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PCCN Brampton News

Again, only eight of our members came out on November 12th to hear **Walter Eadie's** excellent presentation of "**A Layman's Guide to Androgen Deprivation Therapy (ADT)**". There was a good deal of discussion and more than a few attendees were disconcerted to learn that their prostate cancer might rear its ugly head again some day.

Prostate cancer recurrence is a hot topic as it does in fact occur for reasons that are unclear. We **MUST** all be prepared with the knowledge to address it should we happen to be one of the unfortunate ones that see the Beast return.

Please plan on attending our **Christmas Social Evening** on December 10th. The **Mandarin Restaurant** will provide the food again. All are welcome.

Once again there is a monthly scheduled event being held in the basement room that we normally use for our meetings. Wellspring Manager **Alex Smith** has kindly made the entire upstairs available to us. We will set up the meal in the kitchen area and you will be free to sit wherever you wish for the rest of the evening.

Two cheques will be presented to **Anne Breakey Hart** for **Prostate Cancer Canada**: One is from **Denise Deacey**, the organizer of the amazing **Circle of Friends Golf Tournament**, which was held in August, and the other is **PCCN Brampton's** annual donation to PCC's education, awareness and survivorship programs.

Please do come out and join us this year. If you have not been there yet, we want you to see the Wellspring facility and get some feel for the ways in which PCCN Brampton and Wellspring can work together for the benefit of those affected by prostate cancer. And we want to get to know you all better.

The Steering Committee members all wish you the Merriest of Christmases and a Happy and Healthy 2020!

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com

[Next General Meeting, Tuesday, December 10th, 2019 – 7:00pm](#)

This is our annual **Christmas Social Evening**, with no scheduled speaker. It will be a relaxed evening of visiting with members new and old and catching up. **Anne Breakey Hart** of **Prostate Cancer Canada**, will formally accept our annual donation.

You may also be able to purchase **Rock the Road Raffle** tickets from Anne this year. Price is \$25 per ticket or three for \$60. Cash only, please! See the details of the grand prize - a pair of **2020 Toyota GR Supras** - on Page 5.

The Steering Committee has again voted to bring in Chinese specialties from **Mandarin Restaurant**. As we requested last year:

- ALL members and guests **MUST RSVP** so that we can order enough food.
- Cost is the same as last year - \$10 per person or \$15 for a couple.

Please keep in mind that while the Mandarin is noted for its buffet, what you will see on the serving tables is what we have for all to share. There will be no courteous staff restocking empty containers.

PLEASE R.S.V.P. to GARY FOOTE @ 905-458-6650 OR EMAIL info@pccnbrampton.ca

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.



Mr. Walter Eadie, November 12^h, 2019

Mr. Walter Eadie, “A Layman’s Guide to Androgen Deprivation Therapy (ADT)”

Walter is a regular visitor at PCCN Brampton and very knowledgeable in the area of Prostate Cancer Treatments. While not a doctor, he has pooled together considerable information on ADT (Androgen Deprivation Therapy) and provided an excellent presentation that was easy for all to follow.

ADT is typically a secondary treatment for Prostate Cancer and it is generally used when primary treatments fail. It can also be the primary treatment in cases where the cancer has metastasized beyond the region of the Prostate gland. It can also be used in cases where the patient’s health does not permit surgery as an option or they are unwilling to go through either of the primary treatments.

Unlike the primary treatments, surgery and radiation, it is not known to cure Prostate Cancer, but it can shrink or slow it down for years in most cases. Since the aggressiveness of prostate cancer generally decreases with age, ADT can provide an extended period free of any symptoms of the disease. In some cases, patients have lived 15-20 or more years and have even been declared cancer free after extended periods of time on ADT, although this is somewhat rare.

ADT works as a form of chemical castration, by effectively starving the cancer of testosterone which seems to accelerate cancer growth. Before ADT, and in some countries where ADT is not available, an Orchiectomy, the removal of the testes, was a common form of treatment. There are forms of ADT that perform this function by blocking the production of testosterone, while others interfere with the uptake of testosterone. In many cases these two types of ADT therapies are used in combination with one another. Zolodex & Casodex are forms of ADT drugs that perform these two functions.

ADT is sometimes recommended, prior to radiation in particular, to shrink and weaken the tumour in some way and that seems to make it more vulnerable to radiation treatment. This improves the effective cure rate and decreases the chance that the cancer reoccurs. Ongoing PSA tests are also important to make sure that the cancer has not reoccurred after any form of treatment.

ADT was given continuously in the early days, but several studies have shown that intermittent therapy can be just as effective and reduces the side effects of ADT therapy, namely bone and muscle loss. While this can be somewhat offset by diet and exercise, reducing side effects is usually beneficial. The other possible benefit of intermittent therapy is that it may delay the onset of castration resistant prostate cancer. This occurs when the cancer evolves to grow in a low testosterone environment. This can be detected by ongoing PSA tests while on ADT therapy.

In the case of ADT failure, there is another group of drugs, like Zytiga, that act to further reduce testosterone production in the adrenal glands as well. This can provide additional relief from the disease, but their period of effectiveness is also limited and they are expensive. (\$5000/month) Some new studies propose using these drugs in combination with ADT therapy from the beginning.

Walter’s presentation illustrated that research and development into these treatments is ongoing and that one day it may be possible that some form of ADT therapy may in fact cure this disease.



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

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

Wednesday, December 18th, 2019 at 7 p.m.
PCCN Oakville-Mississauga Monthly Meeting.
Wellspring Birmingham Gilgan House, 2545 Sixth Line, Oakville.

Tuesday, January 14th, 2020
Annual Stop/Start/Continue Meeting.

Tuesday, February 11th, 2020
Annual Sharing Meeting.

Family Day Weekend, Friday, February 14th to Sunday, February 16th, 2020
Prostate Extreme Team 14th Annual Sled Ride of Hope
Gravenhurst, ON, http://www.prostateextremeteam.com/2020_ont_sled.html

Tuesday, March 10th, 2020
Speakers & Subjects To Be Announced.

Friday, March 13th to Sunday, March 15th, 2020
PCCN Brampton booth at Motorama Custom Car & Motorsports Expo
International Centre, <http://www.motoramashow.com/>

Tuesday, April 14th, 2020 at 7 p.m.
Dr. Andrew Loblaw, Topic T.B.A.

Tuesday, May 12th, 2020 at 7 p.m.
Speakers & Subjects To Be Announced.

Tuesday, June 9th, 2020 at 7 p.m.
Annual End of Season Social Evening.

Sunday, September 13th, 2020 at 10 a.m.
14th Cruisin' for a Cure Canada, CAA Centre, Brampton.

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



PCCN Brampton Bram-O-Gram

Rock the Road Raffle 2020

This year, a pair of **2020 Toyota GR Supras**, one in Renaissance Red and one in Nocturnal Black, with a total value of over **\$152,000**, will be presented to the lucky winner of **Prostate Cancer Canada's** annual **Rock the Road Raffle** on the last day of the **2020 Canadian International AutoShow**. The seven previous Rock the Road Raffles have raised \$2.5 million for the research and support services funded by Prostate Cancer Canada.

"Thanks to the generosity of the Trillium Automobile Dealers Association (TADA), which has donated the grand prize cars for the raffle, every dollar goes toward Prostate Cancer Canada's mission to save and improve more lives!" says Peter Coleridge, President and CEO, Prostate Cancer Canada. *"The grand prize 2020 Toyota GR Supras have been generously donated by the Trillium Automobile Dealers Association (TADA), allowing 100% of the proceeds to be directed to Prostate Cancer Canada. Your ticket purchase funds important work into improved treatments, better methods of detection, more support, and ultimately more hope for Canadian families facing the disease. Visit TADA at tada.ca."*

Tickets are available until February 20, 2020, at www.RockTheRoadRaffle.ca, by calling 1-855-441-1267 or in person at the Canadian International AutoShow. **The draw will take place between noon and 1 p.m. on February 21st at the AutoShow. Tickets cost \$25 each or three for \$60.**

An advertisement for the Rock the Road Raffle 2020 grand prize. It features two 2020 Toyota GR Supras, one black and one red, against a dark teal background. The text "Two is better than one." is prominently displayed at the top. Below it, a red banner says "New This Year Drive off with two cars!". A white box contains the "Grand Prize" details: "Two 2020 Toyota GR Supras" and "Over \$152,000 prize value!". A smaller red banner says "Get your tickets now before it's too late!". At the bottom, there are two buttons: "ORDER TICKETS NOW!" and "EXPLORE THE CARS". In the bottom right corner, it says "Tickets \$25 EACH or 3 FOR \$60".

Two is better than one.

New This Year Drive off with two cars!

Grand Prize
Two 2020 Toyota GR Supras
Over \$152,000 prize value!
Get your tickets now before it's too late!

ORDER TICKETS NOW! **EXPLORE THE CARS**

Tickets **\$25 EACH** or **3 FOR \$60**



[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](#).

The final fall session will be held on **Tuesday, December 17th** 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.

[Some Useful Links Courtesy of PCCN Oakville/Mississauga](#)

Our thanks to Walter Eadie for these links.

A Common-sense Approach to the PSA Test

Dr. Larry Goldenberg is a well-respected urologist and scientist at the Vancouver Prostate Centre and author of **The Intelligent Patient Guide to Prostate Cancer**. Here he tells it like it is on the PSA test *“PSA is not stepping onto a slippery slope to inevitable biopsies, surgery, radiation and chemotherapy; it is just a single decision point”*. Well worth reading and sharing.

<https://vancouver.sun.com/opinion/op-ed/larry-goldenberg-checking-psa-is-not-stepping-onto-a-slippery-slope-to-inevitable-biopsies>

Surgery or Radiation??

In this short video, Dr. Mark Scholz makes a case for radiation.

https://www.youtube.com/watch?v=Pya8N78bR7s&feature=youtu.be&fbclid=IwAR2DsJFeEvktgh60bYWBATMfFPGCaA0nK_0jlfBJcMdDZgnywtHGpxSd9ZM&app=desktop

Survival vs. Quality of Life

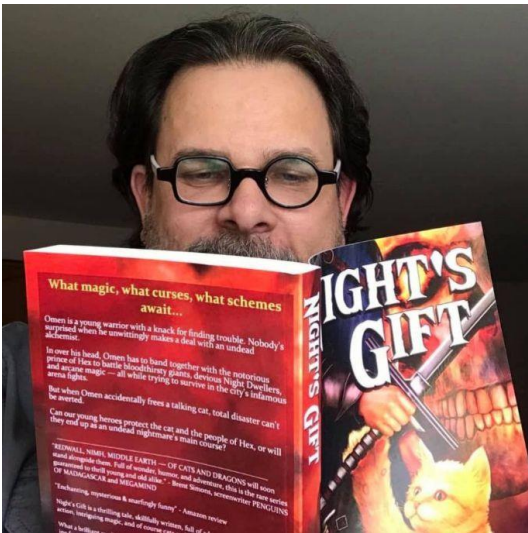
“Although men with prostate cancer are living longer, they are not necessarily living well, with symptom burden increasing and quality of life declining over time”.

This Australian study highlights what is becoming an ever-increasing issue in the care of PC patients. More and more new drugs, new chemo treatments, radio nucleotide treatments, combination therapies, third-line treatments after second-line treatments, etc. may add to survival but at what cost to QOL? <https://www1.racgp.org.au/newsgp/clinical/prostate-cancer-survival-rates-at-all-time-high-bu>

November 2019

Once again, [The Movember Foundation](#) raised funds throughout the month of Movember to tackle four key areas of men's health: prostate cancer, testicular cancer, mental health and suicide prevention.

Participants could either grow a "Mo" or pledge to walk 60 kilometers, one for each of the 60 men lost to suicide every hour of every day.



Rather than field a PCCN Brampton team this year, we once again backed **Daniel Goodland**, the son of our long-time members **Rufus Goodland** and **Patricia Goodland**.

Since his initial involvement in Movember in 2011, **Daniel has raised \$6,452**. His target this year was a modest \$1,000. He had raised \$1,165 as of December 2nd. Please help raise his total for 2019! Donations are still being accepted online and at our Christmas party if you are so inclined.

Daniel's primary motivation is of course the fact that his Dad has survived prostate cancer, but he also identifies with other aspects of men's health.

He describes his motivation thusly: ***"I want you all to understand just how much this hurts to do - walking hurts - a lot! I have MS... When I start, I am okay... but as I go I get slower and my feet start to drag. The soles on my boots are already worn through. But what Movember does is really important to me!! I know prostate survivors! I know men with bad mental problems... I know men that did not survive..... So it doesn't matter if it hurts me to walk... I am here, alive, and I can MOVE to help all the men out there.***

Donate to my #MOVEMBER effort and let's change the face of men's health!"

Daniel should be an inspiration to us all. Please consider backing his courageous efforts by donating at <https://ca.movember.com/mospace/2688232>

To get to know Daniel better and to follow his journey this year, find him on Facebook at <https://www.facebook.com/GreyStarr>



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.

[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

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Our newsletters are also available online at <https://www.pccnbrampton.ca/newsletters/>