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INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 3** Last General Meeting
- 4** Upcoming Meetings / Events
- 4** Our Annual Golf Tournament Cancelled
- 5** Online ADT Educational Program
- 6** PCC's Expert Angle Webinars
- 6** What's New in PCa?
- 7** Cover the PSA Test!
- 8** Recently Diagnosed?

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PCCN Brampton News

Ten of our members attended the informative March 12th meeting featuring **Polin Hung** from **St. John Ambulance Education and Outreach**. I tested Polin's coolness under fire by falling down the last three steps to the lower level; she passed! (I was personally relieved to learn that I did all that could have been done for my beloved Sandi when I applied chest compressions until the EMT team arrived as directed by the very helpful 9-1-1 operator.)

This month's **Annual Sharing Meeting** was postponed from February. Remember that both long-term and new members are invited 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.

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**.

We have reluctantly decided to cancel our **Annual Charity Golf Tournament** and throw our support behind the highly successful **Circle of Friends Golf Tournament** at **Glen Eagle** on **August 17th**.

To repeat, **Prostate Cancer Canada Network Brampton** started life in September 1994 as the **Us TOO Brampton Prostate Cancer Support Group**. We will mark our twenty-fifth year of operation 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. Inactive members are invited to contact me directly with their suggestions either by email or by phoning me at **905-453-3038**.

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com

Next General Meeting, Tuesday, April 9th, 2019 – 7:00pm

This is our **Annual Sharing Meeting**, postponed from February.



Yes, this is just a random photo, which highlights the fact that **WE NEED SOMEONE TO TAKE PHOTOS AT OUR MEETINGS**. If you enjoy getting in other people's faces, please contact **Jim Dorsey**, who is possibly the world's worst photographer!

All are welcome to attend to share their own experiences with prostate cancer and to learn about the experiences of other members. The discussions are always enlightening and often entertaining as well.

You can forward your questions or suggestions to: 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. 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 if you require one.

Last General Meeting, Tuesday, March 12th, 2019

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



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

Polin gave us a review of the St John Ambulance volunteer organization, which is one of the largest and oldest volunteer organizations in the world. They have 25,000 volunteers, 6000 certified instructors and train 550,000 Canadians yearly in first aid and CPR & AED techniques. Her talk covered Emergency Scene Management, Bleeding and Wound Care, Heart & Stroke Care and current CPR & AED techniques.

Emergency Scene Management begins with a quick survey of the scene to keep yourself and others safe. Identify yourself and offer help. If someone is unconscious you should check their airway, breathing and circulation.

The next steps, after contacting EMS, would be to ask about existing medical conditions, the status of a person’s medications and what a person has eaten if the cause of the problem is not obvious, as in case of a car accident. In the case of severe bleeding, apply pressure and possibly a tourniquet if the bleeding is confined to a limb.

In the case of shock, it is important to keep the person flat, loosen tight clothing and keep them warm. She next related the common symptoms of Heart & Stroke. Heart attack often presents itself as pain in the chest and arms. Stroke typically involves slurred speech, face droop, inability to move both arms and legs. In both cases, getting medical care as soon as possible can be critical to the person’s survival and eventual full recovery.

Typical CPR involves tilting the head back to clear the airway followed by 30 chest compressions at 100/minute, 2 breaths and then repeat. Chest compressions are done on the sternum by rapidly pressing down approximately 2 inches and releasing in rapid succession. As quickly as possible call 911, unlock any doors and resume CPR until medical help arrives.

Where AED equipment exists and you determine that a person has no pulse, you can connect the leads and follow the instructions to have the equipment automatically shock the patient’s heart. In this instant, be sure to stand back when the device indicates that it is going to shock the patient. The device will monitor the person’s heart and give you instructions as needed.



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

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.

Saturday, August 17th, 2019
14th Annual Circle of Friends Golf Tournament, Glen Eagle Golf Club, Bolton.

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

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 IS CANCELLED!

We are sad to announce that the 14th Tournament was our last. **Steve Hutton** and his crew did their utmost to make it work but they are all younger people who have little free time.

However, 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 17th. 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 doubledees@sympatico.ca by July 15, sent to me as **we always fill up quickly.**" More information is available from Victor.

ADT Online Educational Program

**Androgen Deprivation Therapy
Educational Program**
Sign-up for your Online Educational Class



You and your partner or loved one are invited ...
to participate in a FREE interactive online educational class for prostate cancer patients starting on androgen deprivation therapy (ADT, aka hormone therapy).

By participating in the class you will:

- Hear what to expect from ADT including side effects
(e.g. hot flashes, weight gain, sexual changes, emotional changes)
- Learn specific ways to manage those side effects
- Get strategies for helping you succeed in making lifestyle changes (e.g. exercise)
- 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 for a class, email: LifeOnADT@gmail.com
Classes are offered once per month. Space is limited.

For more info: www.LifeOnADT.com




This 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. It consists of a 1.5-hour online class using the GoToMeeting platform.

To register, fill in the brief form on the home page at www.LifeOnADT.com or send an email to LifeOnADT@gmail.com.

Upcoming sessions will be held on April 18th, May 15th, and June 20th, all at Noon Eastern Daylight Time.



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

As usual, **Walter Eadie's** March list included several interesting items:

Active Surveillance. Over the last few years, as Active Surveillance has gained a higher profile, many of us including myself, in the Gleason 3+4 cohort (now called Gleason Grade Group 2) have wondered if we would have been candidates for AS and been able to avoid the side effects that inevitably accompany surgery or radiation.

This latest report <https://www.auajournals.org/doi/10.1016/j.juro.2018.09.042> concludes that caution should be exercised in offering active surveillance to men with prostate specific antigen greater than 15 ng/ml or Grade Group 2 prostate cancer. This agrees with what I have read from Dr. Klotz at Sunnybrook, so no reason for decision regret on that score.

PSA After Surgery. We all hope to hear that we have undetectable PSA when that first test comes around 6 weeks after our surgery. This European Urology report confirms that a detectable PSA result usually is a sign that the cancer is not gone [https://www.europeanurology.com/article/S0302-2838\(19\)30094-6/fulltext](https://www.europeanurology.com/article/S0302-2838(19)30094-6/fulltext) and will likely need follow-up radiation.

Reading this with your Morning Coffee?

Scientists identify compounds in coffee which may inhibit prostate cancer

https://www.sciencedaily.com/releases/2019/03/190318111955.htm?utm_source=feedburner&utm_medium=email&utm_campaign=Feed%3A+sciencedaily%2Fhealth_medicine%2Fprostate_cancer+%28Prostate+Cancer+News+--+ScienceDaily%29

More on ADT. If you want or need even more detail on ADT – what it is, how it works and how to cope with side effects, then grab another coffee and listen to this podcast

<https://www.buzzsprout.com/188080/994097-remediating-hormone-therapy-adt-side-effects-for-men-with-prostate-cancer?fbclid=IwAR12n8xFgQKjM7pGDM-AdjFxYnnXCSCHydxMZ9aydb-v0nl7VFL0tq-hC68>

Is it Benign or Aggressive? Work continues to answer that age-old question about prostate cancer http://www.prostatecancer.ca/Prostate-Cancer-Canada-Blog/Mars-2019/Hidden-clue-in-blood-could-help-fight-aggressive-p?utm_source=twitter&utm_medium=social&utm_campaign=research

Cover the PSA Test! – A Prostate Cancer Canada Campaign



Ontario does not fund the PSA blood test – **until you have actually been diagnosed with the disease**. This is tragic as this simple test can help save a man’s life 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.

Prostate Cancer Canada’s [new website](#) allows Ontarians to send an email to their Members of Provincial Parliament (MPPs).

[Take 30 seconds now 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! ...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.”*



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[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>