



October 2020

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

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We Need YOU!

PCS - Brampton

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PCS - Brampton News

Our masthead above is now close to its final form. After many discussions among the various Ontario chapters, the majority decided to go with the necktie logo designed by Bill Faulkner of the *Prostate Cancer Support Group – Waterloo-Wellington*. To repeat: *PCCN Brampton* is now *PCS – Brampton*, short for *Prostate Cancer Support – Brampton* and our official logo will be close to the one in our masthead.

We thank **Neila Boniface** for her thoughtful response to our request for member opinions on the two logo alternatives presented in the September Bram-O-Gram. **We need more member interaction if we are to remain a viable organization.**

The **September 8th Sharing Meeting**, although sparsely attended, was very stimulating and went right up to the two-hour mark. Everyone got a chance to talk and talk they did!

Dr. Andrew Loblaw will join our October 13th Zoom meeting to discuss "**Radiotherapy in the COVID era and beyond**". His presentations are always well-attended because he has a knack for making very complicated subjects understandable. As part of a greater level of coordination among the Southern Ontario support groups, we will be promoting Andrew's presentation to all the groups. Our Zoom subscription allows us to host up to 100 participants. It would be wonderful if some day we required an upgraded subscription!

In closing, I have to mention that I have lost some 80 pounds since my wife **Sandi Dorsey** died in 2018. Brampton's own **Dr. Poon's Metabolic Diet Program** has cured me of the sugar and fat addictions that I believe were slowly killing me. Also, I acquired a **Fitbit Charge 3** in July, 2019 and have walked some 4,000 miles since then. In addition to seeing amazing changes in my overall health, I no longer suffer severe hip pain. This is consistent with all the speakers that we have had over the years extolling the virtues of exercise in dealing with cancer and its aftereffects. I WILL become tiresome on the subject of fitness!

Jim Dorsey – Acting Newsletter Editor

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Next General Meeting, Tuesday, October 13th, 2020 – 7 p.m.



Dr. Andrew Loblaw, “Radiotherapy in the COVID era and beyond”.

Dr. Loblaw, one of our favourite speakers, is a Radiation Oncologist, Clinician Scientist, and Professor in the Department of Radiation Oncology at Sunnybrook Health Sciences Centre. Dr Loblaw’s clinical practice and research interest focus on improving outcomes for men with prostate cancer and the healthcare system.

We may be able to get Andrew to tell us more about the Prostate Cure Foundation: <https://www.prostatecure.ca/>

The meeting notice below is for the October 13th General Meeting:

PCS - Brampton Monthly Meeting **Dr. Andrew Loblaw, “Radiotherapy in the COVID era and beyond”.**

Time: Oct 13, 2020 07:00 PM

Click on this link to join the meeting:

<https://us02web.zoom.us/j/89823311336?pwd=b294Q1BsaHY2OVVGVzBNTE0yeGFpZz09>

For telephone call-in:

647 558 0588

647 374 4685

Meeting ID: 898 2331 1336

Passcode: 154617

Note that you can simply phone in if you do not have a computer.

Please do attempt to join the meeting now using the Join Zoom Meeting link above. Follow the prompts on your screen to install the application on your computer. You can contact me for assistance at 905-453-3038 or jfdorsey@yahoo.com. Our own **Karl Leutner** has used Zoom extensively to stay in touch with both family and fellow Kodak retirees. He has consented to be a resource as well. Karl can be reached at 416-333-1947 or khl@sympatico.ca

You can forward your questions or suggestions to: info@pccnbrampton.ca or telephone **905-458-6650**. We look forward to seeing you online or speaking with you on October 13th.



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Last General Meeting, September 8th, 2020

September 8th was our first monthly member meeting using the **Zoom** platform. The following nine members joined the meeting: **Bob Allan**, leader of **PCS-Burlington/Hamilton**, **Jim Dorsey**, **Walter Eadie**, leader of **PCS-Oakville/Mississauga**, **Gary Foote**, **Geoff Hoar**, **Victor Horvath**, **Karl Leutner**, **John Palmer** and **Bill Wood**.

All participants shared their journeys without reservation, as is usually the case in these sharing meetings. Diagnosis dates ranged from 1999 to 2011 and of course treatments and complications varied widely.

Walter Eadie and Bob Allan in particular provided very comprehensive suggestions to participants looking for ideas on how to deal with complications. Walter described new scans and drugs that are either available or about to become available.

Given the apparent Second Wave of the coronavirus, there will be more and more reliance on the Zoom platform. There are some benefits to this, including being able to attend OUR meetings as well as other groups' meetings without leaving your home. The technology is NOT difficult to master and we encourage you again to try to connect to the October 13th meeting using the link above or contact Jim Dorsey at 905-453-3038 or jfdorsey@yahoo.com if you would like to arrange a private tutorial.

14th Annual Cruisin' for a Cure Canada POSTPONED

We were unable to obtain event insurance as **Prostate Cancer Canada** used to provide an insurance certificate for us under their corporate insurance policy every year. When the **Canadian Cancer Society** absorbed PCC, they advised that they were unable to do this for us. We will actively seek alternative insurance coverage over the winter.

In addition, **Janssen, Inc.**, which has been our principal sponsor of Cruisin' for many years, is not sponsoring any public events in 2020. We have been advised that they will consider our application again for next year.

Accordingly, we have rescheduled the 14th Annual Cruisin' for a Cure Canada to Sunday, September 12th, 2021, at the CAA Centre. Planning is already well underway for next September 12th!



Upcoming PCS - Brampton Meetings / Events:

**Tuesday, October 13th, 2020 at 7 p.m. via Zoom
Dr. Andrew Loblaw, “Radiotherapy in the COVID era and beyond”.**

**Tuesday, November 10th, 2020 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, December 8th, 2020 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, January 12th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, February 9th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, March 9th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, April 13th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, May 11th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Tuesday, June 8th, 2021 at 7 p.m. via Zoom
Speaker and Topic to be announced.**

**Sunday, September 12th, 2021 at 10 a.m.
14th Annual 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



Other Online Events of Note, thanks to Walter Eadie

Oct 15th 8:00 pm – Us TOO International Webinar

A discussion around **genetics, genomics and prostate cancer**. "Genetic testing technology is changing rapidly and there are a growing number of genetic testing options available. The goal is to provide objective expertise and latest developments." **Register at:** www.ustoo.org/connections

Oct 20th 5:30 pm - Prostate Cancer Support, Hamilton Region Webinar

The Value of Robotic Surgery in Canada featuring **Dr. Bobby Shayegan**, Director of the **McMaster Institute of Urology**. This webinar is sponsored by the Canadian distributor of the Da Vinci robot although, unlike last month, this does not seem to be focused on Prostate Cancer, but more on the economic aspects)

The webinar is free and attendees just need to register via this link: <https://www.eventbrite.ca/e/the-clinical-and-economic-value-of-robotic-assisted-surgery-registration-118686674037?aff=csr>

Oct 21st 7:00 pm - Prostate Cancer Support, Oakville/Mississauga, Zoom meeting

Dr. Sarah Rauth, radiation oncologist at **Credit Valley Hospital**, Mississauga, will describe radiation treatments available at CVH and engage in a Q & A session. We will email connection information when it becomes available

Oct 30th 1:00 pm - Canadian Cancer Society ‘Town Hall’ presentation for prostate cancer support leaders. Please RSVP to holly.bradley@cancer.ca if you wish to attend.

Member Updates



We are pleased to announce that **Tilly Netherton**, our long-time “Sargent-at-Arms”, who ensured that our meetings ran smoothly, is at home impatiently recovering from hip surgery. Her daughter **Fiona** has come to stay with her during her recovery. Tilly will soon be back volunteering at the Rose Theatre and working the blood clinic at our Cruisin’ for a Cure on September 12th, 2021.

Mike Loughnan, who has run the registration desk at our monthly meetings for years, as well as the blood clinic at

Cruisin’ for a Cure, is in the process of selling his home in Brampton and moving into a suite at Chartwell’s Montgomery Village Retirement Residences in Orangeville.

Gary Foote just enjoyed the cake at our Christmas Party in December. 😊



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[The Walnut Foundation Conference on Prostate Health](#)

We have collaborated with the Walnut Foundation many times over the years. Their annual conferences are always outstanding events. Go to <https://thewalnutfoundation.com/> for more information.

THE WALNUT FOUNDATION AND NOVEMBER TRUE NORTH PRESENT
THE 6TH ANNUAL CONFERENCE ON PROSTATE HEALTH
 FOR MEN, CAREGIVERS, AND THEIR FAMILIES



SATURDAY, OCTOBER 24, 2020
 9:00 am - 2:00 pm

To register, please visit
www.thewalnutfoundation.com

A Zoom link to access the conference will be provided once you register

With Special Guest Appearance by Actor & Comedian **Jay Martin**



IT'S VIRTUAL THIS YEAR

TOPICS TO INCLUDE:

<p>The Impact of Early Detection and Awareness on Prostate Cancer Outcomes for Black Men</p>  <p>Dr. Robin Roberts, MD. Prostate Cancer Researcher Afro-Caribbean Cancer Consortium</p>	<p>Back to Basics - Understanding Prostate Cancer and the Various Symptoms and Impacts</p>  <p>Dr. Dwayne Thwaites MD, FACS, OM Diplomate of the American Board of Urology Antigua and Barbuda</p>
<p>Peer to Peer Support for Men with Prostate Cancer</p>  <p>Dr. Jackie Bender Research Scientist Cancer Rehabilitation & Survivorship Program Princess Margaret Cancer Centre</p>	<p>Prostate Cancer in Canada: The Need for Race-Based Data</p>  <p>Dr. Aisha Lofters Family Physician Research Scientist & Associate Professor University of Toronto</p>
<p>Many Manly Men Avoid Their Prostate - A Story of Delay, Denial and De-sex</p>  <p>Dr. Andrew Matthew Senior Staff Psychologist Princess Margaret Cancer Centre</p>	

For more information, please contact: Ken Noel (416) 540-1261, Anthony Henry (416) 568-7442, Simon Samuel (416) 712-3563







Some Resources Worth Considering

Prostate Cancer Foundation BC (<http://prostatecancerbc.ca/home/>)

PCF BC offers comprehensive information about prostate cancer as well as an outstanding series of videos called "IF I WERE TOM" for newly diagnosed men. *"Tom is dealing with prostate cancer. The waiting. The treatments. The side effects. What would you do in his place?"* <http://ifiweretom.ca/>

Wellspring Chinguacousy (<https://wellspring.ca/chinguacousy/>)

Wellspring continues to offer free support for both patients and families and an array of relevant courses, all online, as the Centre remains closed to the public until further notice.

Us TOO International (<https://ustoo.org/>)

Us Too, the Chicago-based foundation that helped us start our support group in 1994, continues to offer comprehensive services free to anybody affected by prostate cancer. Their website is worth a browse, no matter where you are in your journey. In particular, the *Support, Education and Diagnosis and Treatment* tabs on the Home page yield extensive information on every topic that we have ever discussed and a few that we haven't!

Many of you scoop up copies of the **Us TOO Hot SHEET Newsletter** at our physical meetings. Back issues are available at <https://ustoo.org/Read-the-HotSheet-Newsletter> The latest copy can be accessed at <https://ustoo.org/PDFs/HotSheets/Us-TOO-HotSHEET-October-2020f.pdf>

ADT Online Educational Program

These 1.5-hour online classes using the **GoToMeeting** platform are offered monthly 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 next online sessions will be held on **Tuesday, October 13th, Thursday, November 12th and Tuesday, December 15th** all at **Noon Eastern Time**. To register, fill in the brief form at <http://www.lifeonadt.com/how-to-register> or send an email to LifeOnADT@gmail.com.

NOTE: In-person classes are offered at:

Princess Margaret Cancer Center in downtown Toronto. To register, call **Gideon Yang** at 416-946-4501 ext. 3593.

Barrie-Simcoe Muskoka Region Cancer Center. To register, call **Patient and Family Support** at 705-728-9090 ext. 43520.



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[Recently Diagnosed? Contact PCS - Brampton](#)

If you would like to speak with someone who has been there, please contact us and we will arrange to meet with you either via telephone or physically separated at a convenient time and place. Our **Monthly General Meetings** are held at 7:00 PM on the **SECOND TUESDAY** in the months of **September, October, November, December, March, April, May and June**. ***For the duration of the Coronavirus pandemic, our meetings will be held virtually, using the Zoom platform as described on Page 2.***

Steering Committee Meetings are held two weeks 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 being held virtually. Please email jfdorsey@yahoo.com if you wish to attend.

Family members, friends & supporters are always welcome at any of our Meetings!

[PCS - Brampton Voice Mail:](#) **(905) 458-6650**

[Jim Dorsey:](#) **(905) 453-3038** jfdorsey@yahoo.com

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.

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