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## PCCN Brampton News

This year's **January Stop, Start Continue** Meeting gave us a lot to think about. Some of the results of that meeting will be discussed within this Newsletter and at the February 13<sup>th</sup> monthly meeting.

So far this year, we have helped out at an information booth for the **Divas Riding Society of Canada** at one of the recent motorcycle shows. As always, we provided prostate cancer awareness materials, answered questions about prostate cancer and promoted Cruisin' for a Cure. We anticipate taking part in many more awareness events in and around Brampton this year than last.

By the time you read this, **Paul Henshall** and I will have spent two days at the **Canadian Concrete Expo** at the International Centre. Interestingly, the lady who registered us lives in Brampton, knew all about Cruisin' and will be bringing a group of friends that she rides with to the show on September 9<sup>th</sup>.

We now have a full slate of speakers for March, April and May: **Alex Smith**, the Manager of **Wellspring Chinguacousy**, **Dr. Rupi Mitha**, a naturopath from **Goodhands Wellness** and **Dr. Andrew Loblaw** of **Sunnybrook Health Sciences Centre**.

As of February 6, Prostate Cancer Canada volunteers have sold 75% of the 25,000 tickets available for this year's **Rock the Road Raffle**. Valued at over \$176,000, this year's **custom 2017 Porsche 911 Carrera Cabriolet**, is the most valuable grand prize to date. As always, the vehicle has been donated by the [Trillium Automobile Dealers Association](#) – so 100% of ticket proceeds go to prostate cancer research.

Tickets are priced at \$25 for one or three for \$60. To order your tickets, call **1-855-441-1267** or visit: [www.rocktheroadraffle.ca](http://www.rocktheroadraffle.ca) for more information. (Tickets are only available to Ontario residents). The official draw will take place between noon and 1:00 p.m. on Friday, February 23rd, 2018 at the [Canadian International AutoShow](#).

**Jim Dorsey – Acting Newsletter Editor**

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## PCCN Brampton Bram-O-Gram

### [Next General Meeting, Tuesday, February 13<sup>th</sup>, 2018 – 7:00pm](#)

This will be our annual **Sharing Meeting**. All in attendance will have the chance to share their own current status and to find out how other members are doing. These meetings are always very informative and give us the opportunity to support our fellow members and to be supported in our turn. Please consider coming out and sharing with the group.

We will also be discussing our proposed new meeting format, which will hopefully increase member discussions and interactions and satisfaction. Support will be emphasized over redundant education.

Forward your questions or suggestions to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or call 905-458-6650.

We look forward to seeing you at **Norton Place Park Community Centre**, 170 Clark Boulevard, Brampton, ON L6T 4G6. The building is located north of Clark, east of West Drive and west of Dixie Road. (**GPS coordinates 43°42'27.5"N 79°43'39.5"W**)

Parking is plentiful, well lit and free - and there are **no stairs**.

### [Last General Meeting, Tuesday, January 9th, 2018](#)

Our third annual **Start, Stop, Continue** meeting was interesting, to say the least. This group has always had two primary purposes: To support men with prostate cancer and their families and to increase public awareness of prostate cancer. After discussions last month and upon reflection, it is clear that we are only 50% effective: We do a great job on increasing awareness but we do an unsatisfactory job of supporting our members.

As our core members passed on and as new members became scarce, we took the easy way out and concentrated on what we could do most easily. In the process, we have almost become a car club rather than a prostate cancer support group.

We have to thank **Walter Eadie** of **PCCN Oakville/Mississauga** and **Glen Tolhurst** of **PCCN Waterloo-Wellington** for their honesty. They and **Anne Breakey Hart** of **Prostate Cancer Canada** shared some of their experiences and suggested ways that we can start fulfilling our objective of supporting men with prostate cancer and their families.

**Anne Breakey Hart** also formally accepted our annual donation of \$10,000. This was made up of \$5,965 raised by the **Over 'N' Under Car Club's U Choose Raffle** at Cruisin' for a Cure and \$4,065 of PCCN Brampton funds. Included in our share was \$2,020 in individual donations made at Cruisin'. Through the generosity of the Laborers' International Union of North America, these donations were matched three-for-one, yielding another \$4,040 for prostate cancer research.



**Upcoming PCCN Brampton Meetings / Events:**

**Tuesday, February 13<sup>th</sup>, 2018**  
**Sharing Meeting.**

**Family Day Weekend, Friday, February 16<sup>th</sup> to Monday, February 19<sup>th</sup>, 2018**  
**Prostate Extreme Team 13<sup>th</sup> Annual Sled Ride of Hope**  
**Gravenhurst, ON, [http://www.prostateextremeteam.com/2018\\_ont\\_sled.html](http://www.prostateextremeteam.com/2018_ont_sled.html)**

**Friday, March 9<sup>th</sup> to Sunday, March 11<sup>th</sup>, 2018**  
**PCCN Brampton booth at Motorama Custom Car & Motorsports Expo**  
**International Centre, <http://www.motoramashow.com/>**

**Tuesday, March 13<sup>th</sup>, 2018**  
**Alex Smith, Wellspring Chinguacousy cancer support centre.**  
**Wellspring overview with emphasis on the Cancer Exercise program described below**

**Tuesday, April 10<sup>th</sup>, 2018**  
**Dr. Rupi Mitha ND, In GoodHands Wellness**  
**Subject To Be Announced**

**Tuesday, May 8<sup>th</sup>, 2018**  
**Dr. Andrew Loblaw, Sunnybrook Health Sciences Centre**  
**Subject To Be Announced.**

**Tuesday, June 12<sup>th</sup>, 2018**  
**Annual End-of-Season Social Evening and Potluck.**

**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](mailto:jfdorsey@yahoo.com)**

***Please Note: From time to time we may have to reschedule a speaker due to unforeseen circumstances.***  
***We will always provide as much notice as possible when a speaker must reschedule.***



## [New Format for PCC's Expert Angle Webinars](#)

Expert Angle webinars now offer shorter snapshots of important prostate cancer topics. While previous Expert Angle Webinars have been roughly one hour in length, the new ones will be much shorter as shown below.

Past full-length Expert Angle Webinars can still be accessed at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Past-Presentations> where they are arranged by category: **Basics of Prostate Cancer, Health and Wellness, Testing and Diagnosis** and **Treatment and Side Effects**.

You can see a listing of current **On-Demand Webinars** and register for them at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>:

### Health and Wellness

- *November 14, 2017 Length 11 minutes.*

[TrueNTH Lifestyle Management: Wellness Resources for Men with Prostate Cancer](#)

**Dr. N Culos-Reed**, Professor of Health & Exercise Psychology, University of Calgary.

### Treatment and Side Effects

- *January 30, 2018 Length 17 minutes.*

[The Ins and Outs of Radical Prostatectomy](#)

**Dr. Peter Black**, Urologic Oncologist at Vancouver General Hospital, a Research Scientist at the Vancouver Prostate Centre, and Professor in the Department of Urologic Sciences at UBC.

- *January 16, 2018 Length 23 minutes.*

[The Ins \(Brachytherapy\) and Outs \(External Beam\) of Prostate Radiotherapy](#)

**Dr Danny Vesprini** is a Radiation Oncologist at Sunnybrook Odette Cancer Centre, Affiliate Scientist at the Sunnybrook Research Institute and an Assistant Professor at the University of Toronto.

- *November 28, 2017 Length 16 minutes.; December 12, 2017 Length 14 minutes.; January 3, 2018 Length 15 mins.*

[Pelvic Floor Rehabilitation for Post-Prostatectomy Incontinence \(PPI\) - Incidence, common issues, misconceptions and the 24 hour pad test \(Part 1 of 3\)](#)

[Pelvic Floor Rehabilitation for Post-Prostatectomy Incontinence \(PPI\) - The male urinary system & pelvic floor muscles \(Part 2 of 3\)](#)

[Pelvic Floor Rehabilitation for Post-Prostatectomy Incontinence \(PPI\) - Exercises for Men \(Part 3 of 3\)](#)

**Bill Landry**, physiotherapist, University of Toronto 1999, has a special interest in treating men for urinary incontinence after prostate cancer.



### [True NTH \(True North\) Lifestyle Management Program](#)

We have mentioned this program, which is funded by the Movember Foundation, in the past. In fact, I started on the online version during a vacation trip to Myrtle Beach last Fall but put it on hold after suffering some joint injuries and subsequent cardiac issues. Since then, the program has been greatly enhanced, as you can see on the [True NTH website](#).

We mentioned the **Peer Navigation Program** last month. In addition to Peer Navigation and Lifestyle Management, the Home Page includes links to **CALM**, a training program for healthcare providers, **eLIFT**, an electronic library to help men understand urinary and bowel side effects of treatment and **SHAReClinic**, which supports patients and couples dealing with sexual problems after treatment.

Recently, I took another look at the [True NTH Lifestyle Management program](#) and discovered that our very own [Wellspring Chinguacousy offers a Cancer Exercise program that conforms to the TrueNTH program](#). Our Steering Committee had already discussed restoring our relationship with Wellspring, so it seemed like the ideal time to ask about the Cancer Exercise Program. The website describes it as: *"The 20-week Cancer Exercise program is open to people during any stage of their cancer journey. Under the supervision of an experienced cancer exercise leader, members receive an individual assessment, personalized exercise plan and an opportunity to exercise with other cancer patients. The focus of the program is to improve flexibility, strength and cardiovascular endurance. The program is safe for cancer patients who are in-treatment and may be experiencing side effects."*

**Alex Smith**, the Centre Manager and **Neal McCaffrey**, the Program Coordinator, advised me that:

- The cancer Exercise program is currently available.
- This is a for patients only program, caregivers are not eligible.
- This program requires a consent from the patients Doctor, as a safeguard, that it is safe for them to participate.
- The consent form can be picked up at the Centre or is available to download, thru the website. *(We will have the forms available at the February meeting.)*
- There is currently a short waitlist.
- Once we have the patient's consent on file, we add their name to the waitlist.
- When a vacancy becomes available, we contact the patient to arrange for a one-on-one assessment with the physio-therapist before participating in the twice-a-week, 20-week program. *(You MUST commit to attending all 40 sessions.)*
- There are currently 45 Exercise program spots available, per week.

As we have discussed so many times over the years in this Newsletter and at our meetings, exercise is so important to our survival and to aging well and gracefully. Please consider signing up for the Cancer Exercise Program at Wellspring Chinguacousy, if not for your own sake then do it for your family's sake. They need you!





## 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 **Norton Place Park Community Centre**.

**Steering Committee Meetings** are held two weeks plus two days later, on the **FOURTH THURSDAY** of each month, September through June, at 7:00 PM. If you wish to attend Steering Committee Meetings, please phone for location.

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

[Jim Dorsey:](#) (905) 453-3038

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

Note that we accept phone calls 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](mailto:visact@rogers.com)

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Our newsletters are also available online at <http://pccnbrampton.ca/bram-o-gram>