually requires a specialist, it is possible to perform salvage therapy on the region of the prostate after both surgery and radiotherapy. Secondary occurrences of prostate cancer can often be identified and targeted with focused radiotherapy as well. The procedures are a little more complex and hence the need for an experienced doctor to perform them, but they can improve survival rates.

In some cases, ADT hormone therapy by itself may be all that is recommended in the case of treatment failure. This is especially true for older patients where the disease typically progresses more slowly. Also, older patients may not tolerate salvage treatments as well as a younger patient. Abiraterone has also been shown to be of positive benefit in many advanced cases. Chemotherapy can also provide survival benefits in cases where the cancer has spread extensively.



## PCCN Brampton Bram-O-Gram

### Upcoming PCCN Brampton Meetings / Events:

Tuesday, June 11<sup>th</sup>, 2019 at 7 p.m.  
Annual End of Season Social Evening.

Sunday, June 16<sup>th</sup>, 2019 at 7 p.m.  
Do it for Dads Father's Day Walk Run, Ashbridge's Bay, Toronto.

Saturday, August 17<sup>th</sup>, 2019; 1:00 p.m. shotgun  
14<sup>th</sup> Annual Circle of Friends Golf Tournament, Glen Eagle Golf Club, Bolton.

Sunday, September 8<sup>th</sup>, 2019 at 10 a.m.  
Lucky 13<sup>th</sup> Cruisin' for a Cure Canada, CAA Centre, Brampton.

Tuesday, September 10<sup>th</sup>, 2019 at 7 p.m.  
25<sup>th</sup> Anniversary Monthly Member Meeting, Speaker & Topic T.B.A.

Tuesday, October 8<sup>th</sup>, 2019 at 7 p.m.  
Monthly Member Meeting, Speaker & Topic T.B.A.

**NOTE: We are always looking for speakers of interest to our members.**

***Please, please, PLEASE share your interests, contacts 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)**

### Our Annual Golf Tournament IS CANCELLED!

With the cancellation of our tournament, we are throwing our support behind the highly successful **Circle of Friends Golf Tournament**, which will be held at the **Glen Eagle Golf Club** on August 17<sup>th</sup>. The organizer, **Denise Deacey** has agreed to split the proceeds among **The Canadian Breast Cancer Foundation, Ovarian Cancer Canada** and **Prostate Cancer Canada**. Through **Victor Horvath's** efforts, we provided goodie bag materials last year and in return, **Denise donated \$4,000 to PCC**.

**The cost per golfer is \$180** but the goodie bags, raffle tables and other features are apparently quite remarkable. Denise warns "...to secure your spot please have your payment, postdated or e-transfer to by July 15, sent to me as **we always fill up quickly.**" More information is available from Victor.

***Do it for Dads Father's Day Walk Run, June 16th***



In order to help make up the shortfall in our group's revenue because of the cancellation of our beloved Charity Golf Tournament, we hope to field a team at the **Toronto Do it for Dads Father's Day 5K Walk Run** on Sunday, June 16<sup>th</sup> at Ashbridge's Bay.

**50% of the funds that our team raises will come back to Prostate Cancer Canada Network Brampton** to help with our expenses, especially the rent for the CAA Centre and other expenses for Cruisin' for a Cure.

Additionally, many members complain that we put so much effort into Cruisin' for a Cure. This is a chance for those of you who are not "car nuts" to take part in an activity that benefits both PCC and PCCN Brampton. It's a short walk in a pleasant location and Prostate Cancer Canada makes it into a fun morning out, leaving time to celebrate with your family later.

You can learn more and donate and/or join the team at <https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=867037>

***ADT Online Educational Program***

This educational resource is for prostate cancer patients in Canada who have recently started or who are about to start hormone therapy. The partners of patients are also welcome to attend the final 1.5-hour online class using the **GoToMeeting** platform.

The final session in the current series will be held on **June 20th**, at **Noon Eastern Daylight Time**. To register, fill in the brief form on the home page at [www.LifeOnADT.com](http://www.LifeOnADT.com) or send an email to [LifeOnADT@gmail.com](mailto:LifeOnADT@gmail.com).

## Spring Awareness Activities

We have not been that active so far this year as number of the trade shows that we enjoy were held in other locations. However, we have been out and about.



In March, we again represented Prostate Cancer Canada, the official charity of the 6<sup>th</sup> Annual **Motorama Custom Car & Motorsports Expo** at the **International Centre**. The booth was manned by volunteers from **PCCN Brampton**, **PCCN Oakville-Mississauga**, **Prostate Cancer Canada** and of course our good friends, the **Over 'N' Under Car Club**.

Our **Tootsie Pop Draw** raised over \$800 over three days.



On April 28<sup>th</sup>, **Paul Henshall** and **Jim Dorsey** represented PCCN Brampton at **Nellie Junipero's** final edition of her highly successful **Circle of Hope**.

This event, started in 2004 by Nellie and a few friends, all diagnosed with a variety of cancers, grew to attract hundreds of people affected by cancer. Funds raised were presented to various local cancer support groups.

As always, the day ended with survivors holding hands and circling the centre of the banquet hall. A very emotional time was had by all.



Our display at the Rotary Rib 'n' Roll was probably the most successful single awareness event that we have ever had in Brampton.

Paul Henshall, Jim Dorsey and new member **Sean O'Neill** fielded many questions from men at various stages in their prostate cancer journey and their supporters.

Our Tootsie Pop Draw raised \$350.

## **Cruisin' for a Cure Needs YOU!**

As mentioned on Page 1, we now know that a total of SIX Brampton men have been treated or are about to be treated for prostate cancer because of PSA tests that we provided on September 9<sup>th</sup>, 2018. **Cruisin' for a Cure Canada** can be safely described as “**The Car Show That Saves Men's Lives**” – or at the very least, improves the quality of their lives through early detection and treatment.

In addition, the show has greatly raised general public awareness of prostate cancer through distribution of our flyers and PCC brochures at almost every major car-hobby event in Southern Ontario. We are now at the point where show organizers are contacting us to appear at their events with our booth and awareness materials and inserting our flyers in their “goodie bags”. The public interest and concern are growing steadily.

While raising funds for Prostate Cancer Canada's education, awareness and survivorship programs is not the primary goal of Cruisin', we have been able to make a small donation to PCC for the past few years, largely through the **U Choose Raffle**, run by our friends at the Over 'N' Under Car Club led by the amazing **Neila Boniface**.



Neila and her committee start gathering raffle items in March every year. In 2018, there were well over 200 items on the raffle tables and the raffle raised \$6,000 of the \$10,000 that we donated to PCC at Christmas!

Every year it gets more difficult to bring in donations, so we would really appreciate your help this year.

We all have new, unused things lying around that we will never use – gifts from relatives whose tastes are not ours, appliances that we will never use. Please consider donating whatever you might have that fits this description to the U Choose Raffle where Neila and her crew will turn it into money that will be donated to PCC's valuable programs.

You can contact Jim Dorsey directly and we will pick up your donation: 905-453-3038.



**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 meetings 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 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>