



**May, 2018**

**Volume 18 Issue 5**

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This newsletter is made possible by an unrestricted educational grant from Janssen, Inc.

**CHECK OUT OUR AWARENESS ACTIVITIES AND CONSIDER VOLUNTEERING**

PCCN Brampton

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**PCCN Brampton News**

On Saturday April 28<sup>th</sup> Sandi Dorsey, Jim’s wife, passed away. Her contributions to the group over the years, even while battling health issues, were significant. For information and the timing of services please visit: [Sandra Lee Dorsey Obituary - Brampton, ON](#)

At our April 10<sup>th</sup> meeting, **Dr. Rupi Mitha**, a naturopath from *In Goodhands Wellness* spoke on “**A Natural Path to Men’s Health**”. Discussion was enthusiastic and interesting.

Our May 8<sup>th</sup> guest is **Dr. Andrew Loblaw** of *Sunnybrook Health Sciences Centre*, who speak on the subject of “**The Promise of Stereotactic Ablative Radiotherapy (SABR) for Primary and Metastatic Prostate Cancer.**”

Our June 12<sup>th</sup> meeting will of course be our **Annual End-of-Season Social Evening and Potluck.**

Our appearance at **Truck World**, April 19 to 21<sup>st</sup>, was very successful. We spoke with many people about prostate cancer and about PCCN Brampton, including other survivors, both show visitors and exhibitors. **Paul Henshall, Karl Leutner** and I were joined by **Irving Frydman**. We also spoke with several people who volunteered to help us with our efforts. The booth was generously donated by the show operators and we hope to be invited back to their next show.

To repeat from last month, **Karl Leutner** has kindly taken on the task of attempting to rebuild shattered bridges between our support group and the local medical community. This is a huge task and Karl is asking for your support on Page 6. Please consider sharing your experiences and your time with Karl.

**Steve Hutton, Gary Foote** and the rest of the **Golf Committee** are hard at work planning for our **18<sup>th</sup> Charity Golf Tournament** on Saturday, June 23<sup>rd</sup> at the beautiful **Glen Eagle Golf Course** north of Bolton. As always, we need sponsors, volunteers, goody bag & raffle items and of course golfers. This is always a great day and with your help it can be even better this year. See Page 5 for more information.

**Jim Dorsey – Acting Newsletter Editor**

**E-Mail: [jfdorsey@yahoo.com](mailto:jfdorsey@yahoo.com)**

**Next General Meeting, Tuesday, May 8<sup>th</sup>, 2018 – 7:00pm**



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

This presentation will

- review evidence supporting the use of MRI-guided SABR for primary and metastatic prostate cancer
- discuss optimal patient selection factors for SABR
- discuss dosimetric predictors of SABR outcomes
- review current and future clinical trials of SABR

We tend to take for granted that everybody knows Dr. Loblaw well, but for those unfamiliar with him, Dr. Loblaw’s updated biography follows:

Dr. Loblaw is a Radiation Oncologist, Clinician Scientist, and dual Professor in the Department of Radiation Oncology and the Institute of Health Policy Management & Evaluation at the **University of Toronto**.

He received a Bachelor of Science in Physics from the **University of British Columbia** and his Doctor of Medicine from **Queen’s University**. He completed his specialty training in Radiation Oncology concurrent with a Masters degree in Clinical Epidemiology to graduate from Royal College’s Clinician Investigator Program all at the University of Toronto.

**Dr. Loblaw’s clinical practice and research interest focus on improving outcomes for men with prostate cancer and the healthcare system. He has a particularly interest in the design and conduct of clinical trials, the generation and dissemination of evidence-based guidelines and in image-guided radiotherapy.**

Dr. Loblaw is an **Ontario Association of Radiation Oncology** Clinician Scientist and a Scientist at the Sunnybrook Research Institute. A Fellow of the **American Society of Clinical Oncology** (FASCO), he was previous Co-Chair of the ASCO’s Genitourinary Advisory Group and remains Co-Chair of the GU group for Cancer Care Ontario’s Program in Evidence-Based Care. **He has authored over 200 peer-reviewed papers and has been awarded grant funding of over \$35M.**

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, April 10<sup>th</sup>, 2018**



**Dr. Rupri Mitha B.Sc., N.D. – “A Natural Approach to Men’s Health”.** Dr. Mitha is a Registered Naturopathic Doctor in the City of Brampton. During her talk, she spoke of the role of Naturopathic Medicine in all aspects of Men’s Health.

Dr. Mitha was diagnosed with Lupus at 14 years of age. Her parents flew her to New Hampshire for Naturopathic Treatment. As a result, for the last 20 years she has tested negative for Lupus. Many patients come to Naturopaths as a last resort having exhausted conventional treatments. Naturopathy is also an excellent way to help support patients who are going through conventional medical treatment.

Dr. Mitha acts as a supervisor at the Free Clinic at Brampton Civic Hospital as well as conducting her private practice at the In GoodHands Wellness centre with her husband.

There are 2 accredited Naturopathic Colleges in Canada that offer a 4 Year Course that includes such subjects as Homeopathy, Acupuncture and Herbal Medicine. Prior to acceptance, students also require university courses in a variety of life sciences.

Many of our current medical problems can be traced to bad eating habits. Too much processed food combined with the presence of various chemicals and hormones in the food system can overwhelm the ability of the Liver to filter these toxins out of our blood. This can cause a variety of imbalances in the system. To help diagnose these sorts of problems, a variety of blood tests, in conjunction with those your doctor requests, can be helpful.

Other common elements in our environment, such as yeast, can cause many people problems. For others it may be Dairy that causes problems and eliminating it for 3 weeks is often worth trying to see if it is affecting you. This means Milk, Cream, Cheese and Yogurt.

As noted by a number of the speakers that we have had over the years, most people need to increase their intake of fresh fruits and vegetables and reduce the consumption of processed food to help improve their health. Regular moderate exercise also has beneficial effects.

For more information you can contact **Dr. Rupri Mitha ND** at: **In GoodHands Wellness**  
10 Cottrelle Blvd, Suite 101, Brampton, **905-453-5858** [www.ingoodhandswellness.com](http://www.ingoodhandswellness.com)



**Upcoming PCCN Brampton Meetings / Events:**

**Sunday, May 6<sup>th</sup>, 2018**

**Over 'N' Under Car Club Show & Shines Start  
Leon's Furniture lot, McLaughlin & Bovaird, 5 p.m. till Dusk  
Come out and support our community partners**

**Tuesday, May 8<sup>th</sup>, 2018**

**Dr. Andrew Loblaw, Sunnybrook Health Sciences Centre  
"The Promise of Stereotactic Ablative Radiotherapy (SABR) for Primary and Metastatic  
Prostate Cancer."**

**Tuesday, May 15<sup>th</sup>, 2018**

**Brampton Street Rods Cruise Nights Start  
Northeast Side of Shoppers World, Main Street & Charolais Blvd., 5 p.m. till Dusk  
Come out and support our community partners**

**Tuesday, June 12<sup>th</sup>, 2018**

**Annual End-of-Season Social Evening and Potluck.**

**Saturday, June 23<sup>rd</sup>, 2018**

**18<sup>th</sup> Annual Charity Golf Tournament, Glen Eagle Golf Course, 15731 Regional Rd. 50,  
Caledon.**

**Registration 11:30 a.m. for 12:30 p.m. start.**

**Sunday, September 9<sup>th</sup>, 2018, 10 a.m. to 4 p.m.**

**12<sup>th</sup> 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).**

**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.***



## PCCN Brampton Bram-O-Gram

### 18<sup>th</sup> Annual Charity Golf Tournament, Saturday, June 23<sup>rd</sup>, 2017

We are just 8 weeks away and counting. Our 18<sup>th</sup> Annual Charity Fund Raising Golf Tournament will be held on Saturday, June 23<sup>rd</sup> once again at the beautiful [Glen Eagle Golf Club](#) 15731 Peel Regional Road 50, Bolton, ON L7E 3H9

Optional Coffee & Breakfast is available starting from 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](mailto: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 entry forms, or if you want to pay by cheque, please contact Gary Foote directly at [visact@rogers.com](mailto:visact@rogers.com)

**A SPECIAL THANKS TO ALL OUR CORPORATE SPONSORS**



### [Cruisin' for a Cure, September 9<sup>th</sup>, 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. The Brampton Street Rods, who have also pledged a generous cash donation, hold theirs on Tuesday nights. Details are listed on Page 4. Please consider supporting these folks; their membership lists include prostate cancer survivors and many men aged 40 and over.

### [Rebuilding Bridges](#) by **Karl Leutner**

As some of you support group members know I have been asked to assist in revitalizing our membership and I can use all the help I can get. Please don't be shy about giving me suggestions of any ways to help me with this task.

So far I have started with contacting Family Health Centres or Doctors' offices to ask for permission to display our Brampton support group brochures, in the hope that the office staff and or the Doctors will tell their patients that there is a support group right here in Brampton with members that have gone through prostate cancer and are here to support them.

I know it has been done before and some of it worked and some of it didn't. This should not mean we continue the status quo. Our members' attendance at meetings and participation in our events has shrunk to an all-time low for various reasons.

As a new member since 2016, I do not want to see this support group go stale. We continue to have good speakers, we have good sharing sessions, we have a golf tournament, we have "*Cruisin' for a Cure*" and many other activities and events. I would like to see former members come back and see what we are doing and then attract new members by inviting them to come to our meetings.

If **you** have a relative, a friend or a neighbour that has been diagnosed with prostate cancer, it would be great if you would let them know about us.

Having said all that, note that meeting attendance is looking up.

PLEASE SPREAD THE WORD!



## 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 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](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 <http://pccnbrampton.ca/bram-o-gram>