



**October, 2019**

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PCCN Brampton

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***PCCN Brampton News***

Our speaker for the September 10<sup>th</sup> meeting was **Dr. Aziz Khambati**, a worthy addition to the urologists practicing at our Brampton Civic Hospital. His presentation on services available – and not available – in Brampton for men diagnosed with prostate cancer was quite informative.

While we try to stay away from political issues, the current healthcare situation in Brampton is becoming increasingly unpleasant. Underfunding of our healthcare facilities by the Province of Ontario has led to long wait times, the infamous “hallway medicine” situation and lack of surgical and radiation suites, leading to long trips to other hospitals. Learn about the City of Brampton’s **Fair Deal for Brampton Healthcare Advocacy Campaign** on Page 5.

Our **13<sup>th</sup> Annual Cruisin’ for a Cure Canada - “The Car Show That Saves Men’s Lives”** – on September 8<sup>th</sup> at the CAA Centre was a success as always. We are pleased to recognize that Cruisin’ has become one of the most talked-about events in Southern Ontario.

Our special guest “**Iron Mike**” **Keenan**, noted NHL Coach and sports celebrity, who has joined our less-than-exclusive club, was a major addition to the show.

Our speaker for the October 8<sup>h</sup> meeting will be **Dr. Justine Blainey-Broker**, a well-known chiropractor, community leader and sports figure. **Paul Henshall** and I are both patients of hers and appreciate her treatments.

Your editor has been “on the road” since September 13<sup>th</sup>, driving from Brampton to Costa Mesa, CA for **Debbie Baker’s 20<sup>th</sup> Annual Original Cruisin’ for a Cure**, which inspired our own annual event. This newsletter will be a little lacking in new content as a result.

**Paul Henshall, Steve Hutton** and his daughter **Alexis** flew out to California for this amazing show and we had a great time before I was forced to carry on to Honolulu for a week. 😊

**Jim Dorsey – Acting Newsletter Editor**

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



## PCCN Brampton Bram-O-Gram

**Next General Meeting, Tuesday, October 8<sup>th</sup>, 2019 – 7:00pm**

**Dr. Justine Blainey-Broker, “Chiropractic Services and Prostate Cancer.”**



Dr. Justine Blainey-Broker is "that girl" recognized for removing sexual discrimination in sports from the Ontario Human Rights Code before the age of 15. Today Dr. Justine is a Chiropractor, a wife, a mother of two and a warrior for health and wellness. She is an active community volunteer, working with Excelsiors Lacrosse and Brampton Women's Hockey. Dr. Justine is also a popular motivational speaker at schools, Universities, local businesses and charities. Her main objective, is to provide the best care, for you to get the best version of yourself. She believes that everyone deserves a healthcare team that focuses on prevention, optimal health and open communication

Her presentation will cover topics such as:

- Chiropractic wellness
- Men's health stats
- Prostate health
- Obesity
- Testosterone
- Diabetes
- Stress
- Blood Pressure
- Healthy Lifestyles
- Proper Diet
- Osteoporosis

For more information, contact  
**Justine Blainey Wellness Centre**  
220 Wexford Rd  
Brampton, ON L6Z 4N7  
Phone: (905) 840-9355

Forward your questions or suggestions to: [info@pccnbrampton.ca](mailto:info@pccnbrampton.ca) or call  
**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.

**Dr. Aziz Khambati, September 10th, 2019**



**Dr. Aziz Khambati, Brampton Urologist**

**Treatment Options for Prostate Cancer in Brampton and the GTA**

Dr. Khambati is a Urologist who is relatively new to the Brampton area and operates at the **Brampton Civic Hospital**. He studied both in Canada and the United States with a specialty in robotic surgery.

Prostate Cancer, he reminded us, can be quite variable from relatively low risk varieties to more aggressive forms. At present there are a few tests such as the PSA and PHI tests that can detect prostate cancer.

This combined with the DRE and standard Ultrasound Biopsy are the primary diagnostic tools used in Canada. In the U.S., MRI's have largely replaced ultrasound biopsies. MRI biopsies are more accurate as you can accurately sample suspicious areas of the prostate but unfortunately the procedure is more expensive, so it has not been adopted in Canada.

While in the U.S. Dr. Khambati studied robotic prostate surgery, which has become a standard treatment in U.S. Again, the relative cost of the equipment has limited its use in Canada as a robotic machine costs in the neighbourhood of 5 million dollars with a one-million-dollar annual maintenance cost. Robotic surgery has the advantages of reducing pain, blood loss and recovery time. Long term studies have not found it to be more effective in controlling the disease however and there are fewer surgeons trained to use it in Canada than the U.S.

Even for biopsies, there is now a risk-based calculator used to help determine whether to biopsy. This considers age, family and racial risk factors in its determination.

When a biopsy is performed it is the Gleason Score that indicates the relative aggression of a tumour. A Gleason score of 6 is considered indolent or nonaggressive. Most of these cases can be watched via active surveillance and never require active treatment. Those that do require treatment are treated primarily with surgery or various forms of radiotherapy. Surgical treatment is available at the Brampton Civic Hospital while radiotherapy is performed at other hospitals such as Credit Valley and Sunnybrook.

Radiotherapy includes both External Beam Treatments, newer SABR Treatment and Brachytherapy which can involve both permanent and temporary high dosage seeds.



## PCCN Brampton Bram-O-Gram

### Upcoming PCCN Brampton Meetings / Events:

Tuesday, October 8<sup>th</sup>, 2019 at 7 p.m.

Dr. Justine Blainey, Chiropractor, "Chiropractic Services and Prostate Cancer".

Tuesday, November 12<sup>th</sup>, 2019 at 7 p.m.

Mr. Walter Eadie, PCCN Oakville/Mississauga, "Androgen Deprivation Therapy (ADT) for the Layman".

Tuesday, December 10<sup>th</sup>, 2019 at 7 p.m.  
Annual Christmas Dinner & Social Evening.

Tuesday, April 14<sup>th</sup>, 2020 at 7 p.m.  
Dr. Andrew Loblaw, Topic T.B.A.

Sunday, September 13<sup>th</sup>, 2020 at 10 a.m.  
14<sup>th</sup> 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](mailto:jfdorsey@yahoo.com)**

### ADT Online Educational Program

These 1.5-hour online classes using the **GoToMeeting** platform are offered to prostate cancer patients who have recently started or who are about to start hormone therapy and their partners. Space is limited and prioritized for Canadians, but if classes are not filled, citizens of other countries will be accepted.

Canadian participants receive a free copy of the book [\*Androgen Deprivation Therapy: An Essential Guide for Prostate Cancer Patients and Their Loved Ones.\*](#)

Fall sessions will be held on Tuesday, **October 15<sup>th</sup>**, Tuesday, **November 12<sup>th</sup>** and Tuesday, **December 17<sup>th</sup>**, all at **Noon Eastern Time**. To register, fill in the brief form on the home page at [www.LifeOnADT.com](http://www.LifeOnADT.com) or send an email to [LifeOnADT@gmail.com](mailto:LifeOnADT@gmail.com).



### [Fair Deal for Brampton Healthcare Advocacy Campaign](#)

We've all heard the complaints about hallway medicine, long wait times and Brampton's unique regional health challenges.

**These are the facts** - Brampton healthcare is **underfunded** and **overburdened** in one of Canada's **fastest growing cities**. Now, the City of Brampton is **demanding immediate funding**, the completion of **Phase 2 at Peel Memorial**, and urgent action for a **third healthcare facility in Brampton**.

Together, we can **take a stand**. You can **sign the petition**, **share your story** and **follow our campaign across social media**, using **#FairDealForBrampton**.

Our #FairDealForBrampton healthcare advocacy campaign is now LIVE! We're seeking thousands of signatures on a petition to take to the Province, demanding immediate funding for healthcare in #Brampton. Here are all the ways you can support:

- 1: Sign the petition. You can find the petition at a range of City facilities, including City Hall, recreation centres, libraries and special events throughout the summer. Visit: [www.FairDealForBrampton.ca](http://www.FairDealForBrampton.ca) for locations.
- 2: Change your social media avatar. Help promote and show your support for #FairDealForBrampton by adding our special frame to your profile picture using Twibbon. Visit our Twibbon Campaign page to do so: [www.twibbon.com/Support/fairdealforbrampton](http://www.twibbon.com/Support/fairdealforbrampton)
- 3: Join the #FairDealForBrampton Facebook group. Share your #Brampton healthcare story, read other testimonials and engage with fellow #FairDealForBrampton advocates: [www.facebook.com/groups/fairdealforbrampton](http://www.facebook.com/groups/fairdealforbrampton)
- 4: Follow #FairDealForBrampton on Twitter, Facebook and Instagram! Stay up to date on the latest news, key facts and information as we campaign for #Brampton healthcare funding.
- 5: Sign up for more active participation. Can we count on you to be a voice at Queen's Park later this year? We aim to bring Bramptonians to the Province to ensure our #FairDealForBrampton asks are heard loud and clear. Sign up here: [www.FairDealForBrampton.ca](http://www.FairDealForBrampton.ca)
- 6: Learn more. Healthcare in Brampton is chronically underfunded. We're demanding immediate funding, completion of Phase 2 at Peel Memorial and urgent action for a third healthcare facility in Brampton. Learn about #FairDealForBrampton here: [www.FairDealForBrampton.ca](http://www.FairDealForBrampton.ca)

## **Cruisin' for a Cure, September 8<sup>th</sup>**

Despite Sunday, September 8<sup>th</sup> being rather cool and windy at times, we still managed to attract **at least 463 vehicles**. The actual number of vehicles is higher as we stop collecting entry fees around 2 p.m. but vehicles continue to come in almost up until closing time at 4 p.m.

Subject to final confirmation from our lab partner, Gamma-Dynacare, **we provided 291 free PSA blood tests on Sunday**, for a total of nearly **3,600 over thirteen years**. Results are confidential; only the men who are tested and their family doctors see the results. We know that statistically, 13 to 15% of those tests are usually high enough that they **might** indicate the presence of prostate cancer.

We are thrilled that the level of public awareness of prostate cancer increases every year. We will continue to stress education in all of our efforts. We cannot rest until every man is routinely tested for prostate cancer and until its causes and optimal methods of treatment are clearly understood.

We will strive to further increase public awareness of prostate cancer and to increase the number of men who will come in for the free PSA blood tests at our **14<sup>th</sup> Annual Cruisin' for a Cure Canada on Sunday, September 13<sup>th</sup>, 2020**.



Our Special Guest this year was **“Iron Mike” Keenan**, noted NHL Coach and sports celebrity, a native of Bowmanville, ON who was diagnosed and treated for prostate cancer in 2018. He was a big hit with many of our attendees, including **Mayor Patrick Brown**, me, **Paul Henshall** and **John Sanderson**. Mike’s testimony was a high point of the day! He then spent several hours visiting with other attendees.



Our wonderful co-presenters, Brampton’s **Over ‘N’ Under Car Club**, raised a **record \$7,000** through their U Choose Raffle.

Our thanks to **Patricia & Rufus Goodland** and **Mike Loughnan** for their donations this year.

We will provide more details on this year’s Cruisin’ for a Cure Canada and on the Costa Mesa Cruisin’ for a Cure in the next issue of Bram-O-Gram. We are never happy with our numbers, but we do believe that we do continue to operate **“The Car Show That Saves Men’s Lives”!**

**Cruisin' for a Cure, September 8<sup>th</sup> (Continued)**



\$1,500 of the total U Choose proceeds came from the donation of a unique double-necked guitar from our good friend and long-time sponsor, **Darren Stone** of **Bloodstone Airwerx** in Stoney Creek.

As Darren was unavailable on September 8<sup>th</sup>, he arranged for a friend to drive it from Haldimand to Hamilton where our mutual friend **Rick Porter** of the Ontario PT Cruiser Club picked it up and brought it to the CAA Centre in time for the live auction.



The guitar was won by **Tim Schmidt** of King City, one of the more colourful characters in the car hobby.

Tim actually owns a couple of Darren Stone's previous creations and he simply had to have this one as well.



The show would simply not be possible without our many volunteers, including the **501<sup>st</sup> Legion** – Star Wars villains doing good things – and **David Smith** on the quad and **Sean O'Neill** beside him,



Our vendors and exhibitors, including St. John Ambulance and Peel Region Police, add so much to the show every year!



### Prostate Cancer Awareness Month – September, 2019

*Extracts from an email from Anne Breakey-Hart at Prostate Cancer Canada:*

Hello everyone,

Now that September has wrapped up, I just wanted to take a moment to thank you all for all the work you did within your groups to highlight prostate cancer awareness month! So very much appreciated and I know that more people will learn about prostate cancer because of your efforts and lives will be saved.

Here are some of the things that support groups took the lead on throughout the month:

- **Cruisin' for a Cure Canada (sponsored by PCCN Brampton with major assistance from the Prostate Extreme Team)** held the 13<sup>th</sup> Annual Car show in Brampton on September 8<sup>th</sup> providing free PSA tests for all eligible men. Stanley Cup winning coach and prostate cancer survivor Mike Keenan attended this year to lend his support.
- **The BC groups** held a weekend long conference "20/20 and Beyond" during the first weekend in September! Excellent conference and special thanks to the organizing committee! Well done! It was great to join you with my colleague from Prostate Cancer Canada, Paulysha De Gannes and to finally get to meet some people who I have known and worked with for a really long time! It was also great to have members from other groups across the country participate.
- Several groups had their mayors sign proclamations and/or participated in flag raisings including Milton, Thunder Bay, Medicine Hat (for Medicine Hat and Redcliff), Peterborough (which I was also able to attend), Dieppe, Town of Riverview, Halifax, and Moncton.
- **PCCN Thunder Bay** held the Annual Men Make It Happen Day on Sept 29<sup>th</sup> – also providing free PSA testing and really interesting speakers – please see a pre new article by clicking on the link below  
<https://www.cbc.ca/news/canada/thunder-bay/thunder-bay-men-over-45-invited-to-free-health-clinic-sunday-1.5299816>
- And if you were anywhere in Ottawa, Ontario during the month, **PCCN Ottawa** did a bit of a twist on awareness with very unique posters on their city buses!!

In addition to the regular proclamations, flag raisings, illuminations, stories and big events such as our Wake-Up Call Breakfasts, **Prostate Cancer Canada** had excellent media and social media coverage. Here's a glimpse of the coverage: (Please click on the links.)



### Prostate Cancer Awareness Month (Continued)

- We [announced](#) the 2019 winners of our \$2 million in Discovery Grants. (Promising research across the country)
- [The Globe and Mail](#) published the first of a four-part series on prostate cancer early in the month, this one focused on progress over the last 25 years.
- Our social media content performed really well during the month, especially the posts promoting the stories of [Robert Pullan](#) and [Thomas Maxwell](#) – for whom the PSA test played an important role in their diagnosis.
- On Saturday, Sept 21st we held **the inaugural Celebrity Battle of the BBQ in Toronto**. There were great radio and TV stories in the days leading up to it that drove additional registrations. About 300 people attended the Saturday evening Battle. And teams competed with celebrity chefs for the top award judged by several of the chefs from Food Network Canada- many of whom have a personal connection to prostate cancer. (You will be able to see some of the photos on our Facebook and Twitter pages shortly).
- **On September 26<sup>th</sup>, Prostate Cancer Canada released the findings of the survey our Mission team led this past year on Canadians' awareness of prostate cancer. You can read the [blog](#) and [news release](#) on our website. (Special thanks to all who participated in the survey).**
- **There was some great media pick up on the survey that showed a shocking estimate of 1.5 million Canadian men 50+ never having taken a PSA test:**
- Pauline Chan, the CTV Health and Wellness reporter did a segment that aired on the 6 p.m. news. Watch it and read her accompanying article [here](#)
- Listen to Peter Coleridge, PCC's President and CEO's [interview](#) on AM640.
- Both Peter and Dr. Stuart Edmonds, VP, Research, Health Promotion and Survivorship had separate interviews on several different radio stations.
- Survivor [Chris Watson](#) appeared on CTV News in the afternoon of Saturday, September 28 (Chris is one of the leaders of PCCN Oakville-Mississauga)
- The [second](#) of a four part series in The Globe and Mail sponsored by Janssen Inc. appeared on September 30th. The final two stories are coming in October. (I will share these with you once they are published).

We will always say there is so much more to do but we want to thank you for your commitment to increase awareness of prostate cancer. For all you do to help save and improve more lives we are so very grateful!

Many thanks,

**Anne Breakey Hart, CVA**

Manager, PCCN and Volunteer Engagement | Prostate Cancer Canada



### [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.

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