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INSIDE THIS ISSUE

- 1** PCCN-Brampton News
- 2** Next General Meeting
- 3** Last General Meeting
- 4** Upcoming Meetings / Events
- 5** 18th Annual Charity Golf Tournament
- 6** Our Brother Groups
- 6** Expert Angle Webinars
- 7** 12th Annual Cruisin' for a Cure Canada
- 7** Suggested Reading
- 8** Recently Diagnosed?

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CONSIDER
VOLUNTEERING!**

PCCN Brampton

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PCCN Brampton News

At our May 8th meeting, **Dr. Andrew Loblaw** of **Sunnybrook Health Sciences Centre** covered "***The Promise of Stereotactic Ablative Radiotherapy (SABR) for Primary and Metastatic Prostate Cancer.***"

Andrew's presentation as usual was excellent and led to so many questions that he was obliged to stay until after 9:30 p.m.! We are so fortunate to have Dr. Loblaw available to us.

Our June 12th meeting will of course be our **Annual End-of-Season Social Evening**, but **WITHOUT a Potluck**. We will instead be providing dinner from the **Mandarin Buffet**. The usual \$5 per person fee will apply.

Steve Hutton, Gary Foote and the rest of the **Golf Committee** are doing a great job of organizing our **18th Charity Golf Tournament** on Saturday, June 23rd. See Page 5 for more information.

AND A VERY SPECIAL THANKS TO THE INDIVIDUAL WHO WAS KIND ENOUGH TO PROMOTE OUR GOLF TOURNAMENT THROUGH THE BRAMPTON GUARDIAN. WE HAVE NO IDEA WHO YOU ARE, BUT WE THANK YOU MOST SINCERELY!

Karl Leutner continues to work to increase awareness of our support group in our local medical community. This is a huge task. Please consider sharing your experiences and your time with Karl.

Please have a great Summer but remember that prostate cancer does not take time off and neither does your Steering Committee. We will continue to work to support newly diagnosed men and their families and to increase public awareness of prostate cancer.

As for your Acting Newsletter Editor, I will be taking a bitter-sweet road trip, returning my beloved Sandi's ashes to her home in California. I thank you all for your love and support.

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com



PCCN Brampton Bram-O-Gram

[Next General Meeting, Tuesday, June 12th, 2018 – 7:00pm](#)

This is our annual the **End of the Year Social Evening**.

This year, **the Steering Committee has decided to bring Chinese specialties from the Mandarin instead of holding a potluck**. As we do at Christmas, there will be a \$5 per person charge to help defray the costs. Please R.S.V.P. to Gary Foote of your intention to attend: Phone 905-458-6650 or email visact@rogers.com.

Once again, **let's all wear plaid – the wilder the better** – to the June Potluck and Social Evening so that we can take another group photo to submit to PCC in support of **Prostate Cancer Canada's** annual [Wear Plaid for Dad](#) campaign. This campaign is a simple way to raise funds for PCC's research, awareness and support programs and to get people talking about prostate cancer.

This initiative is being supported by a number of celebrity [Ambassadors](#), ranging from sports icon **Don Cherry** to Canadian actor **Eric McCormack** to philanthropist & survivor **DW. Brett Wilson** to auto racer **James Hinchcliffe**. Check out the posts to [the PCC Facebook page](#).

PCC has again partnered with **Hudson's Bay** stores, which will again sell plaid shirts with \$21 from each purchase going to PCC. They also offer two different **Jockey Plaid for Dad Boxer Packs**. 15% of sales proceeds for the boxers will go to PCC.

Additionally, a new partner this year, **EQ Bank**, is matching all individual donations to the Plaid for Dad campaign that are received before June 22, up to a maximum of \$50,000. The link is <https://secure.e2rm.com/regisrnt/donate.aspx?eventid=222447&langpref=en-CA>

Paul Henshall and I attended the **Plaid for Dad Launch** at **Nathan Phillips Square** in Toronto on May 25th and we were struck by the energy and enthusiasm of all the volunteers, speakers, sponsors and visitors

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone 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, May 8th, 2018

Dr. Andrew Loblaw, BSc MD MSc FRCPC CIP FASCO, “*The Promise of Stereotactic Ablative Radiotherapy (SABR) for Primary and Metastatic Prostate Cancer.*”

Dr. Loblaw visited us once again this month and as usual provided a lively presentation on the latest news regarding SABR combined with some interesting super car automotive tidbits.

Dr. Loblaw has been instrumental in the study of the newer SABR treatment for Prostate Cancer. This treatment appears to offer substantially shortened treatment cycles by reducing the number of treatments from the standard 35-39 down to 5 or less. This is done by increasing the radiation dosage over a shorter treatment period with alternate off days.

To administer the higher dose of radiation, additional MRI technology is utilized to focus the treatment directly on the tumour and lessen any side effects on adjacent tissues. The entire treatment, once all of the staff and equipment is in place, can take as little as 5 minutes.

Several studies have shown that, long term, this approach delivers results similar to or better than conventional therapies with fewer side effects. The additional upside to this approach is that hospitals can use their existing equipment and only minor training is required to get doctors and technicians up to speed on the new therapy. Since the government only provides a fixed amount for each prostate cancer treatment, this would save hospitals considerable amounts of money when compared to traditional therapy. This allows for the treatment of more patients in the same amount of time with the same resources reducing wait time as well.

When you combine this with fewer sexual side effects and better quality of life, as reported by the patients themselves, it seems only logical that this should become a standard treatment option. Dr. Loblaw also mentioned that for patients who qualify, by virtue of their disease characteristics, Brachytherapy is also an excellent option for PCa treatment. The downside to this treatment option is that fewer Brachytherapy specialists are available for this treatment.

SABR has the additional advantage of being suitable for all prostate cancer risk categories where Brachytherapy is limited to lower to moderate risk patients.

Dr. Loblaw also discussed the treatment of Metastatic disease treated with hormone therapy. It has been fairly widely accepted now that intermittent treatment is just as effective as continuous treatment with the benefit of a better overall quality of life for the patients. Also, in cases of Metastatic disease, Abiraterone has also been found to extend survival rates.



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

Tuesday, June 12th, 2018

Annual End-of-Season Social Evening and Potluck.

Wednesday, June 20th, 2018

PCCN Oakville – Mississauga “Discussion Evening”.
Wellspring Birmingham Gilgan House, 2545 Sixth Line, Oakville.

Saturday, June 23rd, 2018

18th Annual Charity Golf Tournament, Glen Eagle Golf Course, Caledon.
Registration 11:30 a.m. for 12:30 p.m. start.

Tuesday, June 26th, 2018

PCCN Burlington “Newbie Support & Member Updates”.
Ron Edwards YMCA, 500 Drury Lane, Burlington.

Tuesday, June 26th, 2018

PCCN Waterloo-Wellington Michelle Davis from Tweed, “Medicinal Cannabis”.
Rockway Centre, 1405 King St. E., Kitchener.

Wednesday, July 18th, 2018

PCCN Oakville – Mississauga “Kegel Exercises”.
Wellspring Birmingham Gilgan House, 2545 Sixth Line, Oakville L6H 7V9

Sunday, September 9th, 2018, 10 a.m. to 4 p.m.

12th Annual Cruisin’ for a Cure Canada, CAA Centre (formerly the Powerade Centre),
Brampton

(Free PSA Blood Clinic, 9 a.m. to 4 p.m. only).

Saturday, September 22nd, 2018, 10 a.m. to 4 p.m.

8th Annual Cruisin’ for a Cure Buffalo, Roswell Park Cancer Center, Buffalo, NY
(Free PSA Blood Clinic and DRE, 11 a.m. to 2 p.m. only).

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



PCCN Brampton Bram-O-Gram

18th Annual Charity Golf Tournament, Saturday, June 23rd, 2017

Our 18th Annual Charity Fund Raising Golf Tournament will be held on Saturday, June 23rd once again at the beautiful [Glen Eagle Golf Club](#) 15731 Peel Regional Road 50, Bolton, ON L7E 3H9

Optional Coffee & Breakfast available at 7:30 a.m.

- Registration Opens at 11:30 a.m.
- Shot Gun Start, Scramble format at 12:30 p.m. SHARP

Golf & Dinner Only \$130 Per Person

Your Day includes:

- **18 Holes of Golf with Cart on Championship Course**
- **Competition Holes**
- **Top Team Award**
- **Prize Table**
- **Fabulous Meal**

Contact **Steve Hutton** 416-716-6582, email steve.hutton@pccnbrampton.com

Please forward this information to any golfers that you know who might be interested in attending and supporting our great Charity Event.

As always we could really use your help putting together prizes for our event so if you or your company are able to contribute anything, please contact Steve Hutton.

This year, we have added an online registration system that you can find here:

<https://18thannualpccncharitygolftournament.waypointgolf.com/>

Please sign up NOW so we can submit an accurate head count as soon as possible.

If you require the old forms, if you want to pay by cheque, please contact **Gary Foote** directly at visact@rogers.com

A SPECIAL THANKS TO ALL OUR CORPORATE SPONSORS



[Our Brother Groups – Other Local PCCN Chapters](#)

Those of you who regularly attend monthly meetings will have noticed that **Glen Tolhurst** from the [Waterloo-Wellington](#) chapter of the **Prostate Cancer Canada Network** often attends our meetings.

Walter **Eadie** from [PCCN Oakville – Mississauga](#) also attends on occasion.

And **Bob Allan** from **PCCN Burlington** has attended meetings and Cruisin' for a Cure over the years.

Our four groups have cooperated over the years, attending each other's monthly meetings and assisting with special events like Father's Day Walks, Special Speaker Nights and Cruisin' for a Cure.

The point is that no matter where in Canada a man lives, there is a chapter of PCCN available either for meetings or for telephone support. And you can attend any meeting that interests you. All groups welcome visitors and you can join as many groups as you want.

Prostate Cancer Canada maintains a list of contact information and meeting details for all chapters. You can find all the Ontario chapters listed at <http://www.prostatecancer.ca/Support/Services/Support-Groups/Find-a-Group-Near-You/Ontario>

[PCC's Expert Angle Webinars](#)

The library of Expert Angle Webinars continues to grow as more of the new, shorter sessions are added. Past and future webinars will continue to be listed in three categories at <http://prostatecancer.ca/Supporting-You/Hear-from-the-Experts/Tune-In>.

You will be asked to register for each session, but rest assured that "no salesman will call." Once registered for a session, you can view it whenever you want as often as you require.

Recordings of 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**. Note that you do not need to register to view these older webinars.

If you decide to subscribe to the monthly e-newsletter on the "**Tune In**" page, you will be advised of future Expert Angle Webinars well ahead of time.



PCCN Brampton Bram-O-Gram

Cruisin' for a Cure, September 9th, 2018

This year, our **Principal Sponsors**, all of whom have pledged **cash support of \$2,000 or more**, will include our long-time sponsor, [Janssen Pharmaceutical](#) and for the third year, [Planet Ford](#). We are thrilled to announce that **Kinsmen Club of Brampton-Bramalea** has signed up as our third Principal Sponsor for this year.

Whether you are a car-lover or not, please consider visiting the weekly "Cruise Nights" that operate in Brampton from May through October, starting at 5 p.m.:

- The **Over 'N' Under Car Club**, the co-presenters of Cruisin' for a Cure and the operators of the amazing **U Choose Raffle**, holds theirs on Sunday nights at the **Leon's Furniture** lot at 10081 McLaughlin Rd North.
- The **Brampton Street Rods**, who have also pledged a generous cash donation this year, hold theirs on Tuesday nights in the north parking lot at **Shoppers World**, 499 Main Street South.

Please consider supporting these folks; their membership lists include prostate cancer survivors and many men aged 40 and over. Both clubs support other local charities in addition to PCCN Brampton.

Suggested Reading Courtesy of Walter Eadie

If you follow Prostate Cancer Canada on Facebook, you will already have seen this. I think it is a worthwhile read for everyone.

<http://vancouversun.com/news/local-news/part-1-prostate-series>

<http://vancouversun.com/news/local-news/part-2-controversy-over-psa-test-fails-men-with-aggressive-prostate-cancers>

<http://vancouversun.com/news/local-news/part-3-sex-after-prostate-cancer-can-be-a-life-and-death-decision>

<http://vancouversun.com/news/local-news/part-4-the-trials-of-prostate-cancer-research-yield-hope-disappointment>

<http://vancouversun.com/news/local-news/part-5-longevity-growing-old-with-prostate-cancer>



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 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>