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We Need YOU!

PCCN Brampton

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PCCN Brampton News

Our **Annual End of Season Social Evening** went well. As always, dinner from the **Mandarin Buffet** was excellent.

Our speaker for the September 10th meeting is **Dr. Aziz Khambati**, a new addition to the urologists practicing at our Brampton Civic Hospital. His presentation on services available – and not available – in Brampton for men diagnosed with prostate cancer will almost certainly lead to a lively discussion!

While we try to stay away from political issues, the current healthcare situation in Brampton is becoming increasingly unpleasant. Underfunding of our healthcare facilities by the Province of Ontario has led to long wait times, the infamous “hallway medicine” situation and lack of surgical and radiation suites, leading to long trips to other hospitals. Learn about the City of Brampton’s **Fair Deal for Brampton Healthcare Advocacy Campaign** on Page 5.

The 14th Annual **Circle of Friends Golf Tournament** was a huge success and PCCN Brampton was well represented.

CARP – the Canadian Association of Retired Persons – is hosting its annual William Osler Health System Presentation on September 18th at the Peel Memorial Center at 20 Lynch Street. Details are on Page 6.

Remember that our most important annual awareness event, the **13th Annual Cruisin' for a Cure Canada - “The Car Show That Saves Men’s Lives”** – is on September 8th at the CAA Centre. Please come out and see why this has become one of the most talked-about events in Southern Ontario.

Our special guest at Cruisin' for a Cure this year is “**Iron Mike**” **Keenan**, noted NHL Coach and sports celebrity, who has joined our less-than-exclusive club.

Our good friend **Walter Eadie** from **PCCN Oakville-Mississauga** recently published the August Newsletter for his group and it is full of interesting links to topics of interest to those affected by prostate cancer.

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com

Next General Meeting, Tuesday, September 10th, 2019 – 7:00pm



Dr. Aziz Khambati, Brampton Urologist, “Treatment Options for Prostate Cancer in Brampton and in the GTA”

From Dr. Khambati:

“It is a pleasure to introduce myself as a new full time Urologist at the William Osler Health System team at the Brampton Civic Site. I grew up in the Mississauga/Brampton neighbourhood, and now look forward to serving our community.

“I attended McMaster University for my undergraduate medical training and completed my Urology residency at University of Toronto in 2015. I also pursued a 2-year minimally invasive surgery fellowship at Northwestern University, Chicago, and was in practice for a year in

Northern Ontario before returning home with my family and setting up my practice in Brampton.

“The scope of my practice includes medical and surgical management of benign and malignant urological conditions with a focus on laparoscopic surgery, oncology (kidney, prostate, bladder, testicular) and complex kidney stone disease.

“I look forward to meeting everyone on September 10th. I will briefly go over the diagnostic and treatment options for prostate cancer available to our patients within the local Brampton community and in the Greater Toronto Area.

“For further information, please feel free to contact my office:

*“Suite 400, 18 Kensington Road
Brampton, L6T 4S5
Tel: 905-793-0500*

*“Sincerely,
Dr. Aziz Khambati, MD, FRCSC.”*

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone **905-458-6650**. We suspect that what Dr. Khambati has to tell us can lead to some lively discussion about the “Fair Deal for Brampton” campaign described on Page 5.

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.

Social Evening, June 11th, 2019



Standing across the back: **Gwen Macdonald, Norman Macdonald, Shaf Khan, Bob Hoare, Peter Slade, Morris Rambout, Sandra Rambout, Doreen Moore, Kevin Moore, Jim Dorsey, Paul Henshall and Rufus Goodland.**

Front Row: **Steve Hutton, Gary Foote, Patricia Goodland, Bill Wood and Dorothy Wood.**

A pleasant evening was had by all. Our choices of plaid patterns are far from wild by **Wear Plaid for Dad** standards, but we tried!

Our thanks to **Alexis Hutton** for functioning as our photographer for the evening.

We miss all of those who cannot attend our meetings, but particularly our good friends **Ron Clayton** and **John Hughes**, who are both having health issues.



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

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

Tuesday, September 10th, 2019 at 7 p.m.
Dr. Aziz Khambati, Urologist, Topic T.B.A.

Tuesday, October 8th, 2019 at 7 p.m.
Dr. Justine Blainey, Chiropractor, Topic T.B.A.

Tuesday, November 12th, 2019 at 7 p.m.
Mr. Walter Eadie, PCCN Oakville/Mississauga, Androgen Deprivation Therapy.

Tuesday, December 10th, 2019 at 7 p.m.
Annual Christmas Dinner & Social Evening.

Tuesday, April 14th, 2019 at 7 p.m.
Dr. Andrew Loblaw, 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

ADT Online Educational Program

These 1.5-hour online classes using the **GoToMeeting** platform are offered to prostate cancer patients who have recently started or who are about to start hormone therapy and their partners. Space is limited and prioritized for Canadians, but if classes are not filled, citizens of other countries will be accepted.

Canadian participants receive a free copy of the book [*Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones.*](#)

Fall sessions will be held on Wednesday, **September 18th**, Tuesday, **October 15th**, Tuesday, **November 12th** and Tuesday, **December 17th**, all at **Noon Eastern Time**. To register, fill in the brief form on the home page at www.LifeOnADT.com or send an email to LifeOnADT@gmail.com.



[Fair Deal for Brampton Healthcare Advocacy Campaign](#)

We've all heard the complaints about hallway medicine, long wait times and Brampton's unique regional health challenges.

These are the facts - Brampton healthcare is **underfunded** and **overburdened** in one of Canada's **fastest growing cities**. Now, the City of Brampton is **demanding immediate funding**, the completion of **Phase 2 at Peel Memorial**, and urgent action for a **third healthcare facility in Brampton**.

Together, we can **take a stand**. You can **sign the petition**, **share your story** and **follow our campaign across social media**, using **#FairDealForBrampton**.

Our #FairDealForBrampton healthcare advocacy campaign is now LIVE! We're seeking thousands of signatures on a petition to take to the Province, demanding immediate funding for healthcare in #Brampton. Here are all the ways you can support:

- 1: Sign the petition. You can find the petition at a range of City facilities, including City Hall, recreation centres, libraries and special events throughout the summer. Visit: www.FairDealForBrampton.ca for locations. [**EDITOR's NOTE**: We will have a petition at our September meeting.]
- 2: Change your social media avatar. Help promote and show your support for #FairDealForBrampton by adding our special frame to your profile picture using Twibbon. Visit our Twibbon Campaign page to do so: www.twibbon.com/Support/fairdealforbrampton
- 3: Join the #FairDealForBrampton Facebook group. Share your #Brampton healthcare story, read other testimonials and engage with fellow #FairDealForBrampton advocates: www.facebook.com/groups/fairdealforbrampton
- 4: Follow #FairDealForBrampton on Twitter, Facebook and Instagram! Stay up to date on the latest news, key facts and information as we campaign for #Brampton healthcare funding.
- 5: Sign up for more active participation. Can we count on you to be a voice at Queen's Park later this year? We aim to bring Bramptonians to the Province to ensure our #FairDealForBrampton asks are heard loud and clear. Sign up here: www.FairDealForBrampton.ca
- 6: Learn more. Healthcare in Brampton is chronically underfunded. We're demanding immediate funding, completion of Phase 2 at Peel Memorial and urgent action for a third healthcare facility in Brampton. Learn about #FairDealForBrampton here: www.FairDealForBrampton.ca



14th Annual Circle of Friends Golf Tournament

The tournament organizer, **Denise Deacey**, kindly allowed us to set up our information tables in a prime location at the **Glen Eagle Golf Club** on August 17th. Weather was good and turnout was fantastic with around 170+ golfers. We will know more about the results later.

An estimated \$42,000 was raised and will be divided among **The Canadian Breast Cancer Foundation, Ovarian Cancer Canada** and **Prostate Cancer Canada**. **Victor Horvath** and **Gary Foote** both golfed, or at least tried to, along with **Larry Ritchie**, a member of the **Over 'N' Under Car Club**, who also works at **Cruisin' for a Cure** every year.

September 18th CARP Meeting @ Peel Memorial Center

The Brampton Chapter of the Canadian Association of Retired Persons (CARP) is hosting its annual **William Osler Health System Presentation**. It promises to be a valuable session.

The William Osler management team will update attendees on changes in Healthcare at the three hospitals in the system: **Brampton Civic Hospital, Etobicoke General Hospital** and the **Peel Memorial Center for Integrated Health and Wellness**.

Location: Peel Memorial Center, 20 Lynch St. Brampton

Date: Wednesday, September 18th, 2019

Time: 7:00 to 9:00 p.m.

Other: Free Parking; Light Refreshments

Agenda:

- The Ontario Health System Transformation
- Ontario Health Team
- Peel – Phase II
- Innovations and New Models of Care
- Osler Foundation Update
- Questions and Answers
- Social Time

Additional information can be obtained by calling Brampton CARP at 647-918-4802 or emailing brampton@carp.ca

Cruisin' for a Cure Poster

We are thrilled to announce our Special Guest, “Iron Mike” Keenan, noted NHL Coach and sports celebrity, a native of Bowmanville, ON who was diagnosed and treated for prostate cancer in 2018.



13th Annual Cruisin' for a Cure Canada
September 8th 2019

Prostate Cancer Canada Network Brampton and **OVER 40 & UNDER** present

Principal Sponsors:
 
 

**SUNDAY
SEPTEMBER 8, 2019
CAA CENTRE
(formerly Powerade Centre)
7575 KENNEDY ROAD SOUTH
BRAMPTON, ON L6W 4T2
GATES OPEN: 7:30AM
SHOW: 10AM—4PM**

Cruisin' for a Cure Canada
THE CAR SHOW THAT SAVES MEN'S LIVES
Dedicated to Those Caring for Men with Prostate Cancer

SPECIAL GUEST MIKE KEENAN,
NOTED NHL COACH AND SPORTS CELEBRITY




THE ROCK 'N' RAY MICHAELS ROADSHOW
(FROM 92.9 THE GRAND)
PLAYING THE GREATEST HITS OF ALL TIME

FREE CONFIDENTIAL PSA BLOOD TESTS FOR MEN 40 & OVER
SPONSORED BY JANSSEN, KINSMEN CLUB OF BRAMPTON-BRAMALEA AND PLANET FORD.

DR. ANDREW LOBLAW - ONCOLOGIST
SUNNYBROOK HEALTH SCIENCES CENTRE

10AM—4PM

\$10 PARKING FEE PER VEHICLE
DONATIONS OF \$20 OR MORE RECEIVE TAX RECEIPT

 Cruisin' for a Cure Canada
 @CruisinforaCure
 www.c4acc.com

NET PROCEEDS TO PROSTATE CANCER CANADA AWARENESS & SUPPORT
GENERAL INQUIRIES: Jim Dorsey +1 905 453 3038 jfdorsey@yahoo.com
VENDOR INQUIRIES: Paul Henshall +1 905 601 1519 paul.henshall@gmail.com

Cruisin' for a Cure STILL Needs YOU!

Every year since 2007, we have operated this show in order to increase awareness of prostate cancer and we have succeeded in that. In the process, we have also saved lives. As mentioned in June, we know of SIX Brampton men who have been diagnosed and treated for prostate cancer because of PSA tests that we provided on September 9th, 2018.

Before we encountered the original Cruisin' for a Cure in California, we held PSA blood clinics at Shoppers World and Bramalea City Centre that drew very few men. The addition of shiny, noisy objects attracted men that we could test. As we like to say, "**We get the boys together with their toys – and stick 'em!**" Since 2007, 3,295 free PSA tests have been provided through the generosity of our Principal Sponsors, **Janssen, Kinsmen Club of Brampton-Bramalea, Planet Ford and Trailcon Leasing.**

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.**



In 2018, the raffle raised \$6,000 of the \$10,000 that we donated to PCC at Christmas!

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 them to the U Choose Raffle where Neila and her crew will turn it into money that will be donated to PCC's valuable programs. Our thanks to

Patricia & Rufus Goodland and Mike Loughnan for their donations this year.

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

PLEASE COME OUT ON SEPTEMBER 8TH AND SEE WHY SO MANY PEOPLE ARE TALKING ABOUT OUR SHOW! AND **PLEASE** BRING YOUR FRIENDS & RELATIVES WHO WON'T GET TESTED – IT'S FREE!****



[PCCN Oakville-Mississauga Newsletter](#)

[Editor's Note: Walter Eadie's newsletter contains so many valuable articles this month that we had to steal it!]

We had a great guest presentation at our August meeting on "sexual intimacy after prostate cancer".

What was great was that our speaker dealt with the emotional and relationship aspects as much if not more than the physical aspects.

However, if you just want to learn about recovering erections, this is a good short video

<https://m.youtube.com/watch?v=5pEB7khwVi8>

The reason why our speaker dealt not just with penile rehabilitation is that PC is a "couples' disease".

For a realistic view on why that is so, read this article <https://corp.inspire.com/blog/prostate-cancer-couples/>

More evidence that Sunnybrook is on the leading edge of radiation therapy for prostate cancer. They have now started up their MRI-Linac machine for real-time MRI guided radiation. The first cancers that will be treated using this equipment are brain cancer (glioblastoma) and prostate cancer.

<https://sunnybrook.ca/media/item.asp?c=1&i=1940&f=mr-linac-momentum-study>

<https://sunnybrook.ca/media/item.asp?c=1&i=1941&f=mr-linac-elekta-unity-first-patient-canada>

Another article on MRI says it is just a matter of time before MRI replaces biopsies in confirming prostate cancer (but I'm not going to hold my breath, especially in Canada).

https://www.medscape.com/viewarticle/916271?nlid=130955_1005&src=WNL_mdplsfeat_190806_m_scpedit_urol&uac=44609SJ&spon=15&impID=2052035&faf=1

I'm sure I have written about 'liquid biopsies' before. The search to find an easy replacement for the PSA test and particularly to distinguish between the more aggressive and benign forms of prostate cancer. Here is more evidence that it's coming.

<http://newsroom.ucla.edu/releases/noninvasive-test-detects-aggressive-prostate-cancer>

<https://www.medicalnewstoday.com/articles/325659.php>

Here is another high-tech blood test intended to supplement the findings of the PSA test

<https://www.news-medical.net/news/20190806/New-blood-test-can-detect-clinically-significant-prostate-cancer-in-high-risk-patients.aspx>



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 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.

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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

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>