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PCCN Brampton News

We only had nine members out to our **Annual Sharing Meeting** on April 9th, but it was a useful meeting as our sharing meetings always are! Attendees included a newly diagnosed man who is evaluating his options, a relatively new member who has encountered problems with his treatment and his wife and a bunch of us old hands.

Dr. Andrew Loblaw will again join us for the May meeting. Last year he covered "**The Promise of Stereotactic Ablative Radiotherapy (SABR) for Primary and Metastatic Prostate Cancer.**" THIS year, Andrew is going to deal with hormone therapy for advanced prostate cancer.

Every man who has been treated for prostate cancer faces that perennial question: "Is it back and if so, what do I do about it?" Bring your questions for Dr. Loblaw as he is very approachable and has a knack for simplifying his subject matter without being condescending.

June is of course our **Annual End of Season Social Evening**. We will be providing dinner from the **Mandarin Buffet** as we did last year. Details will be provided in the June Newsletter.

Some exciting news: During April and the first week of May, we have been advised that no fewer than FIVE Brampton men have been treated or are about to be treated for prostate cancer because of PSA tests that we provided on September 9th, 2018. **Cruisin' for a Cure Canada** can be safely described as "**The Car Show That Saves Men's Lives**" – or at the very least, improves the quality of their lives through early detection and treatment.

One of our new members, **John Sanderson**, a well-known Brampton businessman, political figure and volunteer, has secured exhibitor space for us at the **Rotary Club of Brampton's 16th Annual Rib 'n' Roll!** We will be setup at **Gage Park** from May 24th through May 26th, providing prostate cancer information and digging the extensive array of music. We MIGHT even try the ribs! Details at <http://ribnroll.com/>

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com

Next General Meeting, Tuesday, May 14th, 2019 – 7:00pm

Dr. Andrew Loblaw, BSc MD MSc FRCPC CIP FASCO, “Hormone Therapy for Prostate Cancer”.



This presentation will deal with hormone therapy as used in treating various types of advanced prostate cancer:

- hormone sensitive non-metastatic
- hormone sensitive metastatic
- castrate resistant non-metastatic

Dr. Loblaw is one of our favourite speakers and is the referring physician for our **Cruisin’ for a Cure** show on September 8th.

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**.

Dr. Loblaw 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 particular 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.**

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, 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, April 9th, 2019](#)

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

As usual, I got so wound up in the discussions that I neglected to take any photographs. To repeat last month's plea: **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! jfdorsey@yahoo.com or phone 905-453-3038 or text 416-523-5550.

Discussions were underway well before the meeting even opened, and they continued upstairs in the kitchen over coffee after the meeting ended. As expected, it was an enjoyable evening.

John Palmer has been recently diagnosed and is struggling with his options as all of us have had to do. He asked many questions and received lots of opinions from the rest of the group. As always, all we can do is share our own experiences while refraining from offering medical advice.

Our friend **Sean O'Neill**, a long-time volunteer at Cruisin' for a Cure Canada and his extremely supportive wife **Lori** shared their experiences with Sean's diagnosis, their decision-making process, Sean's radiation treatments and some unfortunate side effects that hopefully will be resolved soon.

Long-time member **Peter Slade** shared his current situation. Like so many of us, he underwent radiation therapy. His PSA has been rising slowly over the past few years and Androgen Deprivation Therapy (ADT) may be in his future.

Shaf Khan updated us on his experience with Active Surveillance. His test results have been somewhat confusing, but he will continue following the AS alternative.

Throughout the evening, **Walter Eadie**, **Mike Loughnan**, **Norm Macdonald** and I shared our experiences as and when appropriate. None of us are experiencing any major problems, thank God and our medical experts.

Another plea that arose from the April meeting: We need assistance setting up the downstairs meeting room before each meeting and restoring it after the meeting ends. The room is basically empty when we arrive. We have to set up tables and chairs as required and then fold them up and put them back in the storage area.



Upcoming PCCN Brampton Meetings / Events:

Tuesday, May 14th, 2019 at 7 p.m.
Dr. Andrew Loblaw, Sunnybrook Health Sciences Centre; “Hormone Therapy for Prostate Cancer”.

Friday, May 24th, 2019 at 7 p.m. to Sunday, May 26th at 7 p.m.
Rotary Club of Brampton Rib ‘n’ Roll, Gage Park, Brampton <http://ribnroll.com/>

Tuesday, June 11th, 2019 at 7 p.m.
Annual End of Season Social Evening.

Sunday, June 16th, 2019 at 7 p.m.
Do it for Dads Father’s Day Walk Run, Ashbridge’s Bay, Toronto.

Saturday, August 17th, 2019; 1:00 p.m. shotgun
14th Annual Circle of Friends Golf Tournament, Glen Eagle Golf Club, Bolton.

Sunday, September 8th, 2019 at 10 a.m.
Lucky 13th Cruisin’ for a Cure Canada, CAA Centre, Brampton.

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

Please, please, PLEASE share your interests, contacts 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!

With the cancellation of our tournament, 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.



[Do it for Dads Father's Day Walk Run, June 16th](#)

PLEASE SPONSOR PCCN BRAMPTON

Amount Raised
\$0.00
Fundraising Goal \$1,000.00

[DONATE NOW](#)
[JOIN THE TEAM](#)

Event Date Jun 16, 2019 8:00 AM
Location Name TORONTO

In order to help make up the shortfall in our group's revenue because of the cancellation of our beloved Charity Golf Tournament, we have decided to field a team at the **Toronto Do it for Dads Father's Day 5K Walk Run** on Sunday, June 16th at Ashbridge's Bay.

50% of the funds that our team raises will come back to Prostate Cancer Canada Network Brampton to help with our expenses, especially the rent for the CAA Centre and other expenses for Cruisin' for a Cure.

Additionally, many members complain that we put so much effort into Cruisin' for a Cure. This is a chance for those of you who are not "car nuts" to take part in an activity that benefits both PCC **and** PCCN Brampton. It's a short walk in a pleasant location and Prostate Cancer Canada makes it into a fun morning out, leaving time to celebrate with your family later.

You can learn more and donate and/or join the team at <https://secure.e2rm.com/registrator/TeamFundraisingPage.aspx?teamID=867037>

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 **May 15th** and **June 20th**, at **Noon Eastern Daylight Time**.



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

We are stealing **Walter Eadie's** entire April email:

More on **Active Surveillance**. Men on Active Surveillance often think that Support Groups are not for them or that the topics discussed are not relevant to them. Here is an on-line 'virtual support group' specifically for Active Surveillance.

I know nothing about it other than what I read here so I can't yet endorse it. If appropriate, you might want to check it out and let us know.

Probably too late for the May 1st meeting but they are every month. <https://ancan.org/wp-content/uploads/2019/04/AS-PCa-PDF-flyer.pdf>

Depression while on ADT. We talk often in our meetings about side effects of ADT – hot flashes, loss of libido, fatigue, risk of cardiovascular events.

This article highlights another issue. "*there seems, finally, to be a clear relationship between risk for depression and initiation of treatment with ADT.*"

<https://prostatecancerinfolink.net/2019/04/23/depression-in-men-on-adt/?fbclid=IwAR1mGmQrs2uURG7-o-hnC4c4j6xxP6Jv0P9q45h5JBDBRS24Gv6gPpFIIAU>

Metastasis to the Liver. The spread of prostate cancer to the liver is very rare but is a very serious form of metastasis.

This article gives an easy-to-read description of metastasis and a link to a novel, new approach to dealing with spread to the liver.

<https://www.verywellhealth.com/sir-spheres-to-treat-liver-metastases-2782224>

Editor's Note: **ADDITIONAL ONLINE RESOURCES**

I actively follow two Facebook groups that provide useful information and even some humour relating to many phases of prostate cancer:

[Prostate Cancer Support Group](#)

[Prostate Cancer Support Forum](#)



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 **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 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 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

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