



November 2020

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

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PCS - Brampton News

Dr. Andrew Loblaw's October 13th Zoom presentation "**Radiotherapy in the COVID era and beyond**" was well received as always. Andrew continued to answer questions beyond the usual end time. Some 33 members and guests attended, with more than a third of the attendees being from Walter Eadie's Prostate Cancer Support Oakville/Mississauga group!

Our **November 10th Zoom meeting** will be an **open discussion meeting** similar to our September 8th meeting. Wide-spread use of the Zoom tool has proved to be an unexpected benefit of the coronavirus pandemic. It is now possible to have useful meetings from the comfort of your own home. Participants seem to be more relaxed than they are when they have had to drive to a meeting and they seem to be much more willing to take part in virtual meetings. Try it on November 10th!

If you are not yet online but would like to be, we have several members with substantial experience with computers and with simpler devices who would be pleased to help you join the 21st Century.

The **Steering Committee** has approved the addition of an online store to our website to help fund our continued operation. Details will be available soon.

We are also seeking new members for the Steering Committee as we need both new ideas and new energy. Our incumbent members have served for many years; I myself have been doing the same things for twenty (!) years now and I'm getting somewhat jaded! We are sending invitations to three individuals that we would like to see join us. If YOU would like to serve, please contact me or **Gary Foote** or **Paul Henshall**. The pay is awful, but the friendships are very satisfying as is the knowledge that you are helping others through the ordeal that you have survived.

Jim Dorsey – Acting Newsletter Editor

E-Mail: jfdorsey@yahoo.com

Telephone: 905-453-3038



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Next General Meeting, Tuesday, November 10th, 2020 – 7 p.m.

We do not have a speaker for this evening.

Instead, we will have an open discussion evening.

Come and share your current status and ask questions of the group.

If you have friends who have questions, please invite them as well.

This is the Zoom link for the November 10th General Meeting:

<https://us02web.zoom.us/j/89823311336?pwd=b294Q1BsaHY2OVVGVzBNTTE0yeGFpZz09>

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

+1 647 558 0588 Canada

+1 647 374 4685 Canada

Meeting ID: 898 2331 1336

Passcode: 154617

If this is your first Zoom experience, 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. Once you have successfully connected, you can leave the meeting.

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 November 10th.

Want to Get Online?

It appears that the **Zoom World** is going to stay for some time to come. This means that many organizations will be holding virtual meetings online for the foreseeable future.

If YOU are afraid of computers and have avoided going online, please know that you can get along just fine with one of the many fine tablets that are now available. My personal preference is the **Kindle Fire HD 10** from **Amazon.ca**, which retails for \$199.99 regularly but is often on sale for around \$150. **Costco** often has good deals on **Samsung** and similar tablets.

You will of course have to obtain Internet service in your home, but you may already have it as part of your **Rogers** or **Bell** package.

I would be happy to show you my tablet and help you to obtain one and get started using Zoom.

- Jim Dorsey, 905-453-3038 or email jfdorsey@yahoo.com



Last General Meeting, October 13th, 2020

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. His presentation brought us up to date on the state of Radiotherapy in the Covid Era.

Dr. Loblaw and his associates at Sunnybrook have been pioneers in the treatment of Prostate Cancer using SABR to deliver a high precision increased dosage of radiation to the prostate over as few as 5 treatments. This approach has a number of benefits, not the least of which is a reduction in our health care costs. 5 treatments, as apposed to the usual 39, also means that there are 34 less visits to the hospital for patients. This also means treatment availability, for additional patients who require it, and makes better use of scarce resources.

This reduced number of visits to the hospital is even more important in the Covid Era, as it also reduces the risk of the patients coming in contact with the disease. Short term, for those at a high risk of Covid mortality, hormonal therapy may be advised as a way to postpone any hospital treatment for a time, possibly a year or two. Radical surgery which requires a general anesthetic, and several days in the hospital, also increases the risk of contracting Covid as well. Still, cost savings, Covid avoidance and patient convenience would not be of much benefit unless the treatment results were at least as good as the alternatives.

This is where SABR shines as well when looking at numerous studies over the last few years. The long-term effectiveness of the treatment appears to be equal to or better than many alternative treatments over the periods of time it has been studied. This has resulted in 97% of patients studied being cancer free after 5 years. The shorter, every second day treatment regimen, is also well tolerated by patients and they report fewer side effects than conventional beam radiotherapy, brachytherapy treatment or radical surgery. The reduction in side effects is also significant with improvements to both urinary and sexual function which lead to a better quality of life for these patients.

Additional studies with unfavorable risk prostate cancer have also shown significant improvement by combining a period of 6-18 months of hormonal therapy with SABR Radiotherapy. In this way long-term treatment effectiveness can be further improved.

SABR treatment also has applications for high risk cancers as it lends itself to treating both the prostate and the pelvic lymph nodes which are the most common locations for prostate cancer to spread.

As usual, an excellent review of the benefits of SABR both for the patient and the hospital.

Andrew also spoke briefly about the **Prostate Cure Foundation**:

<https://www.prostatecure.ca/> We will provide more information in the future.



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14th Annual Cruisin' for a Cure Canada POSTPONED

We have rescheduled the 14th Annual Cruisin' for a Cure Canada to **Sunday, September 12th, 2021**, at The CAA Centre.

Upcoming PCS - Brampton Meetings / Events:

Tuesday, November 10th, 2020 at 7 p.m. via Zoom
Open discussion evening.

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

The **Oct 30th 1:00 pm - Canadian Cancer Society 'Town Hall'** presentation for prostate cancer support leaders was rather disappointing. The CCS did not budge on any of the issues that we deemed to be most important. We are **Prostate Cancer Support – Brampton** and our logo is the one in the Newsletter masthead. We are in the process of changing our website and email addresses.

Walter Eadie has summarized a number of interesting papers and articles:

*Adding four months of androgen deprivation therapy (ADT) to radiation treatment extends survival and delays metastasis in men with **unfavorable** intermediate-risk prostate cancer, according to a Phase 3 clinical trial. However, that new trial analysis showed there were no such benefits to ADT therapy for men with favorable intermediate-risk prostate cancer undergoing radiation therapy, supporting National Comprehensive Cancer Network recommendations that ADT treatment only be given to patients with unfavorable intermediate-risk prostate cancer.*

<https://www.medpagetoday.com/hematologyoncology/prostatecancer/88518>

A new artificial intelligence (AI) algorithm has been developed that can accurately detect and grade prostate cancer, at a ranking comparable to that of international experts in prostate pathology. <https://pubmed.ncbi.nlm.nih.gov/31926806/>

"This is going to change everything." Soon, you will find out your lifetime risk of getting prostate cancer through a simple saliva or blood test.

https://www.pcf.org/c/new-genetic-test-could-be-the-ultimate-in-early-detection/?utm_source=NewsPulse&utm_medium=email&utm_campaign=OCT20NP

"The addition of the radiotracer fluciclovine to positron-emission tomography (PET) imaging for treatment planning led to superior failure-free survival compared with conventional imaging in men with prostate cancer who had undergone radical prostatectomy and were experiencing biologic recurrence of their cancer."

https://ascopost.com/news/october-2020/fluciclovine-pet-imaging-vs-conventional-imaging-in-prostate-cancer/?bc_md5=ce6d480b891e3ade6a267c9f9bc5f3fa&utm_source=TAP-EN-102720&utm_medium=email&fbclid=IwAR1etpN4_hj_QzdyLK0DAnbYasn3oHaj921H3UKzPscDTGKG6JAME0FMHWg

Note, fluciclovine (brand name Axumin) is FDA approved for use in PC. PSMA/PET, which is claimed to be even better, is not yet approved but that is expected within months.

Expanding on the above - here is a recording of the best review of PSMA/PET imaging that Walter has seen – how and when it can be used and how it can change the treatment plan for a patient <https://www.gotostage.com/channel/586ae7e307c64183ad184b75a06a255c/recording/c8bb2ed2fd3a4d1bb075882755b9d84b/watch?source=CHANNEL>



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The MANUP Buffalo Virtual Prostate Cancer Symposium

We have partnered with MANUP Buffalo on many events over the years. The latest one happens on Saturday, November 14th and all are welcome to attend.

Free tickets are available through [EventBrite](#). (The link in the image below does NOT work!)



MANUP Buffalo, Inc., in collaboration with
Drs. Gurkamal Chatta and Khurshid Guru,
from Roswell Park Comprehensive Cancer Center, presents:



A VIRTUAL PROSTATE CANCER AWARENESS SYMPOSIUM!

To educate men, women and the families
of those who've been impacted
by Prostate Cancer in Western New York.

WHEN: SATURDAY, NOVEMBER 14TH

TIME: 9:00 AM - 1:30 PM

HOW: ZOOM VIRTUAL MEETING

PARTICIPATING PHYSICIANS:

SCREENING: Dr. Michael Hanzly / Buffalo Medical Group

ACTIVE SURVEILLANCE: Dr. Eric Kauffman / Roswell Park

SURGERY: Dr. Khurshid Guru / Roswell Park

RADIATION: Dr. Michael Kuettel / Roswell Park

METASTATIC DISEASE: Dr. Peter Van Veldhuizen / Wilmot Cancer Institute - URMC

CASTRATE RESISTANT DISEASE: Dr. Gurkamal Chatta / Roswell Park

INCONTINENCE and ERECTILE DYSFUNCTION: Ahmed Aly / Roswell Park

CONSEQUENCES of ADT: Chunkit Fung / Wilmot Cancer Institute - URMC

CARE, COORDINATION, PATIENT JOURNEY and EDUCATION: Kaitlin Chidester / Roswell Park

REGISTRATION IS NOW OPEN:

<https://www.eventbrite.com/e/127203726771?aff=efbneb>



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MANUP Buffalo, Inc. P.O. Box 41 Buffalo, NY 14205 / www.manupbuffalo.com



[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 have not!

On Tuesday, November 24, 2020 from 8:00 - 9:30pm Eastern, their Prostate Cancer Connections series offers an *Imaging and Prostate Cancer Webinar*. Register at: www.ustoo.org/connections

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-November-2020.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 **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, usually 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; email jfdorsey@yahoo.com to confirm day & time.

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/>