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INSIDE THIS ISSUE

- 1 PCCN-Brampton News
- 2 Next General Meeting
- 3 Last General Meeting
- 4 Upcoming Meetings / Events
- 5 ADT Online Educational Program
- 5 Some Useful Links
- 6 November
- 7 Cruisin' for a Cure
- 8 Recently Diagnosed?

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PCCN Brampton News

Only seven of our members availed themselves of the opportunity to meet with representatives of **Justine Blainey Wellness Centre** at our October 8th meeting. Those who attended found it to be very valuable.

Your Steering Committee is at a loss as to what speakers to bring in that will bring you out in greater numbers. As it is now, we are becoming too embarrassed to ask top-notch speakers to appear in front of ever-decreasing audiences.

We have heard comments like, "Why should I come out to hear about how to diagnose and/or treat prostate cancer? I've already been treated and I'm fine."

Some of you will look at **Walter Eadie's** upcoming presentation on the subject of **Androgen Deprivation Therapy**, the "chemical castration" that so many of us have endured as part of our treatments in that way. "Why come out to hear about something that I've already had?" we can hear you ask.

The simple and frightening answer is that you MAY need it AGAIN in the future. And if you did not undergo ADT in your first treatment, you may need to suffer through it in the future.

Because the truth of it is, folks, that while we might be feeling great at the moment and we are confident that we are "cured" or "cancer free" right now, THE BEAST CAN COME BACK!

Knowledge is power as we repeat over and over again. If you know the alternatives available to you in the event of a recurrence, then you can seek the treatment that is best for you. And you will be familiar with the terms that are tossed around.

On a less selfish note, we all have occasion to discuss prostate cancer with friends and relatives from time to time. We are more valuable advocates and supporters if we understand the nature of the disease, the diagnostic steps and the available treatments. Remember that our primary goal is to support men and their families affected by prostate cancer!

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com

Next General Meeting, Tuesday, November 12th, 2019 – 7:00pm

Mr. Walter Eadie, PCCN Oakville/ Mississauga, “A Layman’s Guide to Androgen Deprivation Therapy (ADT)”



In addition to leading the [PCCN Oakville/Mississauga chapter](#), Walter is a valued member of PCCN Brampton.

He is an extremely knowledgeable gentleman with a unique talent for sharing his knowledge and experience with others.

Paul Henshall, Karl Leutner and I have all attended some of the Oakville/ Mississauga meetings at the beautiful [Wellspring Birmingham Gilgan House](#) and enjoyed ourselves immensely.

Their November 20th meeting features Dr. Joelle Helou, a radiation oncologist at [Princess Margaret Cancer Centre](#) who has spoken to our group in the past.

Walter describes his session, “A Layman’s Guide to Androgen Deprivation Therapy” as follows:

- What is it and how does it work?
- Uses for ADT in Prostate Cancer
- The stages of Advanced PC
- Second Generation ADT
- What’s new in ADT treatments

As mentioned on Page 1, ADT is not used just for newly-diagnosed patients, but for men suffering from a recurrence of their prostate cancer.

Forward your questions or suggestions to: 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. Justine Blainey-Broker, October 8th, 2019

Due to an unfortunate illness, Dr. Blainey was unable to attend the meeting but Dr. Jeyantus and Jessica Walker from the Blainey Wellness Centre attended in her place.

Dr. Jeyantus specializes in Integrated Medicine and discussed maintaining good Prostate Health and good health in general. Maintaining a healthy active lifestyle and a balanced diet with lots of fruits and vegetables was stressed. Some supplements, that can aide the health of the Prostate, are Saw Palmetto, Pygeum, Soy Isoflavanoids, Stinging Nettle and Pumpkin Seeds.

All cancer risk can be reduced by anti-oxidants which neutralize free radicals which in turn can damage our DNA. Vitamins D3, E and C as well as some minerals like Selenium act as anti-oxidants. Many of these can be obtained by consuming the right fruits and vegetables, but Vitamin D3, especially in cooler months, should be taken regularly as a supplement as most of us do not get sufficient sun to generate our own Vitamin D3.

Stopping smoking, avoiding processed food, junk food and sugar as well as reducing or eliminating animal-based products can be helpful as well. Most condiments, due to high sugar and salt content, and even artificial sweeteners should be avoided where possible. High sugar and caloric intake can result in Obesity which is linked to increased risks of Diabetes, Heart Disease, Stroke, Cancers and early onset Dementia. Excess sugar and calories in general result in the accumulation of fat in the abdomen and liver which is not conducive to good health. Reducing simple carbohydrates and incorporating regular exercise can help reduce these risks.

As a result of our diets and lack of exercise, Type 2 Diabetes has become something of an epidemic and it can cause circulation, heart, brain and kidney problems if not addressed. Similarly, high blood pressure can develop which can cause stroke, blindness, heart and kidney failure as well. Coenzyme Co-Q10 is effective at reducing blood pressure and improving heart health. For men, as they age, testosterone levels often fall which can reduce muscle strength and bone mass. This can be somewhat offset by strength training exercises or in some cases by testosterone supplements.

Another common problem associated with aging is Arthritis and that can be helped with natural anti-inflammatory supplements like curcumin, and in many cases acupuncture, can be helpful as well. Morning meditation or exercise rituals and set times to go to sleep and get up are important to the bodies health and good regular sleep can even help with weight reduction. To promote good sleep, try not to eat a few hours before you go to bed. Regular exercise should cause you to break a sweat to be most effective and exercise can be done in shorter periods, multiple times per day. As a general rule, to improve your health, you should try and reduce simple carbohydrates, sugar and white bread, while increasing plant based proteins and healthy fats like olive oil and avocado, for example.

For more information, contact:

Justine Blainey Wellness Centre, 220 Wexford Rd, Brampton, ON Phone: (905) 840-9355



PCCN Brampton Bram-O-Gram

Upcoming PCCN Brampton Meetings / Events:

Tuesday, November 12th, 2019 at 7 p.m.
Mr. Walter Eadie, PCCN Oakville/Mississauga, "Androgen Deprivation Therapy (ADT) for the Layman".

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

Tuesday, January 14th, 2020
Annual Stop/Start/Continue Meeting.

Tuesday, February 11th, 2020
Annual Sharing Meeting.

Family Day Weekend, Friday, February 14th to Sunday, February 16th, 2020
Prostate Extreme Team 14th Annual Sled Ride of Hope
Gravenhurst, ON, http://www.prostateextremeteam.com/2020_ont_sled.html

Tuesday, March 10th, 2020
Speakers & Subjects To Be Announced.

Friday, March 13th to Sunday, March 15th, 2020
PCCN Brampton booth at Motorama Custom Car & Motorsports Expo
International Centre, <http://www.motoramashow.com/>

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

Tuesday, May 12th, 2020 at 7 p.m.
Speakers & Subjects To Be Announced.

Tuesday, June 9th, 2020 at 7 p.m.
Annual End of Season Social Evening.

Sunday, September 13th, 2020 at 10 a.m.
14th 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**



[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](#).

The final fall session will be held on **Tuesday, December 17th** at **Noon Eastern Time**. To register, fill in the brief form on the home page at www.LifeOnADT.com or send an email to LifeOnADT@gmail.com.

[Some Useful Links Courtesy of PCCN Oakville/Mississauga](#)

Survival Starts with a Doctor's Appointment

Advise your friends to just get tested! <https://www.healthinsight.ca/advocacy/prostate-cancer-survival-starts-with-a-doctors-appointment/>

Surgery or Radiation??

Great advances are being made in radiation vs surgery:

https://m.youtube.com/watch?v=Pya8N78bR7s&feature=youtu.be&fbclid=IwAR2DsJFeEvktgh60bYW BATMfFPGCaA0nK_0jlfBJcMdDZgnywtHGpxSd9ZM

Robotic or Open Surgery?

Here is a new study which claims robotic may have an advantage in that tricky area of 'salvage surgery' after radiation: <https://www.auajournals.org/doi/abs/10.1097/JU.0000000000000327>

New Approaches to External Radiation

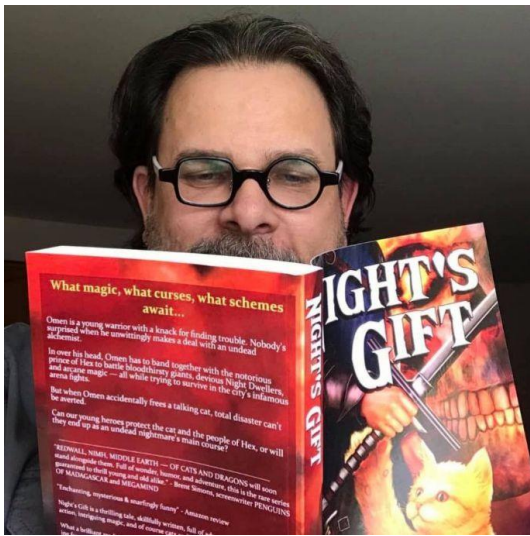
The challenge in radiation is to increase the dose per treatment without significantly increasing the toxicity (gastrointestinal or genitourinary) of the treatment. This has become possible through technical advances in radiation which permit more precise and conformal delivery of fewer escalated doses of radiation. There are benefits to both patient and hospital from a shorter course of treatment.

Here is one of many articles touting the benefits of SBRT: <https://www.astro.org/News-and-Publications/News-and-Media-Center/News-Releases/2018/Men-with-low-and-intermediate-risk-prostate-cancer>

November 2019

Once again, [The Movember Foundation](#) is raising funds throughout the month of Movember. Funds raised are used to tackle four key areas of men's health: prostate cancer, testicular cancer, mental health and suicide prevention.

Participants can either grow a "Mo" or pledge to walk 60 kilometers, one for each of the 60 men lost to suicide every hour of every day.



Rather than field a PCCN Brampton team this year, we are once again backing **Daniel Goodland**, the son of our long-time members **Rufus Goodland** and **Patricia Goodland**.

Since his initial involvement in Movember in 2011, **Daniel has raised \$5,637**. His target this year is a modest \$1,000.

Daniel's primary motivation is of course the fact that his Dad has survived prostate cancer, but he also identifies with other aspects of men's health.

He describes his motivation thusly: ***"I want you all to understand just how much this hurts to do - walking hurts - a lot! I have MS... When I start, I am okay... but as I go I get slower and my feet start to drag. The soles on my boots are already worn through. But what Movember does is really important to me!! I know prostate survivors! I know men with bad mental problems... I know men that did not survive..... So it doesn't matter if it hurts me to walk... I am here, alive, and I can MOVE to help all the men out there.***

Donate to my #MOVEMBER effort and let's change the face of men's health!"

Daniel should be an inspiration to us all. Please consider backing his courageous efforts by donating at <https://ca.movember.com/mospace/2688232>

To get to know Daniel better and to follow his journey this year, find him on Facebook at <https://www.facebook.com/GreyStarr>



Cruisin' for a Cure Canada, September 8th, 2019

As usual, this year's Cruisin' could not have happened without the sponsors and vendors who continue to support us.

If you deal with any of these businesses, please let them know how much we appreciate their donations and participation in Cruisin'. If you have been tempted to try any of them in the past, please do so now!

In addition to our principal sponsors, **Janssen Inc.**, the **Brampton-Bramalea Kinsmen Club**, **Planet Ford** and **Trailcon Leasing Inc.** they include the following:

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|----------------------------|--------------------------------|---------------------------------|
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| Percy's Story | Phoenix Custom Auto Body | PI8Maker |
| Prostate Cancer Canada | Prostate Extreme Team | Reliable Mechanical Services |
| Rick Guglietti | Rico's Ice Cream | Rock N Ray Michaels |
| Rust-Oleum Canada | Senior Moments Motorsport | St. John Ambulance |
| South Peel Modelers | Standard Auto Wreckers | Starbucks Coffee Canada |
| Team Blue | Unifor Local 1285 | Universal Cruisers Car Club |
| Wellspring Chinguacousy | Wellwise by Shoppers Drug Mart | |

We will provide more details on this year's Cruisin' for a Cure Canada and on the Costa Mesa Cruisin' for a Cure in future issues of the Bram-O-Gram.

We are never happy with our numbers, but we will continue to operate **"The Car Show That Saves Men's Lives"** until prostate cancer is as easily diagnosed and treated as the common cold!



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 over a dollar per person per month.

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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 <https://www.pccnbrampton.ca/newsletters/>