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PCS - Brampton

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*PCS - Brampton News*

Our **March 9<sup>th</sup> Zoom meeting** was an **Open Discussion Meeting** that drew 14 members and guests.

Our **April 13<sup>th</sup> Zoom meeting** will feature **Christina Dzieduszycki**, a Physiotherapist based in Ancaster who is an outstanding speaker and motivator. Four of our members attended Christina's February presentation hosted by the **Burlington** group. We immediately invited her to speak to our group. I subsequently attended an online workshop that followed up from the presentation. It was excellent and I recommend her without reservation. Christina's presentation carries on from **Sarah Sattler's** presentation to our own February Zoom meeting. She has exercises that go above and beyond what Sarah showed us. And Christina is close enough to Brampton that we can in fact visit her clinic. See Page 2 for more information.

The March Zoom meeting of **Us TOO Medicine Hat** that we hosted attracted 12 members and guests; Sara Sattler was a hit there too. We will continue to work with this developing group.

To threepat: **The Zoom World is here to stay**. We will gladly help **YOU** join the 21<sup>st</sup> Century. Please do not hesitate to ask. We would love to see you virtually. 😊

So here we are in **Premier Ford's** third "mock down" - for all the good that it will do. We continue to be surrounded by irresponsible fools of every age, sex and ethnic background. Until that changes nothing is going to improve. A dear friend of our group who recently lost his wife just advised that first his daughter and then he contracted the new more contagious variant of the COVID virus. Both are now in isolation and all we can do is to pray that they recover, as both have comorbidities.

So please, all of you, follow the simple rules – mask up, maintain distance, avoid unnecessary trips and small group meetings, wash your hands frequently and well and above all, **GET VACCINATED!** You are both loved and needed.

**Jim Dorsey – Acting Newsletter Editor**

**E-Mail: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com) Telephone: 905-453-3038**



[Next General Meeting, Tuesday, April 13<sup>th</sup>, 2021 – 7 p.m.](#)



**Christina Dzeduszycki** is a Physiotherapist based in Ancaster. Her presentation has been described as “**Kegels are for Women; HEgels are for men!**” She will discuss the physiology of urinary incontinence and treatment approaches that can help greatly with urinary incontinence and other pelvic health issues.

Christina holds a **Master’s degree in Physiotherapy** from **McMaster University** and is currently working towards a Ph.D. in the pelvic health of men who have undergone aggressive treatment for prostate cancer. Her detailed resume refers to “*the silent epidemic of pelvic floor dysfunctions,*” which for us men would include erectile dysfunction and prostate issues including urinary incontinence.

In addition to her academic achievements, Christina has been active in the world of health and fitness for some 21 years. At her clinic, [Knew Life Pelvic Healing](#), she also specializes in exercise programs that help her patients to recover from current injuries or conditions like urinary incontinence and to better deal with any future issues that might arise.

We discovered Christina and her unique approach at a Zoom meeting hosted by **Bob Allan’s** Burlington support group in February. I then attended a follow-up Zoom workshop that Christina presented on March 30<sup>th</sup> and I came away both exhausted and fascinated, feeling that I might have found some useful additions to my personal fitness journey. Her website includes some useful exercise videos.

Join us on April 13<sup>th</sup> for a very informative evening – friends and family are welcome to attend!

**This is the Zoom Meeting link for the April 13<sup>th</sup> General Meeting:**

<https://us02web.zoom.us/j/89823311336?pwd=b294Q1BsaHY2OVVGvZBNTE0yeGFpZz09>

**If this is your first Zoom experience, please DO attempt to join the meeting now** using the Join Zoom Meeting link above. Follow the prompts on your screen to install the application on your computer. Once you have successfully connected, you can **Leave** the meeting.

You can contact me for assistance at 905-453-3038 or [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com). **Karl Leutner** has also consented to be a Zoom resource. Karl can be reached at 416-333-1947 or [khl@sympatico.ca](mailto:khl@sympatico.ca)

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 online on April 13<sup>th</sup>.



## Last General Meeting, March 9<sup>th</sup>, 2021

Fourteen members as well as guests from Burlington, Hamilton and Oakville described their current situations. As usual, both good and bad news was presented, and lively discussions ensued.

## 14<sup>th</sup> Annual Cruisin' for a Cure Canada POSTPONED

We have rescheduled the 14<sup>th</sup> Annual Cruisin' for a Cure Canada to **Sunday, September 12<sup>th</sup>, 2021**, at **The CAA Centre**. Planning is ongoing and we are happy to report that both existing and new sponsors have already pledged their support!

**IF YOU HAVE ANY CONTACTS IN THE INSURANCE INDUSTRY, WE ARE STILL SEARCHING FOR INSURANCE COVERAGE.** (The pandemic is making it difficult to obtain liability coverage for large public events like Cruisin'.) **ANY LEADS WOULD BE GREATLY APPRECIATED.**

## More Useful Suggestions from Walter Eadie

Walter scours the Internet for items of interest and here are two very valuable finds:

**The Prostate Cancer Research Institute (PCRI)** is based in Culver City, CA. It has developed an extremely informative body of knowledge accessible [HERE](#). Of particular note is its recent [mid-year conference](#), which featured speakers from all over the world.

**The Vancouver Prostate Centre** has developed a [Prostate Cancer Supportive Care](#) (PCSR) program, which Walter describes as consisting of seven modules that include video.

- Primary Treatment Decision-Making
- Sexual Rehabilitation
- Lifestyle Management (Nutrition and Exercise)
- Androgen Deprivation Therapy (As presented by **Dr. Tia Higano** of the University of British Columbia at PCRI's mid-year conference)
- Pelvic Floor Physiotherapy
- Clinical Counselling
- Advanced Disease Management



## Upcoming Prostate Cancer Support Meetings / Events:

***Hard of hearing? We have added Closed Captioning to our Zoom Meetings. It is still in the "BETA testing" stage, so it's not perfect yet, but it has helped and it has come up with some entertaining transcriptions!!***

**Tuesday April 13<sup>th</sup> at 7 p.m. via Zoom**

**PCS Brampton, Christina Dzieduszycki, Physiotherapist: "Kegels are for Women; HEgels are for men!" Most men are doing it wrong today!**

**To view a preview video, click [HERE](#) and use Passcode y\*5p5\*Dc**

**Tuesday, May 11<sup>th</sup> at 7 p.m. via Zoom**

**PCS Brampton, Speaker and Topic to be announced.**

**Tuesday, June 8<sup>th</sup> at 7 p.m. via Zoom**

**PCS Brampton, Speaker and Topic to be announced.**

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

***Please, please, PLEASE share your interests, contacts and suggestions with us!***

***For the balance of the pandemic, we will carry on to the best of our ability, but now more than ever we need YOUR input. Who do you want to speak at our virtual meetings? What topics would you like to see covered? What would you be willing to contribute to the operation of the group? We still need to attract more people to help with our month-to-month operation. We have so much left to do in our community, both supporting those affected and increasing public awareness!***

**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)**

## Ontario Groups Working Together

Following the regrettable demise of **Prostate Cancer Canada**, virtually all the leaders of the **Prostate Cancer Canada Network** chapters around Canada have been seeking new ways to support men with prostate cancer and to support research into the causes and treatment of prostate cancer. The **Prostate Cancer Foundation BC** is leading an effort to create a national support organization. We are involved in this effort and we will keep you informed as it proceeds.

Here in Ontario, extraordinary efforts by **Winston Klass, Keith Braganza & John Roth** from the **Toronto** group, **Walter Eadie** from **Oakville/Mississauga**, **Glen Tolhurst, Gary McCreight & Bill Faulkner** from **Waterloo-Wellington** and **Bob Allan** from **Burlington** have led to a steadily increasing level of cooperation among the various groups. We are working on developing an effective way of facilitating communication and cooperation among the group leaders on our common concerns AND better ways to offer support to those affected by prostate cancer.

We foresee a time when those seeking assistance can obtain it at any time of day or night. Through Zoom, it should be possible to find a support group meeting somewhere in Canada – or possibly the world – almost any day of the week. Mechanisms to accomplish this are under development.

In the meantime, we will attempt to keep you advised of relevant meeting announcements as we receive them through email.

Following is a list of the various local groups that hold regular meetings. For now, all meetings are being held virtually using the Zoom platform. All groups welcome anyone interested in the subject of prostate cancer, whether you are a patient or a caregiver or are just interested in the subject. Always remember that you are **YOU ARE NOT ALONE NOW** and that there are no stupid questions.

**Burlington** [pccnburlington@gmail.com](mailto:pccnburlington@gmail.com) for information. LAST Tuesday of the month @ 7 p.m.

**Mississauga/Oakville** <https://www.prostatecancersupport-oakville-mississauga.ca> Third Wednesday @ 7 p.m.

**Toronto** <https://pcstoronto.ca/> First and third Tuesdays @ 7 p.m.

**Waterloo-Wellington** <http://pcsg-waterloo-wellington.ca> Fourth Tuesday @ 7 p.m.



**To Better Times Past & Future!**



## [Some Resources Worth Considering](#)

**Prostate Cancer Support Canada** (<http://prostatecancersupport.ca>)

**PCS Canada** offers comprehensive information about prostate cancer as well as an outstanding series of videos called "IF I WERE TOM" for newly diagnosed men. *"Tom is dealing with prostate cancer. The waiting. The treatments. The side effects. What would you do in his place?"*

<http://ifiweretom.ca/>

The Calendar of events across Canada is now available [HERE](#). Check time zones!

**Us TOO International** (<https://ustoo.org/>)

Us TOO helped us start our support group in 1994. Their website is worth a browse, no matter where you are in your journey. In particular, the *Support, Education and Diagnosis and Treatment* tabs yield extensive information on every topic that we have ever discussed and a few that we have not!

Their events are listed [HERE](#).

Current and back issues of the **Us TOO Hot SHEET Newsletter** are available at our physical meetings. at [HERE](#).

## [ADT Online Educational Program](#)

These 1.5-hour online classes using the **GoToMeeting** platform are offered monthly 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 next online sessions for 2021 will be held on **Thursday, April 15**, **Tuesday, May 18** and **Wednesday, June 16**, all starting at **6 p.m. Eastern Time**. To register, fill in the brief form at [HERE](#) or send an email to [LifeOnADT@gmail.com](mailto:LifeOnADT@gmail.com).

**NOTE:** In-person classes are offered at:

**Princess Margaret Cancer Center.** To register, call **Gideon Yang** at 416-946-4501 ext. 3593.

**Barrie-Simcoe Muskoka Region Cancer Center.** To register, call **Patient and Family Support** at 705-728-9090 ext. 43520.



Prostate Cancer  
Support  
Brampton

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## [Recently Diagnosed? Contact PCS - Brampton](#)

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you via a telephone call or a Zoom virtual meeting or physically a physically separated meeting at a convenient time and place. Our **Monthly General Meetings** are held at 7:00 PM on the **SECOND TUESDAY** in the months of **September, October, November, December, March, April, May** and **June**.

**Steering Committee Meetings** are held two weeks later, usually on the **FOURTH TUESDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, email [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com) to confirm day & time.

*For the duration of the Coronavirus pandemic, both General and Steering Committee meetings will be held virtually, using the Zoom platform.*

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

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

[Jim Dorsey:](#) (905) 453-3038 [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)

*\*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 <https://www.pccnbrampton.ca/newsletters/>